



## Wellness Policies & Procedures (2023-2024 School Year)

If you read nothing else, please just take a moment to re-engage with the reality that by joining GRCP you are part of a community. In this ecosystem we are codependent on each other to actively evaluate the physical and emotional readiness of a child to join the school setting every day. If the child you care for is showing signs or symptoms of being unwell, please be conservative and keep them out of school.

Families receive **two** substitute sick days to use at their discretion monthly. When a family would like to use a sick day, they should notify the Cooperative Director to adjust the student's schedule accordingly. Adjustments are dependent on staffing levels and alternative solutions may need to be considered. Sick days can only be used in substitute for additional school time. Families will not receive tuition refunds in the event of illness or compensation for unused sick time at the end of the school year. Sick days are solely allocated for illness-related absences and may not be used for time spent on vacation.

In order to prevent the spread of contagious diseases in our school, please keep your child home if they are showing any of the following symptoms:

- Diarrhea and/or vomiting (within the previous 24 hours)
- Fever (100.4 or greater, within the previous 24 hours - students should be fever free for 24 hours without the use of medication)
- Severe coughing
- Consistently runny nose (not due to allergy, different from baseline)
- Pink eye (conjunctivitis)
- Blistered and/or infected skin patches
- Head lice or nits (student can return following appropriate treatment)

GRCP adheres to the New Hampshire Child Care Program Licensing Rules as they apply to all state child care providers and agencies. Illness related guidelines are found on page 22 under [He-C 4002.11 Children Who Are Ill](#).

In the event that you drop the child you care for off at school exhibiting signs and/or symptoms of illness or return them after a sick event while still experiencing symptoms of that illness, expect to be contacted

to pick up your child as soon as possible. Upon your arrival, it is our procedure to offer constructive feedback on how to evaluate these symptoms in alignment with the GRCP Wellness Policy in the future.

Patterns of repeated misjudgment after coaching will be evaluated, and teachers, the child's parents/guardians, and potentially select members of the Board, may meet to develop a plan for addressing the issue, listing a timeline for specific improvements. If problems persist beyond that timeline, the Board may suspend or expel the child from the program. Such action may be immediate and will be made at the Board's discretion. This action will be automatically triggered in the event that a family is contacted three times after mis-evaluating their child's wellness in alignment with the GRCP policy.

If you keep your child home when they are sick or showing the symptoms described above, this protects our staff and the other children from illness that could affect them more seriously than they do you. COVID-19, RSV, Influenza, and even Norovirus spread when individuals are sick. Keeping your child home when they are ill prevents the spread. Without the source of infections, transmission cannot occur.

### **Respiratory Specific Policies**

*\*Please note, these policies may change depending on updates to CDC guidance, local or regional guidance and transmission rates and/or local outbreaks. Families will be given as much notice as possible and no less than 24 hours in the event of a policy change.*

Key Definitions:

Quarantine - Separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Isolation - Separates sick people with a contagious disease from people who are not sick.

Fully Vaccinated - Someone that is up to date with all COVID-19 vaccines and has received all doses in the primary series and all boosters recommended when eligible.

Large Gatherings - Bring together many people from multiple households in a private or public space. They are often planned events with a large number of guests and invitations. They sometimes involve lodging, event staff, security, tickets, and long-distance travel. They might be conferences, trade shows, sporting events, festivals, concerts, or large weddings and parties.

Droplet Transmission - Disease spreads when large droplets from an infected individual are put into the air up to 6 feet away by coughing or sneezing.

Contact Transmission - Disease spreads by contact to move germs by touch. For example, our hands become contaminated by touching germs present on frequented tables or chairs. We then carry these germs on our hands and spread them to other surfaces and a susceptible person.

Airborne Transmission - Disease spreads when germs are aerosolized in tiny particles that survive on air currents over great distances and time and reach a susceptible person. Airborne transmission can occur when infected patients cough, talk, or sneeze germs into the air.

## COVID-19

*All definitions sourced from the Center for Disease Control website. These will be updated/verified quarterly unless a major change dictates a more immediate need.*

### 1. Travel and Large Gatherings

GRCP recommends reviewing and following current CDC guidance related to [domestic](#) or [international](#) travel or large gatherings as it relates to COVID-19. As outlined, following a period of travel using public transportation or in the event that your family participates in a large gathering, please take the conservative route and test prior to rejoining the GRCP community upon your return and/or in the event that the student develops signs and symptoms. Both antigen and/or PCR tests are acceptable.

### 2. Masks/Face Coverings

GRCP recognizes that masks are a tool to mitigate the spread of infectious diseases AND the ability of the student body to effectively don masks for an extended period varies greatly across ages, developmental levels, and individual preferences. Due to the prevalence of signs and symptoms of any active infection, teachers may implement mask wearing at their discretion to mitigate spread at any time. Any anticipated mask mandates greater than a single day will be communicated to GRCP members.

### 3. Signs and Symptoms of Active COVID-19 Infection

Please refer to the [current CDC guidance](#) in the event that your child tests positive or you suspect an active infection and follow the procedure for quarantine or isolation. It is an excellent tool to dictate the next steps in the event of suspected or confirmed active infection.

Please note: As mask efficacy is unreliable as a blanket management strategy for GRCP students due to developmental levels, students must remain out of school until **either** of the following criteria are met if an individual tests positive for COVID-19:

1. Seven days (five days plus 2 antigen tests spaced 48 hours apart) following a confirmed test or symptom onset (day 0 is the day of the positive test and/or the day of symptom onset). Specifically:

Day 0: Day of the positive test result and/or symptom onset.

Days 1-5: Practice isolation. The student must remain out of school during this time.

Day 5: Administer the first antigen test if the student is symptom and fever free without the use of fever reducing medication for the last 24 hours. If it is negative:

Day 7: Administer the second antigen test 48 hours later. If it is negative the individual can return to school. Please submit all test results (a photo will be sufficient) to the GRCP Director prior to the student's return.

2. 10 days if you choose not to implement the above testing protocol and if all symptoms have resolved and they have been fever free without the use of fever-reducing medication for the last 24 hours.

As of 8/11/2022 quarantine is no longer required for close contacts of those with COVID-19. That said, we thank you in advance for using your judgment as a caregiver and sometimes choosing to take the more conservative route by keeping the child you care for at home or taking a moment before drop off to administer another antigen test. An example of this might be if everyone else in your household has a confirmed active infection. If a family member has COVID-19, we may have a very low threshold for your child having symptoms and ask you keep them home for even mild symptoms. COVID-19 is considered to be spread by airborne transmission and therefore is still very contagious.

**For any active COVID-19 infection please notify the GRCP Cooperative Director via email as soon as possible. All test results must be submitted to the Cooperative Director prior to the student's return to school.**

For detailed and up to date information on COVID-19, please visit the Centers for Disease Control and Prevention website at [Coronavirus Disease 2019 \(COVID-19\) | CDC](https://www.cdc.gov/coronavirus/2019-ncov/).

***Due to the inability for children to mask when symptomatic consistently and effectively, the following is guidance for other common illnesses:***

#### **RSV**

RSV can be spread by both droplet and contact transmission, meaning it can be spread by droplets in a cough or sneeze into your eyes, nose, or mouth as well as if you have direct contact with the virus on surfaces. Individuals infected with RSV are usually contagious for 3 to 8 days, although if immunocompromised it can be contagious for longer. RSV starts in the fall and spikes in the winter. If diagnosed, children should remain home for at least 8 days since symptoms start. If siblings live in the home, they should be monitored and stay home at the first sign of any symptoms. When a child tests positive they can shed/spread for 48 hours prior to being symptomatic. RSV can live on surfaces for many hours and on hand/tissues for shorter time frames. Thorough cleaning should occur in frequented spaces.

[RSV \(Respiratory Syncytial Virus\) | CDC](https://www.cdc.gov/rsv/)

#### **Flu**

Influenza is spread by droplet transmission and for this reason children should not come to school if sick with the flu. Influenza is most contagious through 4-5 days from symptom onset. If diagnosed with influenza, the child needs to remain out of school for at least 4-5 days from symptom start and longer if symptoms have not improved.

[Influenza \(Flu\) | CDC](https://www.cdc.gov/flu/)

## **Strep Throat**

Strep Throat is spread by droplet and contact transmission. This bacteria can live in the nose and throat. People who are infected spread the bacteria by talking, coughing, or sneezing, which creates respiratory droplets that contain the bacteria. For this reason, individuals diagnosed with Strep Throat should remain home until they have been fever free for 24 hours without the use of medication, symptoms improving AND they have been on antibiotics for at least 24 hours.

[Strep Throat | CDC](#)

## **Rhinovirus**

Rhinovirus is also known as the Common Cold and is a term we now use as testing for respiratory illnesses is more common as a result of COVID-19. Rhinovirus is spread by droplet transmission when an infected individual coughs or sneezes. These droplets can infect individuals within a 6 foot radius and can live on surfaces for some time. Individuals with Rhinovirus should stay home until symptoms are improving, as mask wearing for preschoolers is difficult. Ways to avoid Rhinovirus is to utilize a tissue when coughing and sneezing, washing hands regularly, and to disinfect frequently touched surfaces.

[Rhinoviruses: Common Colds | CDC](#)

## **Norovirus**

Norovirus is spread by contact transmission and for this reason individuals should remain out of school for 48 hours without diarrhea. If an individual tests positive for Norovirus, all areas they were located in while having active symptoms should be cleaned with bleach. Norovirus spreads by direct contact and is best prevented with good hand hygiene and avoiding those that are sick. Hand sanitizer and common cleaners are known to not be as effective against preventing Norovirus.

[Norovirus | CDC](#)

## **Hand, Foot and Mouth Disease**

Hand, Foot and Mouth Disease is spread by contact transmission. Individuals should remain out of school until fever free for 24 hours without the use of medication and lesions/rash have crusted over. Hand, Foot and Mouth Disease is very contagious and can be spread while the rash is open and fresh. This is best prevented by avoiding those that are sick, good hand hygiene, and cleaning frequented places/objects, especially if an individual becomes ill.

[Hand, Foot, and Mouth Disease | CDC](#)

**For any active infections please notify the GRCP Cooperative Director via email as soon as possible.**

*The GRCP Wellness Policy and Procedures was clinically reviewed and updated in August 2023.*