COVID-19 Protocols
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Watch for these symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Free Testing
Here are two of the many options for fast (within 24 - 48 hours), free Covid-19 PCR testing with locations throughout the five boroughs:

- COVID-19 Testing Sites (NYC H+H)
- COVID MOBILE TESTING – LabQ Diagnostics

Other Testing Resources

- Vault Saliva Test - there is a charge for this test
- Med-Rite Urgent Care - most testing is free

Protocols for Cathedral employees or students who develop symptoms at home

Many COVID-19 symptoms are also symptoms of the common cold, flu, strep throat, or other illnesses. However, as per NYC DOH guidance and The Cathedral School policy, COVID-19 must be ruled out for any individual with the above symptoms prior to returning to school. Any individual who experiences any of the above symptoms should:

- Indicate their symptoms on the AUXS daily safety screening
- Contact the school nurse with details such as symptom onset and whether any known chronic conditions are associated with the symptoms
- Get a molecular (PCR) COVID-19 test
- Stay home until the test results are in and the symptoms are resolved or improving, and clearance has been issued by the school nurse
- Individuals must be fever-free for at least 24 hours without the use of fever-reducing medication in order to be present at school

*Protocols for Cathedral employees or students who develop symptoms at school*

**Isolation**

If a student or employee develops COVID-19 related symptoms while at school, they will be isolated immediately and cared for by our School Nurse in the medical room. The nurse will call the parents/guardians and arrange for the student to be picked up. Employees will be instructed to go directly home. The sick individual should stay home until:

- It has been at least 10 days since their symptoms started and they have not had a fever for the last 24 hours without the use of fever-reducing medication and their overall illness has improved; or

- They are not yet confirmed to have COVID-19, test negative by a molecular diagnostic test, and have not had a fever in the past 24 hours without the use of fever-reducing medication
  - The negative diagnostic test must be a molecular test (often called PCR tests). An antigen diagnostic test or antibody test is not acceptable for this purpose. People should ask their provider before they get tested to make sure they are getting the right type of test.
  - If a person has been told to quarantine because they were identified as a close contact, they must stay home for the full quarantine period even if they test negative by a molecular diagnostic. In some cases, individuals may be able to return to school on day 8 after exposure. The School Nurse and COVID-19 Coordinator will clearly communicate the quarantine guidelines.

*Protocols when symptoms occur immediately after receipt of a COVID-19 vaccine dose*

For people with symptom onset less than three days after receiving a COVID-19
vaccine:

- If symptoms include cough, shortness of breath, runny nose, sore throat, loss of taste or smell, fever, nausea, vomiting, or diarrhea, manage as potential COVID-19 infection (exclude them from school).

- If the only symptoms are fatigue, headache, chills, or muscle or joint pain, people may return to school if symptoms resolve within two days. If symptoms persist beyond this timeframe, manage as potential COVID-19 infection (exclude them from school).

**Response protocol for confirmed cases of COVID-19**

A parent/guardian or employee must inform the COVID-19 Coordinator of any positive COVID-19 diagnosis. All confirmed cases of COVID-19 will be immediately assessed by a NYC DOH contact tracer in coordination with the School Nurse to determine whether the student, employee, or school community member has been infectious while at school, and to determine the appropriate course of action required to minimize the risk to the wider community.

Key actions include:

- Contact tracing to identify all close and proximate contacts to a confirmed case. In some instances, this may require closing the school or part of the school while the contact tracing process is completed.

- Communication with parents and employees advising them whether they/their child has been in close or proximate contact with a confirmed case.

- Thorough cleaning of the school site to ensure the environment is clean and safe prior to the school resuming onsite learning.

- Coordination with the NYC DOH regarding discharge from quarantine and return to school.

*Contact Tracing:* In a non-healthcare setting, a close contact is defined as someone who was within 6 feet of an infected person for at least 10 minutes over a 24-hour period, starting from two days before illness onset (or, for asymptomatic patients, two days prior to positive specimen collection) until the time the patient is isolated. This definition of close contact in a
community setting is being used by the NYC Test & Trace Corps, in keeping with NYS guidance.

Further, according to the Johns Hopkins University COVID-19 contact tracing training, there may also be “proximate contacts” of someone diagnosed with COVID-19. A proximate contact is someone who has been in the same room with the infectious person for an extended period of time (e.g. an hour or more), but they were more than six feet away. These students and staff/faculty are also considered to be at risk of exposure to the COVID-19 virus.

When someone tests positive for COVID-19 and/or is diagnosed with COVID-19, NYC DOH contact tracers will notify those who have been in close contact and, in many cases, also those who were in proximate contact with the infected person. The NYC DOH contact tracers will work closely together with the schools' COVID-19 Coordinator. In addition, parents, students, and staff/faculty will be notified by the school in writing if they/their child has been in close or proximate contact with someone who has tested positive to COVID-19 while at school.

Unvaccinated individuals who are close or proximate contacts of someone diagnosed with COVID-19 will be required to quarantine and monitor themselves for symptoms and may not return to school for 10 days from the last possible contact with the infected person. In this situation, affected students will engage in remote learning with the support of Cathedral faculty and staff. Discharge from quarantine and return to school will be conducted in coordination with the NYC DOH. In some instances, close/proximate contacts may be permitted to return to school on day 8 after the last day of close or proximate contact with the case, if a negative molecular (PCR) test was performed on day 5 and this individual does not develop any symptoms.

A “casual contact” is someone who has been at the school at the time the confirmed case was onsite but has not had close or proximate contact with the confirmed case. When not deemed a close or proximate contact to a confirmed case of COVID-19 in the school community, students, faculty, and staff are not required to quarantine and can continue to attend school and engage in their normal activities within the community. All families and staff/faculty will receive a communication from the school about the confirmed case of COVID-19 and will be advised what to do depending on the level of their/their child’s exposure.

Medical privacy laws explicitly prevent The Cathedral School from revealing the name of any individual who has tested positive for COVID-19. We may only reveal that the student or faculty member has come in close or proximate contact with an
unnamed person, and how we came to know this information.

Fully vaccinated individuals who are close contacts are not required to quarantine in most cases. Fully vaccinated is defined as being 2 weeks or more after either receipt of the second dose in a 2-dose series, or 2 weeks or more after receipt of one dose of a single-dose vaccine. Fully vaccinated individuals who are close contacts should still let the COVID-19 Coordinator and School Nurse know about their exposure. They should monitor for symptoms for 14 days, wear a mask indoors in public at all times, and obtain a molecular (PCR) COVID-19 test on day 3-5 after exposure. In some cases, such as exposure to a case of COVID-19 in the same household, even fully vaccinated individuals may be required to quarantine.

**Protocols for Returning to School**

**Students and employees who test positive for COVID-19**

If a student or employee tests positive for COVID-19, the release from in-home isolation will be conducted in cooperation with the NYC Department of Health. Any person confirmed with COVID-19 must stay home (isolate) until all the following are true:

- At least 10 days have passed since the person’s symptoms started
- They have not had a fever for the last 24 hours without the use of fever-reducing medication
- Their overall illness has improved.

If the person never had symptoms, they should stay home for 10 days from the date they were tested.

Students and employees may only return once this documentation/isolation status is reviewed and approved by our School Nurse and approved by the COVID-19 Coordinator. The School Nurse will remain in close contact via phone/email with the student’s parents or employee to coordinate the student’s or employee’s date of return.

**Protocols for close contacts of someone diagnosed with COVID-19**

When a student and/or employee is exposed to someone with COVID-19 outside of
Unvaccinated individuals must complete 10 days of quarantine from the time of their last contact with the infected person. They may return to school after the quarantine period is over and if they have not developed any symptoms. A molecular (PCR) COVID-19 test will be required of the individual prior to their return to school. Discharge from quarantine and return to school will be conducted in coordination with the NYC DOH.

Fully vaccinated individuals who are close contacts are not required to quarantine unless those individuals develop symptoms. Fully vaccinated is defined as being 2 weeks or more after either receipt of the second dose in a 2-dose series, or 2 weeks or more after receipt of one dose of a single-dose vaccine. All individuals exposed to COVID-19 must get a molecular (PCR) COVID-19 test on day 3 to 5 following exposure.

Individuals who are exposed to COVID-19 at school will be required to quarantine for 7 days. They must get a molecular (PCR) COVID-19 test on day 5 after exposure. If the result of this test is negative and they have no symptoms, they may be released from quarantine and return to school on day 8.

(These protocols are subject to revision based upon new NYC DOH, CDC, legal, or other guidance.)

**Travel-Related Quarantine**

In accordance with New York State guidance, there are no longer any travel-related quarantine requirements. All travelers, domestic and international, should follow all CDC travel requirements and recommendations. Testing before and after travel, while not required by The Cathedral School, is recommended. Anyone who develops symptoms during or after travel should notify the School Nurse for further guidance. These guidelines are subject to change.

**Policies for the Close**

All parent and family events on the Close will require proof of vaccination for individuals who are 12 years of age and older. In addition, all children (regardless of
age) must be accompanied by a vaccinated adult. More information about the Cathedral's COVID-19 policies can be found [here](#).