



MFLC COVID-19 Health and Safety Plan

Mushroom Family Learning Center is committed to providing a safe and healthy learning environment for our students and staff. Following the most recently updated guidance from both the Centers for Disease Control (CDC) and the Allegheny County Health Department, MFLC has created and updated the necessary protocols to ensure that we have the policies and procedures in place to provide a safe environment as we welcome students back to school for the 2023-2024 school year, and to control the spread of COVID-19 in our school. Please contact Executive Director, Gina Lipkin, at directormflc@gmail.com with any concerns or questions related to our response to COVID-19.

Face Coverings

Masking at Mushroom Family Learning Center is optional*, although MFLC strongly encourages masking for everyone in our school when our community level of transmission is designated as HIGH, as defined by the CDC. We reserve the right to change this policy at any time and will provide updated communication as necessary.

If a child enters school during drop off wearing a mask, MFLC staff will assume that the child's parent wants them to wear a mask and the child will remain masked for the time that they are in school that day.

Any staff members who choose to wear a mask or any parents who choose to have their child wear a mask at school have the right to make that decision. Please be respectful of a person's choice to mask or unmask.

** See under "Positive COVID-19 Test" for exception to the optional masking policy.*

Strategies of Everyday Operations

MFLC will take a variety of actions to prevent the spread of COVID-19, as well as other infectious diseases.

Proper Hand Hygiene and Respiratory Etiquette

- MFLC will teach and reinforce handwashing with soap and water for at least 20 seconds.
- If soap and water are not readily available, hand sanitizer will be distributed by a teacher.
- Students will be encouraged to wash their hands upon arrival to the classroom, after personal hygiene routines, and at other transitional times throughout the day.
- MFLC will teach proper etiquette for covering coughs and sneezes using the "vampire technique" (elbow) or a tissue.

Ventilation

- All classrooms contain air purifiers and fans will be used to help circulate the air.
- Classroom windows will be opened as weather permits to allow for increased ventilation.

Cleaning and Disinfecting Procedures

- Frequently touched surfaces in the classrooms will be cleaned and disinfected daily.
- Classroom bathrooms will be cleaned and disinfected between the AM and PM sessions.
- Classrooms will be cleaned and disinfected between the AM and PM sessions and at the end of the day.
- Toys that children have placed in their mouths or that are otherwise contaminated by body secretions or excretions will be set aside and thoroughly cleaned at the end of the day.
- All products used to clean are EPA approved.

Symptoms of COVID-19

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms.

Possible symptoms include, but are not limited to, 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, and diarrhea.

Best Practices for Reducing the Spread of COVID-19

- Getting a COVID-19 vaccination is the leading public health strategy to prevent serious disease. COVID-19 vaccines are now available to all children ages 6 months and older.
- People who have symptoms of respiratory or gastrointestinal infections, such as cough, fever, sore throat, vomiting, or diarrhea, should stay home. Staying home when sick can lower the risk of spreading infectious diseases, including COVID-19, to other people.
- Testing is recommended for people with symptoms of COVID-19 as soon as possible after symptoms begin.

Management of Cases and Exposures

Students or staff who come to school with symptoms of COVID-19 or develop symptoms while at school will be required to wear a well-fitting mask while in the building and will be sent home and encouraged to get tested.

If your child has any COVID-19 symptoms prior to coming to school, please keep them at home. Testing is recommended as soon as possible after symptoms begin. Even if your child tests negative for COVID-19, please keep them home if they are sick*.

**Please see MFLC's Sick Child Policy.*

Positive COVID-19 Test

- Report the positive result immediately to Director, Gina Lipkin. The Director is required to report positive cases to the health department.
- Isolate for a minimum of 5 days
 - No symptoms: Day 0 is the day you are tested.
 - Symptoms: Day 0 is the day of symptom onset.
- Students and staff may return on Day 6 with proof of a negative test OR a physician's note stating that they can return to school. Also, symptoms should be improving with no fever for 24 hours.
- Students and staff returning to school after isolation must wear a mask at school for days 6-10. If a person is unable to wear a mask for days 6-10, then they must stay home and isolate for 10 days.
- Proof of a negative test or a physician's note to return to school is a requirement of the health department.

Exposures to COVID-19

- Quarantine is no longer recommended for students and staff exposed to COVID-19.
- If a student or staff member is exposed to COVID-19 outside of school, they are required to notify Director, Gina Lipkin, and the CDC recommends that they wear a mask while at school for 10 days (Day 0 is the day of exposure).
- If a classroom is exposed to a student or staff member who tests positive for COVID-19, parents will be notified of the exposure, and the CDC recommends that those exposed wear a mask for 10 days while at school (Day 0 is the day of exposure).
- Anyone exposed to a positive COVID-19 case should be monitored for symptoms and isolate and get tested immediately if any symptoms develop.
- You can still develop COVID-19 up to 10 days after you have been exposed.
- The CDC recommends that anyone exposed to a positive COVID-19 case should get tested on Day 6, even if no symptoms develop.

**Health and Safety Plan updated by Director, Gina Lipkin, and approved by the MFLC Board of Directors August 2023.*