

Hello SJS community,

I hope you are well and staying healthy and safe. We are up and running with testing here at SJS. The software platform is not perfect but we are making do. I wanted to review our program and what we have signed up for with CIC-Health. Of note, we have not signed up to participate in pool testing. I hope this memo will help to answer some questions families may have about the programs we enlisted in. But first the consent portal....

Consent Portal

Click here for the CIC Health- [CIC Parent Consent Portal.](#)

It is easier to navigate the Consent portal from a laptop or iPad. Many families were having difficulty using an iPhone. Currently, only 64 students have signed up! Staff you may sign up too. It makes the process much more streamlined if I already have consent present.

1. Information on Test and Stay

First, we signed up for the “**Test and Stay Program.**” This program is for close contacts in school only. They must be asymptomatic, which means students without any symptoms. The current guidance from DESE released on 9/20/21 is that the Test and stay is intended for in school close contacts only. So this is a new update this week. This means if your student has an outside exposure, say at football, gymnastics or a family party, they may not participate in the Test and Stay Program.

If your child is designated a close contact in school, the School Nurse will administer daily rapid now binax testing with parent consent for 7 days in the morning. We ask that you arrive at the back of the gym beginning at 8:05am, no later than 8:30. The rapid testing takes 15 minutes to result. You must wait with your child until the results post. If the test is negative, you may leave and the child can go to class. If a positive test results, we ask that you take your child home, obtain PCR testing and quarantine. Further instructions and guidance to follow.

So what happens if my student is an asymptomatic close contact out of school?

The student would have to follow protocol B-2. They must quarantine for 7 days and return to school on day 8 provided that:

- They remain asymptomatic
- Receive a PCR or Rapid antigen test on day 5 or later
- Monitor symptoms through day 14
- Please email school nurse results of test

[DESE Protocols](#)

*If you choose you did not want to get your student tested they would have to follow the alternate protocol which would be a full 10 day quarantine with release on day 11.

So what happens if someone in my household has covid?

If an unvaccinated student is living in a household where another family member is positive covid, the student is considered a close contact and must quarantine. Please see Here <https://www.doe.mass.edu/covid19/on-desktop/protocols/protocols.pdf>. Fully vaccinated students who are feeling well and without symptoms need not quarantine.

2. Symptomatic Testing

Similar to last year, we ask that no family sends an ill child to school. We ask that you keep them home and reach out to their pediatrician for advice, guidance and obtain testing out of school if indicated. Please do not send ill students to school/health office and ask for testing; this is not part of the policy. Symptomatic Testing will take place when a student arrives at the health office during the school day, school hours with complaints they are not feeling well.

COVID-19 Symptoms list:

- **Fever (100.0° Fahrenheit or higher), chills, or shaking chills**
- **Difficulty breathing or shortness of breath**
- **New loss of taste or smell**
- **Muscle aches or body aches**
- **Cough (not due to other known cause, such as chronic cough)**
- Sore throat, when in combination with other symptoms
- Nausea, vomiting, or diarrhea when in combination with other symptoms
- Headache when in combination with other symptoms

- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms

Any one of the bold symptoms above or two minor symptoms (not in bold), with parent consent, the school nurse can administer a Rapid binax. If negative, the student will be dismissed, Receive a negative PCR test or the Doctor makes an alternative diagnosis. An Alternative diagnosis consists of a note stating that the student was diagnosed with ie. influenza, strep, pharyngitis etc. The student may return to school once symptoms improve, they are fever free without fever reducing meds for 24 hours.

Health office examples for Test and stay/Symptomatic Testing

Here are some examples of daily health office that I encounter as a school nurse. Riley arrives at the health office and is with complaints of headache and sore throat. Riley is assessed by the school nurse. The Nurse determines his throat does not look within normal limits and he rates his headache 5/10. The nurse may administer a rapid test with consent but because he has two symptoms he will be dismissed so that he can be seen by his pediatrician. Riley can return once he is feeling better/symptoms improve, fever free and has a negative PCR or MD makes an alternative diagnosis.

Rory arrives at the health office with abdominal cramping 8/10 and a headache. She states this occurs each month. The school nurse performs an assessment, has parental consent to rapid test for the headache. The rapid test is negative. Rory has no known covid exposures and otherwise feels well. Rory may return to class.

These are just some scenarios I am thinking about in my head and hope they will help families to understand the protocols and flow of the testing program. As always, if a student is ill please keep them home. Always, reach out if you have a question, I will try to assist in navigating through the different scenarios. Stay well and healthy.

Best,

Tara Medeiros

SJS Nurse

<https://www.doe.mass.edu/covid19/on-desktop/protocols/protocols.pdf>