

MERCY SCHOOL INSTITUTE COVID 19 FAQ:

1. What are the symptoms I should be checking before sending my child to School ?

Answer: Fever, runny nose WITH fever, Cough, severe SORE THROAT, RED eyes, fatigue, muscle aches, vomiting, diarrhea, abdominal pain, and loss of taste or smell.

2. My child is sick with fever, severe sore throat, runny nose with fever, coughing a lot, what should I do ?

Answer: Do not send children to school if they have these symptoms, contact the child's pediatrician.

3. My child was fine this morning but School found him to have a fever?

Answer: If your child has fever of 100.4 or higher, or above symptoms (as in question#1) they will be sent home.

4. My child was sent home due to fever, what should I do ?

Answer: please DON'T panic, check his/her temperature a few more times during the day and if there is no fever or other symptoms (cough, looking sick), they can return to school next day. In case fever persists, then contact your child's doctor or urgent care to get medical help and COVID19 PCR nasal swab testing. If your child is cleared by a doctor they can return to school.

5. What happens if a student in my child's class is diagnosed with COVID19 ?

Answer: As soon we find out about positive case will take following actions:

- The classroom will be closed for half to one day to disinfect using CDC guidelines.
- Person with COVID19 will be asked to quarantine according to the CDC guidelines listed in question 10.
- All possible contacts of that positive case will be TRACED and contacted and they will be asked to quarantine themselves according to the CDC guidelines listed in question 11.
- Everyone who is required to quarantine will be required to attend school online for the entire day during the quarantine period. If a student feels ill, he/she need to contact school office to be excused for that day.

6. Will School be closed if a case of COVID19 is diagnosed in school ?

Answer: Yes, if a child in a single classroom is COVID-19 positive, that entire classroom group (A or B) will need to be quarantined. If over 1/3rd of classrooms are placed in quarantine, that could be the tipping point for consideration of closing the school 7-14 days until the situation is reassessed.

7. Who is considered a close contact to someone with COVID19?

Answer: Whoever is within 6 feet of an infected person for at least 15 min, starting 48 hours prior to the person getting sick or diagnosed with COVID19.

8. Where can I go to test for COVID 19?

Answer: You can get tested for free and without a doctors note at the following locations. Results are usually available withing 24-48hrs:

- OU Medicine Drive Thru Testing Center. Visit the following link to make appointment: <https://covidtest.ouhealth.com>

- IMMY labs. Visit the following link to make an appointment
<https://portal.immylabs.com/appointment>

9. What type of COVID testing is acceptable at the school?

Answer: The school **accepts only the PCR testing that detects the viral RNA** from a respiratory (usually nasal) swab specimen. COVID testing looking for antibodies to COVID in the blood stream is **not acceptable**. Also, Rapid antigen testing is **not acceptable**.

10. I have COVID19, when can I return to School as a student or staff?

Answer:

1. If you have symptoms and are NOT hospitalized:

Stay home or isolated:

- At least 10 days since you first felt sick.
- Once 10 days has passed since you first felt sick, you will also need to be fever free for 24 hours, without the use of medicine that lowers fevers; AND your symptoms need to be getting better before it's safe for you to leave the house and return to your normal routine.

2. If you have symptoms and are hospitalized:

Stay home and isolated:

- At least 20 days since you first felt sick.
- Once 20 days has passed since you first felt sick, you will also need to be fever free for 24 hours, without the use of medicine that lowers fevers; AND your symptoms need to be getting better before it's safe for you to leave the house and return to your normal routine.

3. If you have symptoms and a weakened immune system:

Stay home and isolated:

- At least 20 days since you first felt sick.
- Once 20 days has passed since you first felt sick, you will also need to be fever free for 24 hours, without the use of medicine that lowers fevers; AND your symptoms need to be getting better before it's safe for you to leave the house and return to your normal routine.

4. If you have no symptoms at time of positive test:

Stay home and isolated:

- At least 10 days since you had your test done. If you have a weakened immune system, you should stay home for at least 20 days from the test date.
- If you develop symptoms, you will need to follow the guidance above for the type of symptoms you develop or your immune system category. Your isolation count will now be from the day you first felt sick.

11. I have been exposed to someone who has COVID but not having symptoms, how long does I have to quarantine as a student or staff?

Answer:

- You **should stay home and isolated** for 14 days from date of last contact with the COVID patient, if possible.

- If you remain free of symptoms up to day 10, quarantine can end at that point, but you should continue to monitor for symptoms and wear a face covering when around others until at least 14 days after last exposure.
- If you receive a negative test result from a sampling on day 5 after exposure or later, you can end quarantine on day 7. You should continue to monitor symptoms and wear a face covering when around others until at least 14 days after last exposure.

The CDC approved this decrease in the length of time a person must quarantine if they come in close contact with someone who tests positive for COVID-19. The CDC approved this change based on months of research, which revealed that only a small percentage of COVID cases emerge more than five days after exposure. We are pleased their adjustment will allow us to continue to protect students and staff, while also decreasing the amount of instructional time they must miss.

12. What measure do you need to take during the period of quarantine?

Answer:

- **Isolate yourself at home.** Do not go to work, school, or any other place outside the home.
- **Stay away from other people in your home.** As much as possible, stay in a separate room and use a separate bathroom, if available.
- **Wear a facemask if you need to be around other people,** and cover your mouth and nose with a tissue when you cough or sneeze. Wash hands thoroughly afterward.
- **Avoid sharing personal household items.**
- **Wash your hands often** with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer containing at least 60% alcohol. Avoid touching your face with unwashed hands.
- **People with underlying medical conditions and weakened immune systems are at greater risk for severe illness.** Continue your medicines and treatment plans as directed by your healthcare provider. Contact with your healthcare provider regarding your symptoms and concerns. If you are worried about your symptoms, do not delay emergency care.
- **If you need emergency medical care** during your isolation at home, call 911 and let them know that you have tested positive for COVID-19.

13. How do I prevent my child from getting COVID19 infection ?

Answer: Follow CDC guidelines:

- Social distancing: All students should stay 3-6 feet away from other students or staff.
- Wear a mask: (see question 12 answer)
- Wash Hands frequently, please teach young children how to wash hands and how to use hand sanitizer.
- Avoid touching your face.
- Cover your sneeze and cough.

14. Who should wear a mask?

Answer: All students are expected to come to Mercy School wearing masks. School will provide masks for students who forgot to bring one.

- Compulsory masks for all students in 3rd grade and up while present in school (including in class, admission, dismissal, walking in hallways, and visit to the bathroom).
- Compulsory masks for students Pre-K3 to Grade 2 during school morning admission, dismissal, walking in hallways and visit to bathroom. Students may consider wearing Fancy Face shields while in class if possible.

15. How do I help my child with anxiety and stress with this pandemic?

Answer: Please explain to them that it is normal to feel anxious or worried about COVID 19, talk to them about why social distancing, hand washing is important, remind them that most people with COVID19 do not get severely ill. Also remind them to protect other people by practicing social distancing, wearing mask and washing hands.

16. Does School practice contact tracing?

Answer: Yes, we will contact all close contacts of COVID19 patients and ask them to stay home and quarantine according to CDC guidelines.

17. What about water supply at school?

Answer: As school opens, all traditional “bubble up” water fountains will be disconnected. Students and staff are encouraged to bring filled water bottles or other non-breakable water containers to school with them.

18. What about school supplies?

Answer:

- Lockers will not be used. Students should carry their belongings in their backpacks only.
- Students should bring their personal laptops/chromebooks to be used in class. School offers chrome books to students who don't have a personal device and cannot afford one, Please contact the Business Office. Recommend that parents purchase a chromebook (same as the one used in school) or any laptop.
- Encourage online and paperless work.
- EVERY STUDENT MUST HAVE A PERSONAL SET OF Stationery items, art supplies, ear plugs, prayer mat.

19. I would like to help School with COVID19 preparations, what should I do ?

Answer: School would suggest following:

- Please update your contact info, phone numbers, address, email address.
- Teach your children methods to avoid infection, use mask, hand washing etc. It is important for the parents to help teach and practice with their children how to properly wear masks in the weeks before the school starts.
- For donation of cleaning supplies, contact the school office first.

20. How can get scheduled for COVID vaccine?

- The Oklahoma City-County Health Department (OCCHD) has put together information regarding COVID vaccine. You can access this the information here: <https://www.occhd.org/covid-19vaccine>

- The Oklahoma State Department of health (OSDH) has launched a website to allow people to pre-register and schedule COVID vaccine according to their risk status. You can the preregistration link here: <https://ok-vras.powerappsportals.us/>

MAY ALLAH PROTECT US ALL.

Good health is more important than a perfect attendance record!