



RCPS considers the health and well-being of our students and staff the highest priority. The Center for Disease Control and Prevention and Virginia Department of Health have issued new guidance shortening recommended isolation and quarantine periods. In effort to proactively reduce the spread of COVID -19 and ensure your health, safety and welfare as we are asking you to conduct a daily Health Screening on your child prior to arrival to school.

Health Screening Questions:

- Does your child have a cough or shortness of breath?
- Does your child have one or more of the following symptoms
  - Sinus congestion or runny nose
  - Allergy-like symptoms
  - Fever chills
  - Fatigue
  - New or unusual muscle, joint or body pain
  - Headache
  - Sore throat
  - Diarrhea
  - Nausea or vomiting
  - New loss of taste or smell

If you answer **YES** to any one or more of the above questions, please keep your child home, seek a COVID-19 test (Home, rapid or PCR), medical follow up and follow the CDC, VDH and RCPS recommended guidelines below.

For ANY general illness or if your child is sent home from school, parents will need to keep children home for **48 hours** to monitor and should be symptom improving and/or fever free and both improving without medications before returning to school. If your child is not improving they should see a healthcare provider.

**If Your Child Test Positive for COVID-19 (Isolate)** contact the COVID hotline at 540-671-1077.

Everyone, regardless of vaccination status:

- Stay home for 5 days.
- If your child has no symptoms or symptoms are resolving after 5 days, your child can leave the house and return to school.
- Continue to wear a mask around others for 5 additional days.

*(If your child has a fever, they should continue to stay home until they are fever free without fever reducing medications for 48 hours.)*

**If Your Child Was Exposed to Someone with COVID-19 (Quarantine Guidance):**

**\*No test to stay option at this time**

If your child:

Has been Boosted: **No Quarantine**

- Wear a mask around others for 10 days.
- Test on day 5, *if possible but not required.*

Has had COVID in the last 90 days: **No Quarantine**

- Wear a mask around others for 10 days.
- Test on day 5, *if possible but not required.*

Has been Vaccinated: **Potential Quarantine - determined by Covid Team based on Vaccine type and date of vaccination**

- Wear a mask around others for 10 days.
- Test on day 5, *if possible but not required*

If your child does not fall into one of the above categories: **Quarantine**

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- Test on day 5, *if possible but not required.*

*If your child develops symptoms please keep your child home, seek a COVID-19 test (Home, rapid or PCR), medical follow up, and contact the COVID hotline at 540-671-1077.*

School districts may choose to continue more stringent isolation and quarantine requirements based on transmission data in school or may implement the new CDC guidance. Each case will be reviewed by the COVID team and based on special circumstances and in consultation with VDH may alter guidelines as needed to keep our school family safe. Universal masking and school health protocols according to the health and safety plan are still required at this time at least through February 2022. The School Board will review transmission data and make a decision about any changes for the spring in March after the winter flu/cold season and current Omicron surge ends.

*Effective date: 1/12/2022*