

Glenelg Country School

COVID-19 Policies & Procedures 2021–2022

Updated 6/13/2022

COVID-19 POLICY & PROCEDURES

The COVID-19 pandemic requires additional safety measures on the part of the school and its families to keep our campus safe. As we return to school for in-person classes and activities on campus, there are precautions in place to protect our students, faculty, and staff.

During this phase of the pandemic, we continue to implement more stringent oversight and more vigorous implementation of Health Services policies, particularly concerning managing illness on campus.

A tremendous amount of research, time, and thought has gone into our guidelines—including guidance from the CDC, the Maryland Department of Health, the Maryland State Department of Education, the Howard County Health Department, and other health authorities. This pandemic is an evolving situation, and we will continue to update our guidelines and share them with the GCS community as quickly as possible as more information becomes available.

DISCLAIMER

COVID-19 is extremely contagious and is believed to spread by person-to-person contact. The School has implemented reasonable preventative protocols, policies, and procedures designed to reduce the spread of COVID-19 on the School's campus, and these will be updated in response to new information. Despite the protocols, policies, and procedures in place to mitigate the transmission of COVID-19 on campus, there are inherent risks associated with being on campus. Those who come onto campus for any reason acknowledge and voluntarily assume these risks.

KEEPING THE CAMPUS SAFE COMMUNITY EDUCATION

The best way to keep our campus and community safe is to engage in safe behaviors on and off-campus. GCS will provide education on safe practices in different ways throughout the school year.

MASKS

As of February 28, 2022, masking is no longer required on campus and will be optional for faculty, staff, and students. Those who feel more comfortable wearing a mask on campus, may certainly choose to do so. Masking will be based on personal preference and informed by personal level of risk.

For anyone positive for COVID and returning to campus after a 5-day isolation period, masking will be required from Day 6 through Day 10.

For anyone who is a close contact of a positive person, masking will be required for 10 days after the last close contact with the person with COVID-19 (Day one is considered the first full day after the date of last close contact).

Anyone presenting with symptoms to the Health Room will be asked to mask, if not already. Anyone who has lingering symptoms after being cleared to return to school and is not practicing good respiratory hygiene/cough etiquette (i.e., cover mouth and nose when coughing or sneezing, wash hands after having contact with respiratory or nasal secretions, etc.) will be asked to mask, if not

already.

Masking will be required on morning bus service due to the mixing of grades and cohorts.

GCS reserves the right to require masking during large, indoor campus activities due to capacity and seating density. Notification of masking requirements will be provided prior to event.

SOCIAL DISTANCING

Community Expectations

Three-foot distancing will be observed to the greatest extent possible. Additionally, student cohorts will be maintained to the greatest extent possible. The sharing of objects or supplies will be limited and done only when practical.

FOOD AND BEVERAGES

Water fountains will not be used. Students may carry a water bottle, refillable at designated water refilling stations.

Lunches will be eaten either outdoors, weather permitting, or socially distanced in classrooms or common areas indoors.

OUTDOOR SPACES

Outdoor spaces will be maximized for academic instruction and support. Younger students are encouraged to make use of a towel or blanket from home to delineate their space.

PERFORMING ARTS

Per the campus wide masking optional policy, band, choir, and theater students have the choice to mask per their preference and comfort level. Social distancing will continue to be enforced when/if possible. For band students, bell covers will continue to be used when possible; not to impede musical performance or instrument sound.

CLEANING, HYGIENE, AND VENTILATION

Cleaning

According to the CDC, “The principal mode by which people are infected with SARS-CoV-2 (the virus that causes COVID-19) is through exposure to respiratory droplets carrying infectious virus.” Our cleaning protocols reflect the current guidelines for surface transmission.

Hygiene

Hand sanitizers are located in the entrance way of each building. Hand sanitizer wall-mounts are installed in each classroom and at each utilized building entrance.

Ventilation

In consultation with Constellation Energy, the Operations department has completed several upgrades to the school’s HVAC systems.

In the Primary, Middle, and Upper School buildings, outside air damper settings have been increased to 35% or the maximum possible the system can handle while still conditioning the space. This setting allows additional outside air into the buildings and increases air changeover in rooms throughout the day. Additionally, air handlers and classroom units have upgraded MERV 13 air filters.

In the Lower School’s Manor House, where classrooms have independent air units, an adjustment to the amount of outside air units bring in has been completed. The upper sash of windows has been lowered to improve air change out. Some of these rooms are equipped with exhaust fans as well. Other areas are conditioned with an air handler system with upgraded MERV 13 filters. Windows can also be adjusted to increase outside airflow. All rooms in the Manor House that do not have independent air units will have

an airpurifier equipped with HEPA filters and internal UV lights.

MANAGING ILLNESS ON CAMPUS

VACCINATION

We strongly encourage all persons eligible for the COVID-19 vaccination to get vaccinated and stay up to date with their vaccines. Per the CDC, up to date means a person has received all recommended doses in their primary series COVID-19 vaccine, and a booster dose when eligible. CDC recommends that everyone ages 5 years and older get their primary series of COVID-19 vaccine as well as receive a booster shot at least five months after completion of the primary series.

CONTAINING ILLNESS

Students, faculty, and staff not feeling well should not come to campus.

FEVER THRESHOLD

The school's fever threshold is 100.4° F. If any person (student, faculty, or staff) has a temperature of 100.4° F or higher, they must stay home. The student will be sent home if already on campus.

Please note, there are times every school year where parents give their child fever-reducing medicine in the morning before going to school knowing their child is sick with a fever with the hopes of that medicine holding the child throughout the day. In many of these cases, the medication wears off, and the temperature spikes. The child goes to the Health Room, and a parent must take the child home. During the COVID-19 pandemic, this student can potentially infect classmates and teachers—the importance of remaining home when ill cannot be emphasized enough.

PICKING UP AN ILL STUDENT

Within 30 minutes of notification of illness, the student must be picked up by a parent, guardian, or designated emergency contact. While this policy has not changed, it will be strictly enforced. Families should identify an emergency contact before the school year begins if a 30-minute pick-up time is not possible by a parent or guardian

ALBUTEROL NEBULIZER TREATMENTS

Albuterol nebulizer treatments are considered aerosol-generating procedures and pose a very high exposure risk due to potentially infectious aerosols sprayed into the air and throughout the room during the treatment. Albuterol nebulizer treatments will be given during emergencies only.

If a student has an asthma flare-up that may require a nebulizer treatment, the student should stay home and not be at school. Albuterol inhalers, with or without a spacer chamber, are still acceptable at school when needed. Inhalers are not aerosol-generating and do not pose a high exposure risk.

COVID-19 SYMPTOMS REGARDLESS OF VACCINATION STATUS

If any person (student, faculty, or staff) presents to the Health Room with any possible symptom of COVID-19, they will be sent home.

For the purposes of this decision, COVID-19 symptoms are any ONE of the following:

- Cough
- Diarrhea
- Difficulty breathing
- Fever of 100.4° F or higher
- New loss of taste or smell
- New onset of severe headache (especially with fever)
- Sore throat
- Vomiting

If you are experiencing any of the above symptoms:

- Stay home and email the school nurses at nurses-mail@glenelg.org explaining that you are experiencing COVID-like symptoms, what they are and when they started.
- Provide one of the following as clearance to return to school:
 - 1) A negative PCR test result
 - 2) A negative rapid/home COVID test result:
 - **Negative Test Results:** If a student has COVID-like symptoms and is at a low risk of infection (i.e., not a close contact of a positive person, low community transmission), **one negative rapid/home antigen test will be acceptable.**
 - **Positive Test Results:** A positive rapid/home antigen test will also be accepted and can be reported to the Maryland Department of Health through their At-Home Test Report Portal and will initiate the contact tracing process. The At-Home Test Report Portal can be found at the following link: <https://www.howardcountymd.gov/health/covid-19-testing#binaxnow-rapid-test-kits>.
 - 3) A doctor's note with an alternative diagnosis (other than COVID-19). A doctor's note is only needed if not testing.

RESPONDING TO COVID-19 DIAGNOSIS

Families must notify GCS as soon as possible if a student receives a confirmed COVID-19 diagnosis. Faculty and staff are required to do the same.

Persons Who Have Confirmed Positive COVID-19 Test (Isolation)

All persons who test positive for COVID-19, *regardless of vaccination status*, should complete isolation as follows:

- Stay home for at least five full days from the date of symptom onset if symptomatic or the date of the positive test if no symptoms.
- Day one is considered the first full day **after** symptoms started in symptomatic persons or the first full day **after** the person tested positive if asymptomatic.
- **After day five**, if asymptomatic and fever free for 24 hours without fever reducing medication, may return to school wearing a well-fitting mask while on the GCS campus, including extracurricular activities, except for lunch, for an additional five days.
- After day five and if still symptomatic please remain home for a full 10 days.

Please note, universal contact tracing is no longer needed in schools or child care programs. If you test positive, please be prepared to notify your child's close contacts. Staff and faculty will be expected to do the same if they test positive for COVID-19.

Close Contact

Per the CDC:

Close Contact through proximity and duration of exposure

Someone who was less than six feet away from infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual five-minute exposures for a total of 15 minutes). An infected person can spread SARS-CoV-2 starting from two days before they have any symptoms (or, for asymptomatic people, two days before the positive specimen collection date), until they meet the criteria for ending isolation.

Exception

In the K–12 indoor classroom setting or a structured outdoor setting where mask use can be observed (i.e., holding class outdoors with educator supervision), the close contact definition excludes students who were between three to six feet of an infected student (laboratory-confirmed or a clinical diagnosis) if both the infected student and the exposed student(s) correctly and consistently wore well-fitting masks the entire time.

This exception does not apply to teachers, staff, or other adults in the indoor classroom setting.

PERSONS WHO ARE EXPOSED TO SOMEONE WITH COVID-19

Fully vaccinated individuals:

- DO NOT need to quarantine after exposure but will wear a well-fitting mask around others for 10 days after the last close contact with the person with COVID-19 (Day one is considered the first full day after the date of last close contact).
- Get tested at least five days after the last close contact.
 - Testing can be done by one (1) PCR test on day 5 or two (2) home/rapid antigen tests done 24 hours apart (day 5 and day 6).
 - If the person tests positive or develops symptoms, they should stay home and follow recommendations for isolation above.

Individuals who have tested positive within the last 90 days who are asymptomatic

- DO NOT need to quarantine after exposure but will wear a well-fitting mask around others for 10 days after the last close contact with the person with COVID-19 (Day one is considered the first full day after the date of last close contact).
- Will need to speak with a healthcare professional about testing recommendations.

Unvaccinated individuals or those who have not completed the vaccination series

- DO NOT need to quarantine after exposure but will wear a well-fitting mask around others for 10 days after the last close contact with the person with COVID-19 (Day one is considered the first full day after the date of last close contact).
- Will need to “Test to Stay”: Test days 1, 3, and 5 and as long as testing negative on those days, individual can stay in school and will not need to quarantine.
- If at any time a positive test result is obtained, individual should submit test results to the school nurse at nurses-mail@glenelg.org, remain home, and follow the guidelines for isolation. Nursing will provide you with your isolation time frame.

The CDC recommends against retesting within 90 days of an initial positive COVID-19 diagnostic test in the absence of new symptoms consistent with COVID-19. Please provide a copy of the most recent positive test result or ask your provider for a note on letterhead of your COVID-19 positive result.

FAQs

I am fully vaccinated and had symptoms yesterday, but they went away today. Can I come to school?

No. Regardless of vaccination status you have three choices:

1. Obtain a negative test, submit to the school nurse at nurses-mail@glenelg.org for clearance to return.
2. Obtain a provider’s note on office letterhead, stating that you are cleared to return with an alternate diagnosis. This note must be submitted to the school nurse at nurses-mail@glenelg.org.
3. Isolate for five full days after onset of symptoms and may return on day six if asymptomatic and fever free for 24 hours without fever reducing medicine. You must remain masked for an additional five days after isolation while on GCS campus, including extracurricular activities, except for lunch.

I started having symptoms on Saturday and tested positive on Monday, when can I return?

Your isolation time period would be:

Saturday	Symptoms started
Sunday	Day one of isolation
Thursday	Day five of isolation (last full day)
Friday	Day six or after, if asymptomatic and fever free for 24 hours without fever reducing medication, may return wearing a well-fitting mask while on GCS campus, including extracurricular activities, except for lunch, for an additional five days.

I am fully vaccinated and asymptomatic but was a close contact. Do I have to quarantine for five days?

No, you may return to school masked for 10 days. A well-fitting mask will be worn while on GCS campus, including extracurricular activities, except lunch, for a full 10 days. Obtain a test on day five and submit the results to nurses-mail@glenelg.org. You may remain in school while waiting for results.

I received only the first vaccine of a two-shot series and was identified as a close contact on Wednesday (last day of contact with positive person). Do I need to quarantine?

No, you do not need to quarantine but will need to “Test to Stay” in school. Therefore, you will need to test on Day 1 (Thursday), Day 3 (Saturday) and Day 5 (Monday). As long as a negative test result is obtained on Day 1, 3, and 5, you may remain in school. Additionally, you will need to wear a well-fitting mask around others for 10 days after the last close contact with the person with COVID-19 (Day one is considered the first full day after the date of last close contact). If a positive test result is obtained anytime during the “Test to Stay” process, you will need to remain home and follow the guidelines for isolation.

COVID-19 MEASUREMENTS AND BENCHMARKS

Benchmarks of COVID-19 activity in the surrounding local areas, including case rates, case rates per population, positivity rates, hospitalizations, and guidance from local health authorities, will be monitored. As additional information about transmission and effective COVID-19 treatments are determined, we expect these metrics may be updated. GCS will comply with all directives from local health authorities.

TRAVEL GUIDELINES

DOMESTIC TRAVEL Strongly Recommended	Not Vaccinated	Vaccinated
Get tested 1–3 days before travel.	Yes	
Get tested 3–5 days after travel.	Yes	
Self-quarantine for 7 days with a negative test or 10 days without a test.	Yes	
Self-monitor for symptoms.	Yes	Yes
Wear a mask and take other precautions during travel.	Yes	Yes

INTERNATIONAL TRAVEL Strongly Recommended	Not Vaccinated	Vaccinated
Get tested 1–3 days before travel.	Yes	
Mandatory test required before flying to the United States.	Yes	Yes
Get tested 3–5 days after travel.	Yes	Yes
Self-quarantine for 7 days with a negative test or 10 days without a test.	Yes	
Self-monitor for symptoms.	Yes	Yes
Wear a mask and take other precautions during travel.	Yes	Yes

CONTACT INFORMATION

HEALTH SERVICES TEAM

Our Glenelg Country School health services team will monitor and track cases within the GCS community and monitor symptoms as presented and report cases to the Howard County Health Department.

Amy Ro, RN MHSA
 Head Nurse, Primary Building
 aro@glenelg.org
 410.531.8603 or x 2603

Kaitlin Woodford, BSN RN
 Manor House
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 410.531.7327 or x2108

Lorie St. Cyr, BSN RN
 Middle and Upper Schools
 lstcyr@glenelg.org
 410.531.8603 or x2212

Our school counselors are available to answer questions and concerns related to mental health and well-being.

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301.807.6002

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