

GSA Covid Update August 2022

How does Covid spread?

COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. These droplets and particles can be breathed in by other people or land on their eyes, nose, or mouth. In some circumstances, they may contaminate surfaces they touch.

Mitigation and Prevention Strategies

Face Coverings:

Face coverings are not currently required, but the CDC recommends wearing close-fitting face coverings when the community level is high and/or if you have symptoms, have a positive test, or have been exposed to someone with COVID-19. To check the community level in St. Louis City, click here:

https://www.cdc.gov/coronavirus/2019-ncov/your-health/covid-by-county.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fscience%2Fcommunity-levels.html

Face coverings will be required for an elementary classroom when 5 or more students in a homeroom test positive. At GSA Middle and High School where students frequently switch classes, **face coverings will be required for an entire grade level** when there are 15 or more positive cases in that grade level.

In these situations, masks will be required for a period of 10 days to ensure spread is minimized.

Cleaning and Healthy Habits:

- GSA will routinely clean and disinfect frequently touched surfaces.
- Students will be encouraged to sanitize and wash their hands throughout the school day.
- Students will be instructed to cough/sneeze into a tissue or their elbow, discard the tissue, then clean their hands.

Get Vaccinated:

- Stay up to date with recommended vaccines and boosters. The CDC lists recommendations for each age group at the website:
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>
- Go the following website to find a vaccine location: <https://covidvaccine.mo.gov/find/>

Stay home when ill:

If a student or staff member has any of the following symptoms, they should stay home and contact the school nurse, and also consider contacting their physician.

- fever or chills
- cough
- shortness of breath or difficulty breathing
- sore throat
- congestion or runny nose
- tiredness
- muscle or body aches
- headache
- nausea or vomiting, diarrhea
- loss of taste or smell

As per the health protocols in the GSA handbook, students should NOT be in school until they are symptom-free of fever, vomiting or diarrhea without the aid of medications for 24 hours.

Covid Testing:

Testing and identifying positive Covid cases can help prevent the spread of Covid. Any student or staff with Covid symptoms is encouraged to test for Covid.

Free At-Home Tests can be obtained at:

- GSA through the school nurse or office
- Free tests may be ordered at the website:
<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>
- Check your insurance as many carriers allow you to order tests to be delivered to your home

Contact tracing and Quarantine:

GSA will no longer contact trace or quarantine students or staff. The superintendent may require schools, sites and programs to implement contact tracing if mandated by local health authorities. The school nurse will attempt to notify families of students in the same homeroom when there is a positive case at the elementary school. The school nurse will attempt to notify families of students in the same grade level when there is a positive case at the middle or high school.

Isolation:

When a person tests positive for Covid, they must:

- Stay home for 5 days after their first day of symptoms (or after their positive test if they do not have symptoms)
- A person may return to school 5 days after symptoms began if symptoms have improved and no fever in the previous 24 hours without the use of medication
- Wear a mask for 10 days after their first symptoms.
 - Students will be asked to stay home for 10 days if they cannot correctly wear a closely fitting mask.