

January 2022

Dear Peninsula Catholic Parents and Guardians,

Thank you all for your continued support and help with keeping our students, faculty, and staff safe during this what seems like a never ending pandemic, as well as to take this opportunity to update you on the [newly updated COVID-19 guidelines](#). Before I get to that, here are some reminders to continue keeping everyone as safe as possible:

**Consider keeping your child at home for an extra few hours or day of rest and observation if he/she has any of the following symptoms:**

- Very stuffy/ runny nose
- Excessive cough
- Mild sore throat (no fever, no known exposure to strep)
- Headache
- Mild stomach ache

**Definitely keep your child at home for treatment/ observation if he/she has any of these symptoms:**

- Fever (100.4 or higher) May return to school when fever free for 24 hours without medication
- Vomiting (even once) may return 24 hours last episode
- Diarrhea (3 or more watery stools) may return 24 hours last episode
- Chills
- General malaise/ feelings of fatigue, discomfort, weakness or muscle aches
- Frequent congested (wet) or croupy cough
- Lots of nasal congestion with frequent blowing of nose

Encourage the use of proper fit and wear of masks. Masks should be worn **snugly over the nose** and no gaps around the chin.

- Choose a mask with a nose wire
- Use a mask fitter or brace
- Use a cloth mask with two (2) or more layers of washable, Breathable fabric

**DO NOT USE A MASK MADE OF NON-BREATHABLE MATERIALS (PLASTIC, LEATHER, ETC.) OR MESH.**

BE AWARE:

- Masks are not a substitute for physical distancing
- Masks protect the person wearing the mask as well as others
- Face shields, a scarf or cold weather headwear (gator necks) are not a substitute for a mask
- Masks with one-way valves or vents are not allowed
- Wash your cloth masks on a regular basis.

### **Positive COVID**

Individuals (regardless of vaccination status) who test positive must isolate for 5 days. Followed by **strict mask** use for an additional 5 days provided following criteria has been met.

- Have no symptoms, or symptoms are getting better.
- Wear a well-fitting mask when you are around others for an additional 5 days after the isolation period ends.
- Fever- free for 24 hours without the use of fever reducing medications.

### **Exposed to Positive Individual**

- If you are **unvaccinated** or **have not yet gotten your recommended booster dose** (more than 6 months since your second mRNA dose or more than 2 months after the J & J vaccine), you should **(1)** quarantine for 5 days as long as you do not develop symptoms within that time and **(2)** wear a well fitting mask for an additional 5 days when you are around others.
- If you have **received your booster shot** or **received your second mRNA dose within the last 6 months** (or received a single J & J dose within the last 2 months), you do not need to quarantine following an exposure, but should wear a well fitting mask for 10 days after the exposure when you are around others.

If at any time during this period you develop symptoms you would then need to isolate for 5 days following the procedures for a positive individual.

**Household exposure-** student or staff member would be considered a close contact of the household member with COVID-19. Individuals would need to quarantine at home until the household member is no longer considered contagious (day 10), and then begin their 5 day quarantine period after their last exposure to the contagious individual for a total of 15 days. (if positive household member is able to completely isolate ie. does not share any space (bathroom, living space, kitchen, bedroom) with another member follow non-household exposure guidelines)

### **Sports Front**

Individuals can participate in sports as long as they can adhere to strict mask usage on days 6-10, including during play. If strict mask use is not possible, participating in sports should be delayed until after day 10 of isolation or quarantine.