

# Lakeside School at Black Kettle Farm

## COVID-19 Protocol

*Updated August 31, 2022*

Disclaimer: Although this plan has been through rounds of planning and discussion with the Board, Parent Action Council (PAC), and Faculty, it is ever evolving as new information becomes available from New York State and the Essex County Health Department (ECHD).

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### I. Introduction

Throughout our programs, we have tried and will continue to try to maintain the essential rhythms and mission of Lakeside, and while many aspects of school will be the same, some practices will be challenging to our normal, pre-COVID routines. These challenges will dissipate over time and the strength of the rhythm will provide benefits that will overshadow any inconveniences and keep a sense of comfort and security even when changes to protocol occur.

We realize that some of these steps may feel like additional tasks or restrictions, however this is a prime example of how an ounce of prevention is worth a pound of cure. Except, in this case, we are asking everyone for a pound of prevention to make a ton of cure unnecessary. We are literally all in this together, and we are strengthened by the commitment of the community to follow these guidelines in order to keep all of us safe and healthy.

The following steps and procedures below were based on guidance from the [Centers for Disease Control](#), [New York Department of Health](#), [the New York State Education Department](#), [the New York Division of Childcare Services](#), [the Essex County Department of Health](#), and the [American Academy of Pediatrics](#). The procedures have been continuously updated and will be updated as the science informs new guidance.

For the purposes of this document, “fully vaccinated” is defined as 2+ weeks following the Johnson & Johnson or second dose of Pfizer and Moderna vaccines.

Links:

COVID- NYS Guidance

<https://coronavirus.health.ny.gov/covid-19-guidance-repository>

Essex County Health Department

<https://www.co.essex.ny.us/Health/covid-landing-page/>

NYS Office of Child and Family Services

<https://ocfs.ny.gov/main/news/COVID-19/>

Centers for Disease Control (CDC)

<https://www.cdc.gov/coronavirus/2019-ncov/community/index.html>

American Association of Pediatrics

<https://www.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-planning-considerations-return-to-in-person-education-in-schools/>

## **II. COVID-19 Symptoms (Definition)**

COVID-19 symptoms may include temperature above 100.0 F; cough or shortness of breath; runny nose/congestion, sore throat; chills, headache, muscle pain, nausea, vomiting, or diarrhea; or sudden loss of taste or smell), or other unspecified symptom(s) that causes them to suspect an illness.

### III. COVID-19 Testing (At-Home Testing, At-School Testing, Test-to-Stay Program)

#### 1. At-Home Testing

Lakeside encourages at-home antigen testing for any of the above-listed COVID-19 symptoms. At-home antigen tests are available for purchase at local pharmacies. Lakeside School is attempting to keep a stock of antigen tests at school that may either be sent home with families and/or used to test students, faculty and/or staff at school if a COVID-19 exposure is suspected (see “At-School Testing” below). If your family would like antigen tests from school to bring home, please let the Administrator know, and we will provide them when they are available.

#### 2. At-School Testing

Lakeside is partnering with the Essex County Health Department (ECHD) to provide rapid antigen testing and molecular COVID-testing at school. The molecular testing is *for SYMPTOMATIC Lakeside faculty, staff and students only*. This is at no cost to Lakeside families for the 2022-2023 school year, so long as testing supplies remain available. Rapid antigen testing is available to Lakeside families for exposures and asymptomatic testing as well as for symptomatic testing as long as supplies last.

1) Only children *whose parent(s)/guardian(s) have a signed consent form (see at the end of this protocol)* will be given the at-school molecular testing option.

2) The Abbott ID NOW COVID-19 test uses a nasal swab that is only inserted into the immediate nostril area (no deep swabbing!) and swirled around 4 times gently in each nostril, around the walls of each nostril. Older (Grades) children may self-administer this test, or the parent(s)/guardian(s) may administer the swab while they remain in their parked vehicle. Testing takes approximately 15 minutes for a result and is dependent upon technician availability.

3) The exact type of sample processing may depend upon (1) test kit availability through ECHD and (2) whether or not the test is for an asymptomatic COVID exposure or a symptomatic individual. Test types may include either or both Abbott ID NOW tests (which are for symptomatic individuals and require machine processing for results, on-site at Lakeside) or rapid antigen tests. Both tests require the same type of nasal swab.

4) Symptomatic and exposure testing will be conducted by Lakeside community member who has trained according with the requirements of the ECHD to use the Abbot ID Now machine and qualify to serve as our testing technician. The parent/guardian will email or call the school to make an appointment with Maeve Taylor ([admin@lakesideschoolinessex.org](mailto:admin@lakesideschoolinessex.org) or 518-963-7385). At the agreed appointment time, the parent/guardian will drive the student(s) in their household to school but remain in the vehicle during the very quick test. After the test is complete, the parent/guardian will take the symptomatic child(ren) back home. Test results will be available in approximately 15 minutes and will be emailed to the parent/guardian named in the consent form.

5) If the symptomatic student's/(s'), faculty, and/or staff test result(s) is/are negative, s/he/they will be required to stay home from school until symptoms abate, then may return to school. If symptoms are still present 36 hours after the first test, the child(ren) will be asked to return to school for a second test, following the steps above (drive to school, stay in vehicle, nasal swab while in vehicle, etc. as outlined above). If the second test result is negative, then the student will again return home to await for symptoms to resolve according to Lakeside's standard sickness policy (also applied during pre-COVID times) and/or be asked to obtain a PCR test or make an appointment with their healthcare provider.

6) Lakeside reserves the right to request that family members of a COVID positive household receive a COVID test before returning to school. This request will be made directly to the affected families.

### 3. Types of Outside Tests Accepted

All families are welcome to get tested somewhere other than Lakeside School. Be sure to request or ensure you will receive emailed or print copies of your official test results to give to Maeve Taylor for records.

1. PCR test results will always be accepted at Lakeside School as reliable measures of infection status.
2. Rapid tests now come in a variety of types (antigen, molecular, etc.). To be sure of the acceptability of a rapid test under certain conditions, please consult the School Administrator ([admin@lakesideschoolinessex.org](mailto:admin@lakesideschoolinessex.org)) or Board President Rachel Dowty Beech ([rachel@lakesideschoolinessex.org](mailto:rachel@lakesideschoolinessex.org)).

3. A list of New York State testing sites is available at:  
<https://coronavirus.health.ny.gov/find-test-site-near-you>

#### 4. Test-to-Stay

If a student, faculty, or staff member is exposed to COVID-19, Lakeside asks that the person be given an antigen test. Initially, two antigen tests will be given 48 hours apart, then, if those are both negative, additional antigen tests will be administered to the exposed person either at home or at school each morning for five (5) days, when tests are available.

#### **IV. COVID-19 Positive Test Result (Steps to be taken by individuals, families, and Lakeside School)**

Upon receiving a positive COVID-19 test, the following report for Essex County must be filled out by the individual who tested positive or, in the case of a child, the child's parent or guardian:

<https://www.co.essex.ny.us/Health/isolation-quarantine/> and instructions given to families through this self-reporting system must be followed.

Any person testing positive for COVID-19 isolate for 5 days and take precautions for 10 days. Such individuals may return to Lakeside on day 6 if s/he/they are asymptomatic and test negative on an antigen test. If the individual who tested positive returns to school on day 6 of the mandated precaution period, s/he/they must wear a tight-fitting mask while at Lakeside (both indoors and outdoors) during days 6 through 10 of the precaution period.

#### **V. Masking**

Mask wearing is optional for students, faculty and staff when inside the main building or elementary classrooms, except in the following circumstances:

Anyone who is symptom-free and ending a 5-day isolation after testing positive for COVID-19 is required to wear a mask on school grounds (both indoors and outdoors) on days 6-10 according to county, state, and CDC guidelines. If symptoms recur during this time, according to current guidance, isolation begins again at day 0. If a child cannot correctly wear a mask continuously during this time period they must remain home until day 10.

If anyone was exposed to COVID-19, he/she/they must take precautions and wear a mask in all areas at Lakeside for 10 full days (day 0 being the day the person's last exposure), following county, state, and CDC guidance (<https://www.co.essex.ny.us/Health/isolation-quarantine/> ). If infection rates rise again in Essex County for the 2022-2023 school year, additional mask mandates at school may return.

## VI. Consent Form for At-School Testing

Child's First and Last Names \_\_\_\_\_

Child's Birth Date \_\_\_\_\_

Child's Home Address \_\_\_\_\_

Parent / Guardian Name \_\_\_\_\_

Parent / Guardian Phone Number (contact number) \_\_\_\_\_

Parent/Guardian Email Address \_\_\_\_\_

I hereby give permission for my child to be tested for COVID-19 at Lakeside School during the 2022-2023 school year using the Abbott ID Now test and/or a rapid antigen test in the case that my child becomes symptomatic at school.

Signed \_\_\_\_\_

Please submit this signed form to the Lakeside School Administrator, Maeve Taylor, either at school or at [admin@lakesideschoolinessex.org](mailto:admin@lakesideschoolinessex.org) .