

Dear Parents,

It is wonderful to be back in school for the 2021/22 school year. The following are a few reminders about our Covid-19 protocols:

- Please do not send your child to school sick (sore throat, nasal congestion, fever, body aches, fatigue, nausea/vomiting, persistent cough, loss of taste or smell, and shortness of breath). Even if your child's symptoms are not Covid-related, sick children should not be in school.
- Mitigation measures, such as mask-wearing, social distancing, and hand hygiene should continue during any after school activities.
- If you suspect your child has had close contact with someone who has Covid-19, keep them home from school and contact the pediatrician to get your child tested for Covid-19.

Please review the following information which went out in an email to families last week.

Below is guidance from the CDC and PA Department of Health related to vaccination status and exposure to COVID-19, which was updated on August 24, 2021.

All updates that were sent throughout the summer can be accessed by logging into the My Sem portal under the Health and Safety 2021-22 tab.

If you or anyone in your household are considered a close contact, test positive, or suspect that your symptoms might be indicative of COVID-19, please contact the health office immediately. (Symptoms include: fever or chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea).

Carol Kollar - Lower School Nurse - ckollar@wyomingseminary.org
570-407-0409

Vaccinated Guidelines

Vaccinated and Considered a Close Contact -

Obtain a molecular test 3-5 days after exposure, mask indoors for 14 days. Do not have to quarantine unless symptomatic or if you test positive.

- If someone in your household tests positive and you're fully vaccinated, guidelines are the same. You will not have to quarantine but should watch for symptoms and mask indoors for 14 days. You will need to get tested 3-5 days after your last

"exposure" (until they are no longer contagious (*10 days after symptom onset or positive test result*)). Take standard precautions (handwashing, distance, using a separate bathroom if possible, frequent sanitization, masking when around the positive family member would be beneficial).

If considered a close contact and vaccinated (*In the workplace guidelines*)

Follow all of the above guidelines, as well as the following:

- Must wear a K-N95 mask or similar at all times when on campus, including when you are alone in your classroom.
- Maintain appropriate distance between yourself and students, faculty and staff, etc. at all times
- Must avoid congregate settings such as dining halls and cafeteria, as well as faculty lounge. Request meals to-go.

Vaccinated and Test Positive -

Isolate for 10 days after a positive test result or first day of symptom appearance, report to the health office as soon as possible.

Vaccinated and Traveling Internationally -

Required to show negative result upon boarding flight, recommended to get tested 3-5 days after arrival.

Vaccinated and Traveling Domestically -

Testing not required before or after travel, do not need to self-quarantine.

Un-Vaccinated Guidelines

Unvaccinated and Considered a Close Contact -

Quarantine for 10 days after last contact (if asymptomatic) -or- Quarantine for 7 days, must have a negative test result (taken after at least day 5 of quarantine).

If someone in your household tests positive, you will have to quarantine for the length of their isolation period (10 days) and THEN start your own quarantine after (see above for *Unvaccinated and Considered a Close Contact* guidelines).

Unvaccinated and Test Positive -

10-day isolation since positive test or first day of symptom appearance AND after 24 hours after fever has subsided without the use of medication (if applicable). Other symptoms must be improving as well, excluding loss of taste/smell as these symptoms can linger.

Unvaccinated and Traveling Internationally or Domestically -

Negative test 1-3 days before trip, viral test 3-5 days after travel, and should self-quarantine for 7 days.

The transmission rate of Covid-19 in Pennsylvania and locally remains very high. We need your help to keep our community safe. Please contact me with any questions you may have.

Thank you,

Carol Kollar, RN BSN
Wyoming Seminary Lower School Nurse
(570) 407-0409
ckollar@wyomingseminary.org