As we enter the 22/23 school year, we have updated requirements and recommendations from the Washington State Department of Health (DOH). This document outlines those requirements and regulations designed to ensure that our community is prepared for a safe and engaging program.

All guidance, procedures, and policies in this document are supplemental to those contained in the current MCS Family Handbook.

On-Campus Learning
We will begin the 2022-23 academic year on-campus with the expectation that specific health and safety procedures will be required. In the event that local health authorities place restrictions, close schools, or initiate a stay-at-home-order, we will transition to remote learning. MCS will follow all DOH requirements.

Preparing for Interruptions
MCS is prepared for the possibility of an interruption to on-campus learning. In the event our local community experiences a spike in COVID-19 cases and an interruption of physical operations occurs, we will shift to remote learning. The shift to remote learning will require one school day for preparation before on-line classes begin.

The decision to change or require specific scenarios is made by the Head of School. Any switch between on-site and remote learning will be communicated via email to all parents and staff. We will always err on the side of caution and safety. At any stage, government authorities may overrule these actions.

Illness / Sickness
Children and staff who have symptoms of COVID-19 are required to stay home and should get tested and/or see a health care provider and follow the return to school guidance accordingly. The DOH “What to do if a Person is Symptomatic” flowchart is below.

Daily Symptoms Screening for all staff and students.
We request that parents screen their child for symptoms prior to arrival at school. A “yes” answer to symptoms listed in the flowchart requires that the child stay home from school.

Exposure to a positive COVID case
Anyone exposed to a positive COVID case should monitor symptoms carefully. On day three after exposure, a rapid test may be administered. See the “Exposure” flowchart below.

COVID-19 outbreaks at school
In the event of a classroom exposure, MCS will notify all members of the class of the date of exposure and will communicate a timeline for symptom monitoring and testing. In addition, MCS will alert all community members of the positive case in a separate email. All positive cases and school exposures will be reported to the Washington State Department of Health.
Testing
MCS is part of the Washington Department of Health Return to Learn program. As such, we will maintain a supply of rapid antigen tests for our families. Tests are available in the office and we encourage you to use them if your family has been exposed or is experiencing symptoms.

Additional COVID-19 Precautions
In addition to symptom monitoring and testing, we will continue the following precautions:
• Frequent handwashing: upon arrival, prior to eating, when returning indoors from recess.
• Air quality: continuous ventilation through the air exchange system as well as in-room air purifiers.
• Daily disinfection of classroom materials and frequently touched surfaces (light switches, door handles, etc)
• Availability of outdoor workspaces.

Although the risk of severe illness may be different for everyone, anyone can get and spread COVID-19. Everyone has a role to play in slowing the spread and protecting themselves, their family, and their community. If you are sick with COVID-19 or have symptoms consistent with COVID-19, it is important to stay home and away from other people until symptoms have resolved.
What to do if you have COVID-19 symptoms

This decision tree is for the general public and non-health care settings, such as schools and child cares.

If you have one or more of these new, changed, or worsening symptoms:

- Fever (≥100.4°F) or chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- Loss of taste or smell
- Congestion or runny nose

You test POSITIVE for COVID-19

Stay home and test for COVID-19 or see a healthcare provider

You do not get tested

If you test NEGATIVE for COVID-19 OR receive a different diagnosis from a healthcare provider

Were you exposed to COVID-19?

NO

Stay home

You received a different diagnosis from a healthcare provider

YES

You test NEGATIVE for COVID-19

Resume normal activities if:
- You have had no fever within the past 24 hours (without medication)
- Your symptoms have improved

Isolate at home

You can leave isolation after 5 days have passed since symptoms first appeared if:
- You have had no fever within the past 24 hours (without medication)
- Your symptoms have improved

Notify people who have been exposed to you and refer them to Tree 2.

When resuming normal activities days 6–10:
- Wear a mask around others at home and in public
- Avoid people who are immunocompromised, health care settings and other high-risk settings
- Refer to What to do if you test positive for COVID-19 for more information, such as:
  - what to do in certain congregate settings
  - how to use antigen testing to determine when to leave isolation and remove your mask

You test NEGATIVE for COVID-19

Consider retesting every 24–48 hours through at least 5 days after your symptoms started.

Resume normal activities when:
- You have had no fever within the past 24 hours (without medication)
- Your symptoms have improved

What to do if you test positive for COVID-19

If you have one or more of these new, changed, or worsening symptoms:

- Headache
- Fatigue
- Sore throat
- Cough

You test NEGATIVE for COVID-19

You received a different diagnosis from a healthcare provider

Resume normal activities if:
- You have had no fever within the past 24 hours (without medication)
- Your symptoms have improved

If the person is under the age of two and ONLY has this symptom, testing and isolation are not required. If the child’s symptoms worsen or persist beyond 5 days, contact a health care provider.

Exposed to COVID-19: someone who was within 6 feet of a COVID-19 case for more than 15 minutes within a 24-hour period during the case’s contagious period. The definition of a close contact may vary in some situations.

If you cannot wear a well-fitting mask, you should complete a full 10-day isolation at home.

See Self-Testing Guidance for the Public for additional information about using repeat testing if you test negative. If you tested negative with a molecular laboratory test (e.g., PCR), you do not need to repeat testing.

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