Health and Safety Plan

2022-2023 School Year

LAMB's covid-related policies follow the guidance provided by DC Health in September 2022. LAMB will continue to monitor the pandemic closely and reserves the right to change these policies based on new guidance from DC Health and/or transmission levels at LAMB.
Introduction

LAMB has followed all city guidelines and requirements for safe operations during the COVID pandemic. As restrictions have lessened, LAMB continues to follow guidelines as much as possible and holds safety as our top priority. The following health and safety protocols are subject to changes from the city and/or the conditions of the pandemic.

Masks

Masks are optional at LAMB unless the community transmission level in DC is high or if there is an outbreak at a classroom or building level at school. The school will notify the community in advance if masks become required.

- While masks are not required at a medium community transmission level, we highly recommend them.
- At a medium and high COVID-19 Community Level, people who are immunocompromised or at risk of getting very sick with COVID-19 should wear a mask.
- Masks do not need to be worn while eating, drinking, or napping. Instructional staff may allow a student to remove a mask during instruction that requires seeing the whole face or if the student otherwise has difficulty wearing a mask.

Regardless of COVID-19 community level, LAMB respects and expects everyone to respect, each person’s choice to wear or not a mask.

Vaccination

LAMB strongly encourages all students to get vaccinated against COVID. When the vaccine is fully approved by the FDA for LAMB students, LAMB will require students to be vaccinated per city law.

Fully vaccinated students must submit proof of vaccination to add the information to the student’s health records. There are two ways to submit this information:

1. Email your student(s)’s vaccination card to admissions@lambpcs.org, and CC covid@lambpcs.org, mentioning your child’s name, grade, and community.
2. You can stop by the Front Desk and ask our receptionist to make copies. Please note that we cannot make copies during drop-off and/or pick-up times.

All LAMB staff must be fully vaccinated and submit their record to HR.

Updated September 2022
Hand Hygiene

LAMB teaches and encourages students and staff to practice appropriate hand hygiene throughout the school day.

Cleaning and Disinfection

LAMB cleans and disinfects classrooms and the school regularly.

Indoor Ventilation and Air Quality

The HVAC and other safety systems at LAMB’s 14th St. facility are state of the art and exceed required standards (MERV13 filtration and continual fresh air intake). The HVAC system in South Dakota is older. However, LAMB has supplemented each classroom with HEPA filters.

People Experiencing COVID-like Symptoms

All persons experiencing the following symptoms, regardless of vaccination status, that are new or unexplained must stay home and cannot enter the school:

- *New or worsening cough*
- *Shortness of breath/difficulty breathing*
- *New loss of taste or smell*
- *Fever (measured or subjective)*
- Chills
- Muscle or body aches
- Headache
- Sore throat
- An unusual amount of tiredness
- Nausea or vomiting
- Runny nose or congestions
- Diarrhea

Students experiencing any of the symptoms in *bold* or two of the non-bold symptoms should stay home or will be sent home if they develop symptoms at school. Please come as soon as possible if we call to ask you to pick up your child from school due to symptoms.

**Students and staff must be free of symptoms for at least 24 hours without needing medicine to return to school.**

Updated September 2022
Individuals who test positive for COVID 19

Individuals who test positive for COVID-19 must isolate (cannot come to school) for at least five days. These individuals can return on day six if they are symptom-free or they symptoms are improving.

- If you tested positive for COVID 19 and had symptoms:
  - Day 0 of isolation is the day of symptom onset, regardless of when you tested positive.
  - Day 1 is the first full day after the day your symptoms started.
- If you had no symptoms
  - Day 0 is the day you were tested (not the day you received your positive test result).
  - Day 1 is the first full day following the day you were tested.
  - If you develop symptoms within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset.

Guidance For Close Contacts Regardless of Vaccination Status

Regardless of vaccination status, DC Health recommends:

- Getting a COVID test 5 days after the exposure.
- Monitoring for symptoms for 10 days after the exposure.
- Wearing a mask for 10 days since exposure when around other people.

Asymptomatic Vaccinated Close Contacts

Vaccinated closed contacts can stay and continue to attend school as normal. We recommend they follow the guidance from DC Health outlined above.

Asymptomatic Unvaccinated Close Contacts

Unvaccinated close contacts no longer need to quarantine or test to stay. However, these students must:

- Wear a mask while at school for 10 days after exposure.
- Get a COVID test 5 days after exposure.

Symptomatic Close Contact Regardless of Vaccination Status

Symptomatic close contacts, regardless of vaccination status, must isolate and test as soon as possible. Students must be free of symptoms for at least 24 hours without needing medicine to return to school.

Updated September 2022
Testing

Students and staff will be required to take a COVID test prior to returning to school after a holiday. LAMB will provide the tests in advance. Students should test the day before returning to school and complete a form. If the student tests positive, families should email test results to covid@lambpcs.org. Additionally, DC Health asks that results — positive or negative — also be submitted to their online portal at https://coronavirus.dc.gov/page/rapid-test-result-submission-portal.

Reporting

- LAMB will notify families who have students who are considered close contacts of someone who tests positive at LAMB.
- LAMB will notify the City if we experience 25 or more related COVID cases. If we reach this threshold, we will also notify the community and may announce temporary changes to our procedures to stop the spread of the virus. Temporary modifications may include masking, cohorting, and maximizing the amount of time outdoors.)
- LAMB will notify the school if it sees a significant increase in cases overall.