

Medical Policies

Updated 3/11/2021

Key Rules

1. If you have one of the symptoms listed on the health form (question #3), **do not** come to school, even if you have tested negative for COVID.
2. If a family member has a symptom, no one in the family can attend YBH until cleared to return.
3. If any family member is awaiting COVID test results-- or even if the test has not been administered but the person intends to get tested-- then your children **cannot attend school** until **ALL** test results are in **and** you are cleared to return.
4. If anyone was in contact with someone who has COVID, you may not attend YBH until cleared to return.
5. If you are unsure if you can attend school, assume you cannot until cleared by YBH.
6. Assume you need to quarantine after attending a simcha. To discuss the possibility of not being required to quarantine please contact health@ybhpassaic.org. It is advisable to do so well in advance before the simcha.
7. **NEW RULE:** If one plans to get tested and is asymptomatic, please stay out of school for a minimum of 48 hours prior to testing.

General Rules

1. If any family member, a YBH student or not, is awaiting COVID test results-- or even if the test has not been administered but the person intends to get tested-- then your children cannot attend school until the test results are in. Even if a "rapid" test came back Negative, but the family member is awaiting results of a PCR test, no members of your family may come to school until ALL tests have come back negative AND you are cleared to return.
2. Do not send your children to school **with even the slightest symptoms** of illness. If you need further guidance as to how to proceed, please email health@ybhpassaic.org.
3. If **ANYONE** in your family is displaying symptoms, keep all children home until a doctor has cleared the siblings in writing to return.
4. Please make sure that you are accurately and completely filling out your children's daily screening forms, and if your child is absent, please fill in our Absence Notification form ([click here for form](#)) so we can track why they are out.
5. **Updated Rule:** Students and staff who were quarantined due to COVID exposure may return to school after 10 days from their most recent contact with someone who is considered contagious (which generally is considered to last 10 days from the onset of that person's symptoms), as long as they are symptom-free and have not had a positive COVID test. (At this time, we are not relying on testing to end a known exposure related quarantine after 7 days).
6. Parents must inform the school (email health@ybhpassaic.org) if a student has come into contact with anyone that tested positive for COVID-19.
7. **NEW RULE:** If you pre-plan COVID testing before traveling or seeing visitors, please stay out of school for a minimum of 48 hours before testing. That way, even in the event of an unexpected positive test, no one in the school will need to quarantine as a result. (Of course, **this guideline**

does not apply to COVID tests taken due to onset of symptoms for the one being tested, which should be taken as soon as deemed medically appropriate.)

Simchas

1. While we do not mandate an automatic quarantine after attending all *simchas*, we urge all individuals who may enter our building to be extra careful about which *simcha* to attend and how to act when at a *simcha*. For example, there is a difference between attending an outdoor *simcha* where everyone is wearing a mask and distancing, as opposed to attending an indoor *simcha* or one where masking and distancing are not observed.
2. If you choose to attend a *simcha* where you will be unable to properly social distance **and** mask, contact our medical advisors at health@ybhpassaic.org as to whether it will be required to quarantine prior to coming back to the building and/or how to avoid the need to quarantine. Should a quarantine be required, a 7 day quarantine with a negative COVID test taken on or after day 5, is allowed.

Daily Screening Instructions

1. Every child's temperature must be measured every school day at home.
2. Please ask your child to smell the same thing every school day. Some examples to use are *besamim*, cinnamon, etc. If one day they do not smell anything, or the smell is distorted or different, that constitutes a failed test.
3. The definition of "something chronic" as applicable to the form is a 'symptom' that has been occurring almost every day for more than the past 6 months- for example, having the recurrent habits of making a sniffing sound or coughing. Contracting a common cold or cough every month during the winter season does not constitute a chronic condition, and will be subject to the regular screening guidelines.
4. Another definition of a chronic diagnosis is when symptoms do not occur almost every day, but come and go over time. Examples include asthma, allergies, migraines, or GI conditions. These will require a pediatrician's note that the student has those conditions, and details of what the associated symptoms are. We recommend obtaining this note before the child develops those symptoms, to avoid missing school when they occur. Additionally, the details of the current symptoms must be consistent with the chronic diagnosis. For example, if a student has never had a sore throat or coughing with their allergies before, then their current symptoms cannot be considered chronic. Only identify previously associated symptoms of your child's chronic diagnosis as chronic. Many times, an acute infection like COVID will exacerbate a chronic diagnosis. If anything about the current situation is different do not report it as chronic.
5. Students who develop any of the signs or symptoms on the screening form will need to be **symptom free for 24 hours** before returning to school.
6. The following are exceptions to the above:
 - a. A headache associated with no other symptoms and which either requires no pain medication or only one dose of pain medication. This symptom still needs to be reported to the school and further monitored.

- b. Isolated nausea with no vomiting, diarrhea, or other listed symptoms. This symptom still needs to be reported to the school and further monitored.
 - c. Fatigue that is mild, brief, and associated with no other listed symptoms. This symptom still needs to be reported to the school and further monitored.
 - d. A muscle ache which is localized to one specific body region or not related to any trauma.
 - e. If a pediatrician can document what diagnosis the student has, and the student meets criteria to return to school for that specific diagnosis. Pediatricians will need to briefly document the standard clinical and/or diagnostic findings to support the diagnosis. They will also need to clear the student to return to school.
7. Any of the following will require a pediatrician's note to return to school even if symptoms completely resolve: Fever with a cough; fever with difficulty breathing; fever with vomiting or diarrhea; or loss of taste or smell. The pediatrician should use his or her discretion and the latest medical information for ordering diagnostic tests to clear the student to return to school.
8. Students who test positive must follow the NJ DOH's policy for discontinuing isolation. Current guidelines are: a) minimum of 10 days from onset of symptoms, b) fever-free without taking anti-fever medication for 24 hours, and c) improvement of symptoms.
9. The previous standard school illness criteria still need to be followed. For example, a child must be fever free for 24 hours, without any fever reducing medication, before returning to school.