

Frederica Academy COVID-19 Reopening Plan

Frequently Asked Questions

Symptoms

1. What are the symptoms of COVID-19?

- a. Fever of 100 degrees F or higher
- b. Any new or unexplained shortness of breath or difficulty breathing
- c. Any new or unexplained cough
- d. New loss of taste or smell
- e. Headache
- f. Sore Throat
- g. Congestion or runny nose
- h. OTHER SYMPTOMS: nausea or vomiting, diarrhea, body aches, fatigue

*****Not every person will have the same symptoms, and these can range from mild to severe depending on the individual*****

2. How long does it take for symptoms to appear?

- a. COVID-19 symptoms can appear **2 days after infection or as late as 14 days after infection.**
The typical time frame for symptoms to appear is 5 days after infection. The time can range and vary per individual.

3. What is the difference between the flu and COVID-19?

- a. Flu and COVID-19 are caused from different viruses, but they are both considered to be contagious respiratory illnesses. COVID-19 symptom(s) that are different from flu is new loss of taste or smell.
- b. An individual with COVID-19 typically takes 5 days to develop symptoms after being infected, but symptoms can appear as early as 2 days or as late as 14 days.
- c. All other information including differences are listed here:
 - i. <https://www.cdc.gov/flu/symptoms/flu-vs-covid19.htm#table>

4. What do I do if I think I have symptoms of COVID-19 during the school day?

- a. Report to the school Nurse's office for further evaluation and determination of appropriate next steps.

5. Should I come to FA if I know or am unsure of if my symptoms are COVID-19?

- a. NO. Please stay home and monitor your symptoms to ensure safety for everyone and contact Nurse Pope at schoolnurse@fredericaacademy.org or 912-638-9981 Ext. 492.
- b. If the student is affiliated with athletics in grades 6th through 12th, please contact Adam Norman MS, LAT, ATC at adamnorman@fredericaacademy.org or 912-638-9982 Ext. 520.

Guidelines / Isolation / Quarantine

1. Do I have to get screened every morning before entering FA?

- a. YES. Even if you arrive to campus late, it is mandatory for you to be screened to ensure not only your safety, but the safety of the broader FA community.
 - i. There are various locations each morning on campus for screening. Please refer to the Frederica Academy Reopening Plan at www.fredericaacademy.org/about-us/covid-19-reopening-plan
- b. If you arrive late in the Middle or Upper School, please report to Corn Hall to be screened by Mrs. Ashley Lavallee.
- c. For late Lower School arrivals, the student should report with their parent to the Front Office of the Main Administration building to be screened by Mrs. Catherine Holt.

2. What is considered close contact?

- a. Within 6 feet for 15 minutes or more without proper face covering with an individual who is symptomatic or has tested POSITIVE for COVID-19.
- b. Direct physical contact (i.e. hugged, kissed, etc.) with an individual who is symptomatic or has tested POSITIVE for COVID-19.
- c. Living in the same household as someone who is symptomatic or has tested POSITIVE for COVID-19 (even if they are isolated).
- d. Riding in the same car without proper face covering for 15 minutes or more with an individual who is symptomatic or has tested POSITIVE for COVID-19.
- e. Sharing the same eating or drinking utensils with an individual who is symptomatic or has tested POSITIVE for COVID-19.

3. What is isolation?

- a. Isolation is considered a 10-day time frame from the onset of COVID-19 symptoms or POSITIVE COVID-19 test result.

4. What is quarantine?

- a. Quarantine is a 14-day time frame used to keep an individual who has been exposed to COVID-19 or in close contact with someone with COVID-19 away from others.

5. What is the difference between isolation versus quarantine?

- a. Isolation is for symptomatic or POSITIVE COVID-19 individuals.
- b. Quarantine is for anyone who was in close contact (*less than 6 feet for more or equal to 15 minutes without proper face covering*) with a symptomatic or POSITIVE COVID-19 individual.

6. When do I isolate?

- a. If you start having symptoms of COVID-19 (i.e. fever of 100.0 degrees F or higher, cough, shortness of breath, loss of taste or smell, etc.).
- b. If you have a POSITIVE COVID-19 test (symptomatic or asymptomatic).
- c. If you have been tested for COVID-19 and are awaiting test results.

7. When do I quarantine?

- a. When you have been in close contact (*primary contact NOT secondary*) with someone who is symptomatic or POSITIVE for COVID-19 and can avoid further contact.
 - i. *Secondary contact is considered an individual who has come into contact with another individual who has been in close contact with a POSITIVE or symptomatic COVID-19 individual.*
- b. When living with someone in your household that has symptoms or POSITIVE COVID-19 test.

8. What if I am not sure how long I was in close contact with the individual?

- a. Unknown or unsure timeframe will warrant a quarantine as a precautionary measure for all individuals in the Frederica community.
- b. With an unsure timeframe, even if you receive a NEGATIVE test result, you will still be required to complete the 14-day quarantine due to the risk of the potential onset of symptoms arising from 2-14 days.

9. What if I feel fine and I am NOT going to be in contact with the symptomatic or POSITIVE COVID-19 individual anymore?

- a. Even if you are asymptomatic, it is mandatory to complete a 14-day quarantine from the last day of contact with the POSITIVE COVID-19 individual. NEGATIVE test results will not allow access back to FA due to the potential onset of symptoms arising from 2-14 days.
 - i. *For example: Wednesday, September 1st was your last day of contact and that is your 1st day of quarantine. The last day of quarantine would be Wednesday, September 15th and you could return to FA on Thursday, September 16th.*

10. What if I live with someone who is symptomatic or tested POSITIVE with COVID-19 and they are isolated in their own room?

- a. You will need to remain in quarantine for 14-days from the start of their home isolation period.
 - i. *For example: A family member is symptomatic or tested POSITIVE for COVID-19 and started home isolation on Wednesday, September 1st. Your quarantine begins on Wednesday, September 1st and ends on Wednesday, September 15th. You may return to FA on Thursday, September 16th.*

11. What happens if I am already in quarantine from an individual in my household that is symptomatic or POSITIVE for COVID-19 and then another member of my household becomes symptomatic or tests POSITIVE for COVID-19?

- a. Unfortunately, you will have to restart the 14-day quarantine from the start of the secondary home isolation or onset of symptoms of the other member of the household.
 - i. *For example: Mom begins home isolation on Wednesday, September 1st and you start your quarantine on Wednesday, September 1st. Brother becomes symptomatic or tests POSITIVE for COVID-19 on Sunday, September 5th. You will have to restart your quarantine as day 1 beginning Sunday, September 5th. The last day of your quarantine will be Sunday, September 19th and you may return to FA on Monday, September 20th.*

12. What happens if a member of my household is symptomatic or tests POSITIVE for COVID-19 and I cannot avoid close contact with them?

- a. First you will have to wait out their 10-day home isolation period BEFORE starting your 14-day quarantine period.

- i. *For example: Home isolation of brother starts on Monday, August 30th and ends on Wednesday, September 8th. Your quarantine then begins on Thursday, September 9th and ends on Thursday, September 23rd. You would return to FA on Friday, September 24th.*
- b. If you become symptomatic or test POSITIVE for COVID-19 during this time frame, you will switch to a 10-day isolation period from the date of test or date of onset of symptoms.
 - i. *For example: Home isolation of brother starts on Monday, August 30th and ends on Wednesday, September 8th. You become symptomatic on Saturday, September 4th, which is now DAY 1 of your 10-day isolation. Your last day of isolation will be Monday, September 13th and you can return to FA on Tuesday, September 14th so long as all members of the household are no longer ill or presenting symptoms.*
 - ii. *If members of your household are still ill after your 10-day isolation, you will remain in quarantine until the end of their home isolation time.*

13. Do I have to quarantine if I was more than 6 feet away for less than 15 minutes and wore proper face covering the entire time?

- a. NO. You followed the proper guidelines of social distancing and you may continue attendance at school and activities.

14. Do I have to quarantine for 14-days if I was in close contact with someone who is symptomatic or tested POSITIVE for COVID-19 if I have already had COVID-19?

- a. If you have tested POSITIVE for COVID-19 within the **last 3 months**, then you DO NOT have to quarantine and you may continue to attend school and activities.
- b. If you were only symptomatic yet did not test for COVID-19, you will have to quarantine again.
- c. If you begin exhibiting symptoms of COVID-19 again after 3 months, then it is warranted to get tested again or complete a 10-day isolation from the onset of your COVID-19 symptoms.

Testing Guidelines

1. When do I need to get tested?

- a. ONLY IF you are exhibiting symptoms of COVID-19 (fever 100.0 or higher, cough, shortness of breath, loss of taste or smell, etc.).
- b. If a Healthcare Professional or Physician requires you to be tested for COVID-19.

2. Do I have to have a NEGATIVE COVID-19 test result to come back to school?

- a. NO. If you have completed the proper 10-day isolation or 14-day quarantine time frame to where your symptoms have improved and you have been fever free for 72 hours, then you may return to FA.
- b. The 72-hour period can be within the 10-day isolation or 14-day quarantine period.
 - i. *For example: Symptomatic for days 1-5, asymptomatic days 6-10, or asymptomatic for days 6-14 (depending on isolation or quarantine), then you are cleared to return to FA on day 11 because symptoms have improved and fever free for 72+ hours.*

3. Do I need to get tested if I was in close contact for more than or equal to 15 minutes, less than 6 feet, without proper face covering with an individual who was symptomatic or tested POSITIVE for COVID-19?

- a. NO. You should complete a 14-day quarantine from the last day that you were in contact with the symptomatic or POSITIVE COVID-19 individual.
- b. YES. If you become symptomatic for COVID-19 (fever of 100.0 degrees F or higher, loss of taste or smell, cough, shortness of breath, etc.).

4. Where do I go to get tested?

- a. Glynn County Health Department
 - i. Schedule online: <https://covid19.gachd.org/covid-19-screening-and-testing-through-your-local-health-department/>
 - ii. Schedule by phone: 1-912-230-9744
- b. For all other questions regarding types of COVID-19 tests and testing sites, please contact Nurse Pope via email at schoolnurse@fredericaacademy.org or 912-638-9981 Ext. 492.

Basics

1. What is COVID-19?

- a. A viral disease that was first identified in Wuhan, China. The World Health Organization announced the official name for this disease is coronavirus disease 2019, abbreviated as COVID-19. "CO" stands for 'corona', "VI" for 'virus', and "D" for disease.

2. How does COVID-19 Spread?

- a. Between people who are less than 6 feet for 15 minutes or more without proper face coverings.
- b. By respiratory droplets when an infected person coughs, sneezes, or talks.
- c. By droplets landing in the mouth or nose of nearby individuals or possibly inhaled into the lungs.
- d. Spread by people who are not showing symptoms.

3. Can COVID-19 spread by touching surfaces?

- a. It may be possible to get COVID-19 by touching a surface or object that has the virus on it and then touching your own mouth, nose, or eyes. THIS IS NOT THE MAIN WAY the virus is spread; however, we are consistently disinfecting commonly touched surfaces to prevent any potential threat of spreading via surfaces.

4. How can we prevent the spread of COVID-19 at FA?

- a. Follow health safety precautions such as the following:
 - i. Practice social distancing by putting 6 feet or more between yourself and others.
 - ii. Wear face coverings that covers your nose and mouth in public, inside the hallways, and in the classroom AT ALL TIMES.
 - iii. Wash your hands with soap and water for at least 20 seconds.
 - iv. Clean and disinfect surfaces that are frequently touched.
 - v. Cover your mouth and nose with a tissue when you cough or sneeze.
 - vi. Avoid close contact with any people who are ill.