

# Conscious Kids

## Covid Precautions & Practices, Exposure, Quarantine & Isolation Guidelines

### Precautions & Practices

There is a daily temperature and symptom check upon arrival, and lots of hand washing after using the bathroom, before eating and as needed.

If a community member is not feeling well they stay home, but if a sneeze or cough comes up we practice putting it in our sneeze and cough pockets (elbow pillows).

We love to share food and do our best to make sure we're doing it in ways that support staying healthy: untouched by anyone's mouth and with freshly washed hands.

Currently all members in our community are vaccinated, but over the summer program there will likely be a few who are not.

We ask that all members are thoughtful in their pandemic (hopefully soon to be endemic) practices when out in the larger community.

We are currently not requiring mask wearing outside or inside for anyone. If mask wearing becomes required indoors we will move to an all outdoor program.

The indoor area is cleaned twice a month.

If your child becomes ill while with us, we will call you and they will be separated from the other children while waiting to be picked up. If we are unable to reach you, each person on the emergency pickup list will be called until a responsible party is located to pick up your child.

### Closures

If we plan to be closed we will provide minimum of 7-10 day notice before closure. At the end of Policies and Procedures Handbook is a list of planned closure dates. If we close due to emergency, you are notified as soon as possible. There are no refunds for emergency closure days up to one months time. If we need to close for more than one month, you will be refunded for any payment after the first month of closure.

Taken on 03/21/22, from  
<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#print>

### Calculating Isolation

Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected. If you have COVID-19 or have symptoms, isolate for at least 5 days.

### IF YOU...

#### **Were exposed to COVID-19 and are up-to-date on COVID-19 vaccinations**

- No quarantine
- You do not need to stay home unless you develop symptoms
- Get tested. Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19
- Watch for symptoms until 10 days after you last had close contact with someone with COVID-19

#### **If you develop symptoms**

- Isolate immediately and get tested. Continue to stay home until you know the results
- Wear a well-fitted mask around others
- Take precautions until day 10
- Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask
- [Take precautions if traveling](#)
- Avoid being around people who are at high risk

## IF YOU...

### Were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)

- No quarantine
- You do not need to stay home unless you develop symptoms
- Watch for symptoms until 10 days after you last had close contact with someone with COVID-19

#### If you develop symptoms

- [Isolate](#) immediately and get tested. Continue to stay home until you know the results
- Take precautions until day 10
- Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask
- [Take precautions if traveling](#)
- Avoid being around people who are at high risk

## IF YOU...

### Tested positive for COVID-19 or have symptoms, regardless of vaccination status

- Stay home for at least 5 days
- Stay home for 5 days and [isolate](#) from others in your home
- Wear a well-fitted mask if you must be around others in your home
- [Do not travel](#)
- Ending isolation if you did NOT have symptoms  
[End isolation after at least 5 full days](#) after your positive test

#### Ending isolation if you had symptoms

- [End isolation after 5 full days](#) if you are fever-free for 24 hours (without the use of fever-reducing medication) and your [symptoms are improving](#)
- If you were severely ill with COVID-19 or are immunocompromised  
You should isolate for at least 10 days. [Consult your doctor before ending isolation](#)
- Take precautions until day 10. Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask
- Do not travel until a full 10 days after your symptoms started or the date your positive test was taken if you had no symptoms
- Avoid being around people who are at high risk

## IF YOU...

### Were exposed to COVID-19 and are NOT up-to-date on COVID-19 vaccinations

- Quarantine for at least 5 days
- Stay home and [quarantine](#) for at least 5 full days
- Wear a well-fitted mask if you must be around others in your home
- [Do not travel](#)
- Get tested. Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19

### After quarantine

- Watch for symptoms until 10 days after you last had close contact with someone with COVID-19
- It is best to avoid travel until a full 10 days after you last had close contact with someone with COVID-19
- If you develop symptoms isolate immediately and get tested
- Continue to stay home until you know the results
- Wear a well-fitted mask around others

### Take precautions until day 10

- Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask
- If you must travel during days 6-10, [take precautions](#)
- Avoid being around people who are at high risk
- If you were severely ill with COVID-19 or are immunocompromised  
You should isolate for at least 10 days. [Consult your doctor before ending isolation](#)
- Take precautions until day 10. Wear a well-fitted mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask
- Do not travel until a full 10 days after your symptoms started or the date your positive test was taken if you had no symptoms
- Avoid being around people who are at high risk

Because of the changing nature of the pandemic, please check the CDC website at the link below for the most up to date guidelines.

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html#print>