

#LW2MRH

live well,
learn well
2021-2022



MRH RETURN TO SCHOOL FAMILY GUIDE MRH 2021-2022

REVIEWED OCT. 27, NOV. 18, 2021

In March 2020, COVID-19 forced the closure of countless school systems. Districts of all sizes quickly changed how they deliver services to their communities. Maplewood Richmond Heights School District (MRH) staff immediately worked alongside families and stakeholders to meet the needs of students. While an overwhelming amount of decisions have been made as we navigate the challenges, MRH staff members have remained student-centered and positive. Our efforts have helped each of our 1,400 students continue to learn throughout the extended closure and subsequent tiers re-entry.

Throughout it all, staff has focused on core content, distance learning techniques, and addressing special circumstances. These include academic plans for English learners, communication with families, technology and access for all students, nutrition and mental health, students with special needs and more. Time and again, people have stepped forward to ensure that in whatever tier of instruction we find ourselves, learning will continue. Our families have been strong partners in providing educational services to children.

MRH is following guidelines to keep people safe. We are trying to lead with compassion and empathy. We appreciate everyone's thoughtful and heartfelt feedback. The trust and support have been energizing through times of stressful decision making. We have amazing people at every level. The MRH community symbolizes our cornerstones again and again.



As we navigate the COVID-19 landscape, we never lose focus on its impact on our staff, students and community. We know that each individual has been affected in different ways. Everyone has different feelings on how we should return and what that should look like. This manual should be used as a guide to provide direction as the COVID-19 landscape changes. We will follow the Centers for Disease Control (CDC) and the St. Louis County Department of Health guidelines regarding sanitation, social distancing, personal protection equipment (PPE) and other layers of protection. As the guidelines adjust, so will our direction and communication. MRH will adapt to the environment and provide the best support to all.

To MRH families, we say thank you for your flexibility, resilience, dedication and grace. You are the heart of the District. As we prepare for a return to school, the educational setting will look different. Although we know the situation remains challenging, we also know that MRH will find innovative ways to educate children. We are MRH Strong!!

Learning Tiers: Responding to Changing Community Conditions

The MRH Return to Learning Plan has been developed into three tiers to allow response to community conditions and the recommendations of the St. Louis County Department of Health.

Tier 1: In-Person Learning

Students PK-12 are on campus in-person each day. A traditional schedule is used with health and safety precautions in place.

- Full-sized, in-person classes, activities, and events
- Students may mix between classes and activities
- Students and teachers share some objects (books, learning materials, computers etc.)
- Students, teachers and staff follow steps to protect themselves and others (i.e. face masks, social distancing, hand hygiene and respiratory etiquette based on health department guidance)
- Regular cleaning and disinfection of frequently-touched surfaces

This tier will be invoked only when there is minimal to no community spread and/or with guidance for safe operations from CDC/STLDPH.

Tier 2: Hybrid Model

Students PK-12 are on campus for half of the day on Mondays, Tuesdays, Thursdays, and Fridays (Cohort A in the morning; Cohort B in the afternoon) while the other half of the day is distance learning. Wednesdays will be a full day of distance learning for all students.



- Small, in-person classes and activities
- Cohorting; leveraging all safe community spaces including outdoors; alternating schedules
- Limited mixing of student groups (i.e., cohorts) and teachers throughout/across school days
- Students and teachers do not share objects
- Students, teachers and staff follow steps to protect themselves and others including proper use of face masks, social distancing, hand hygiene and respiratory etiquette based on health department guidance
- Regular cleaning and disinfection of frequently-touched surfaces

This tier will be invoked when there is evidence of high or moderate levels of community spread and six feet or more of physical distancing is required. **DESE has indicated that hybrid models will likely not be utilized in the 2021-2022 school year.**

Tier 3: Online Distance Learning

All students participate in full-time distance learning from home with the exception of small-group interventions on campus. Students and teachers engage in virtual-only activities and events. This tier is invoked in any situation in which there is a governmental stay-at-home order or health department recommendation due to high levels of ongoing community spread. This tier may also be used if high numbers of quarantine cases prompt a temporary building closure or in any setting for which the necessary layers of protection cannot be implemented with fidelity.

MRH could move into a Tier 3 setting with 24 hours' notice.



MRH MOCAP Options

For families wishing their students to remain off-campus for the full school year, the Missouri Course Access Program (MOCAP) provides an option. Students signing up for MOCAP classes will have all-virtual instruction provided through MOCAP vendors. MRH teachers will likely not be used to deliver instruction due to staffing constraints. MOCAP courses meet all Department of Elementary and Secondary Education (DESE) requirements and will be taught by Missouri Certified Teachers.

Families choosing this option should complete a MOCAP request form available from the district website or from school office. For more information please see our MOCAP Fact Sheet available from the website or your child's principal. Additional information can be found in MRH Policy IGCD and Procedure IGCD-1.

Instructional Schedule

All components of the MRH tiers plan will follow the District's Continuity of Services plan. As conditions fluctuate, the tiers plan allows MRH to seamlessly continue education in modes which provide the necessary layers of protections.

Class schedules will be distributed by building leaders to designate specific nuances related to Tier changes should a change in instruction be necessary due to community conditions.

Specialized instruction such as English Language Learners (ELL), special education and interventions will be provided as appropriate. Instruction techniques may vary between tiers and teachers will work to provide students with the best strategies to match the learning environment.



How are Tier Decisions Made?

According to the CDC, *“School officials should make decisions about school reopening based on available data including levels of community transmission and their capacity to implement appropriate mitigation measures in schools to protect students, teachers, administrators, and other staff. Schools should also consider other aspects of students’ risk and wellbeing that arise when schools do not reopen for in-person classes. This includes the potential adverse impacts on students’ social-emotional, behavioral, and mental health, as well as the critical services provided to students to help mitigate health disparities and serve children in need, such as school lunch programs, special education services, after-school programs and mental health services. The unique and critical role that schools play makes them a priority for reopening and remaining open, enabling students to receive both academic instruction and enable the provision of other critical services and supports. By strictly implementing mitigation strategies, schools will be able to meet the needs of their students and community, while reducing the risk of COVID-19 spread.”*

There are no absolute thresholds in place to trigger certain actions at the federal or state level. Too many variables exist to establish a simple decision-making matrix. Instead, District decisions will be guided by the [CDC-Return to School Decision Tree](#) and community factors including 3 core indicators. Those include:

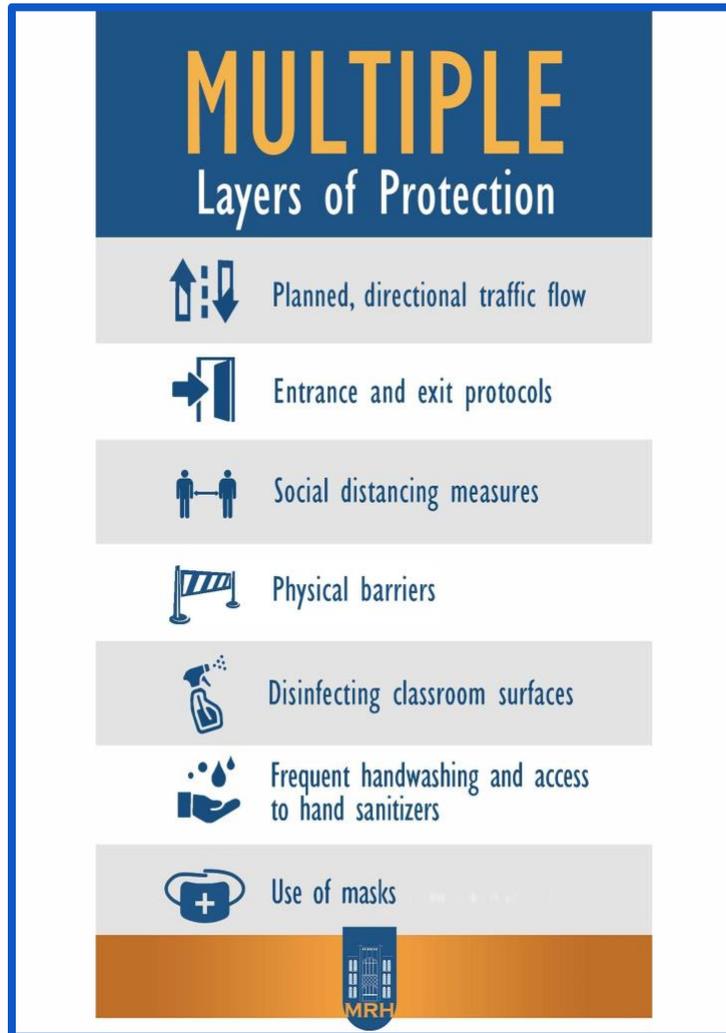
- The number of new cases per 100,000 persons in the last 14 days (CDC) or 7 days (Harvard Model)
- The Positivity Rate (percentage of positive tests in the last 14 (CDC) or 7 days (Harvard))
- Fidelity of implementation of key mitigation strategies.

Actual case rates among staff and students will also be a significant factor affecting the ability to operate within a tier. According to the CDC, if community transmission is high but school and community mitigation strategies are implemented and strictly followed as recommended, then the risk of introduction and subsequent transmission of COVID-19 in a school will decrease. The MRH Board of Education will review core metrics and additional factors on a weekly basis and consider the recommendations of the CDC and the St. Louis County Department of Health.

Health Protocols/Layers of Protection: Keeping Students and Staff Safe

Staff and students will implement health and safety protocols following guidance from the CDC and the St. Louis County Department of Health. Mitigation measures at school help to prevent transmission. While no single action will eliminate the risk of COVID-19 transmission, the use of coordinated interventions can greatly reduce it. MRH is preparing by closely following CDC guidance related to:

1. Promoting behaviors that reduce spread (e.g., social distancing, washing hands, wearing cloth face coverings, staying home when sick)
2. Maintaining healthy environments (e.g., ensuring proper ventilation, cleaning and disinfecting frequently-touched surfaces)
3. Maintaining healthy operations (e.g., staggering schedules, keeping students in small groups)
4. Preparing for when someone gets sick





Details of the MRH layers of protection are outlined below. As we learn more about COVID-19 public health officials may recommend additional preventive actions.

Managing Traffic Flow



We are working smartly within the confines of our available spaces and capacity. Planned directional pedestrian traffic flow patterns will be used. Hallways, classrooms, stairwells, elevators and offices will all be marked with directional arrows in order to minimize contact and maximize safety.

All MRH buildings will adhere to strict rules on which doors may be used for entry and exit.

Social and Physical Distancing

Physical distancing is one measure known to reduce the spread of COVID-19. Distances of 3-6 feet have proven effective in reducing viral transmission. By encouraging proper distancing, we can limit the risk of transmission and reduce the likelihood of quarantine if a positive case occurs in school.

Signage exists throughout MRH buildings as reminders to practice recommended physical distancing guidelines. Architects have assisted in review of physical spaces to ensure adherence to guidance. Desks and furnishings have been rearranged or removed to reinforce proper distancing. Smaller spaces will have occupancy limits.



Schools will also implement assigned seating and keep records of seating charts to assist with identifying close contacts should a member of the school community be diagnosed with COVID-19. The use of shared objects will be discouraged. Items that must be shared such as specialized lab equipment will be properly disinfected between uses.

Visitors will not be permitted on campus with an exception for essential business functions such as necessary repairs. Parent Teacher Organization (PTO) events and other parent gatherings will be held virtually. Facility usage agreements will not be issued to outside groups during Tier 3 & Tier 2 operations. No field trips or expeditions will take place in a Tier 3 or Tier 2 mode. Assemblies and other in-school large group gatherings will not occur.



Physical Barriers

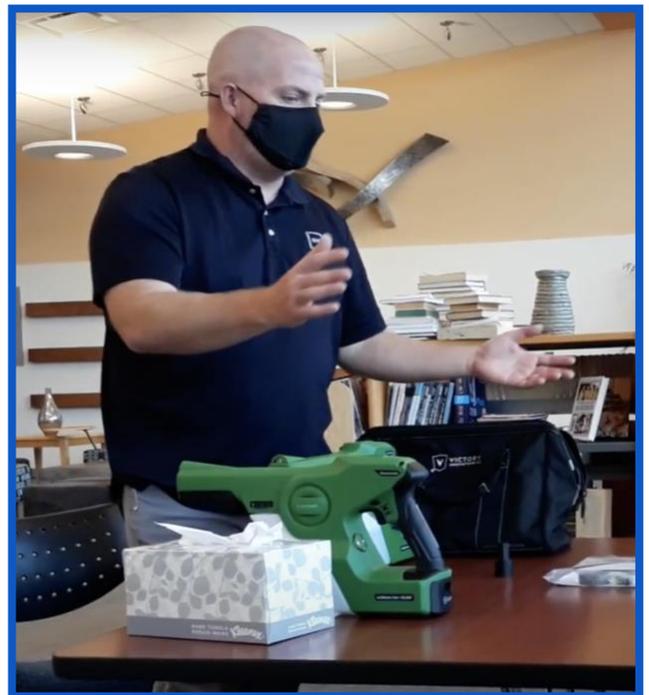


Plexiglass or other physical barriers may be used in high-travel areas where physical distancing is difficult or impossible. Public areas such as main offices and reception desks will be equipped with physical barriers.

Cleaning, Disinfection and Environmental Conditions

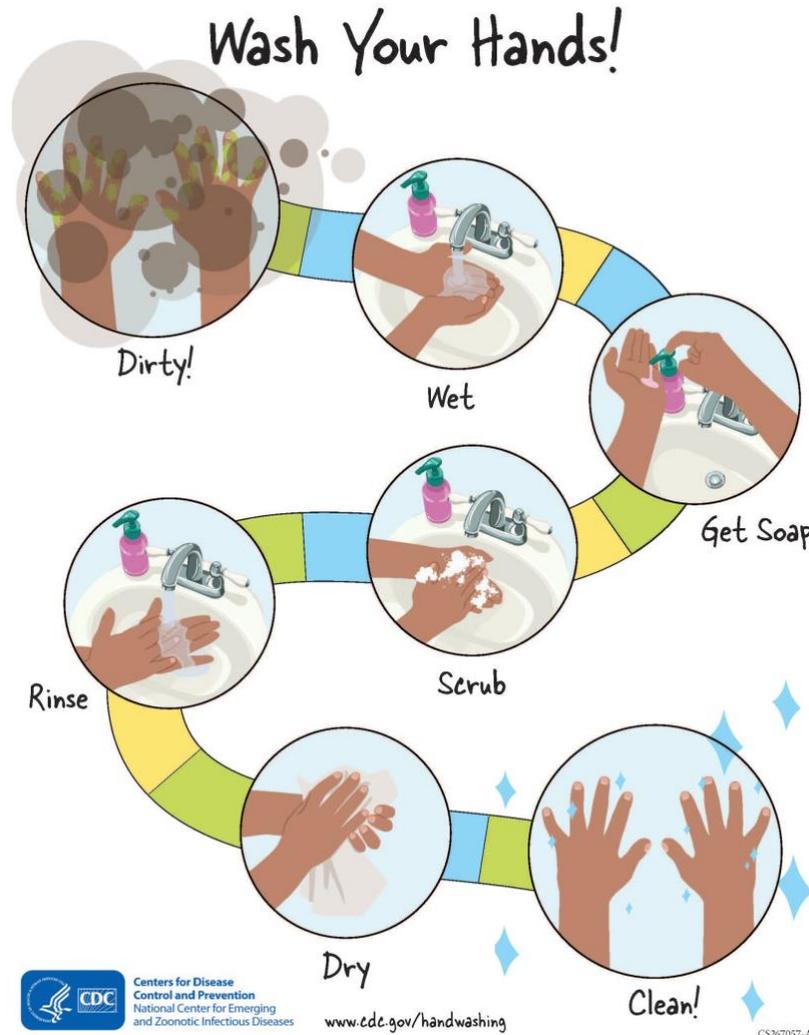
Increased daily and weekly cleaning protocols are in place for all buildings, especially “high touch surfaces.” Those include restrooms, playground equipment, bus seats, door knobs, handrails, countertops, etc. Specialized cleaning products including disinfectants proven to kill the COVID-19 virus are used daily at scheduled intervals. Electrostatic sprayers have been purchased for use in each building and on buses. The district uses Brulin Performex, an EPA registered, hospital-grade disinfectant.

Ventilation systems are monitored to increase circulation of outdoor air as much as possible. Classroom doors and windows can be left open when doing so does not pose a safety or health risk. Community water fountains will remain closed but water bottle fillers are available. Students are encouraged to use a regularly cleaned, personal water bottle.





Hand Hygiene and Respiratory Etiquette



MRH will teach and reinforce [handwashing](#) with soap and water for at least 20 seconds and increase monitoring to ensure adherence among students and staff. Everyone will be asked to cover coughs and sneezes with a tissue and immediately wash their hands after blowing their nose, coughing or sneezing. Reminder signs will be used to reinforce these practices.

MRH will support healthy hygiene behaviors by providing adequate supplies including soap, hand sanitizer, tissues, disinfectant wipes, face masks and no-touch trash cans. Touchless hand sanitizing stations are installed throughout all schools.



Masks and Face Coverings

Face coverings are an important strategy to reduce transmission of the novel coronavirus. Masks reduce the chances of an individual spreading or acquiring the virus. Face coverings are required for students and staff in all areas of the school. Masks should be worn securely over the mouth and nose. Personal cloth face coverings may be used. The District will provide each student with two cloth masks.

Disposable masks will be available on-site. Face shields may be used in combination with masks, but may not be used in place of a mask. Individuals who may need a health-related exemption should alert Human Resources and the building principals.



When choosing a personal face covering, select masks which have at least two layers of washable, breathable fabric. Single-layer gaiters and masks with ventilation valves which allow airflow outside the cloth layers do not provide the necessary protection and should not be worn to school.

Personal Protective Equipment (PPE) will be used by nurses, health secretaries and special education staff who can't socially distance while working with students.

Family Preventive Actions

All families should practice preventive measures including:

- Staying home when sick
- Conducting daily health screenings for all family members
- Avoid touching eyes, nose, and mouth with unwashed hands
- Covering mouth and nose with flexed elbow or tissue when coughing or sneezing (dispose of used tissue)
- Washing hands often with soap and water or use hand sanitizer when soap and water are not available
- Avoid close contact with others; maintain 3-6 feet of distance when possible
- Cover your mouth and nose with a face covering when around others
- Disinfect frequently touched surfaces and objects daily

Daily Health Screening for Symptoms

People with COVID-19 have displayed a wide range of symptoms from mild to severe. Symptoms may appear *2-14 days after exposure to the virus*. Anyone can have mild to severe symptoms. People with the following symptoms might have COVID-19:

- Fever or chills (above 100.0)
- 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
- Diarrhea

Parents should screen each student each day for symptoms prior to the start of school. If students have any of the symptoms, they should not be sent to school. Students should not come to school if they have any known close contact with a person who has COVID-19. Performing a daily screening also reduces the likelihood that an individual will have to be isolated at school and sent home after experiencing potential COVID-19 symptoms.

Visitors will generally not be permitted on campuses. Any essential visitor will be expected to [complete the daily health screen form](#).

HELP PREVENT THE SPREAD OF COVID-19.

Stay home
if:



You are experiencing any of the following symptoms:

- Cough
- Shortness of breath or difficulty breathing
- Loss of taste or smell
- Fever (>100.0F)
- Chills
- Congestion or runny nose
- Nausea
- Vomiting
- Diarrhea
- Sore throat
- Headache
- Muscle pain

You have a measured temperature greater than or equal to 100 degrees Fahrenheit (37.8 degrees Celsius).

You've had known close contact with a person who has tested positive for COVID-19.

PLEASE STAY HOME AND REACH OUT TO YOUR HEALTHCARE PROVIDER.

For more information, please visit our website
<https://www.mrhschools.net/parents/covid-19-resources>



COVID-19 Reporting

MRH families should report all probable or confirmed COVID-19 cases within their household to the [school nurse](#).

<u>ECC Nurse</u> Michelle Davis 314.256.4502 michelle.davis@mrhschools.net	<u>ELE Nurse</u> Kathryn Whitehouse 314.256.7207 kathryn.whitehouse@mrhschools.net	<u>MS/HS Nurse</u> Angel Goldberg 314.446.3813 angel.goldberg@mrhschools.net
--	--	--

The nurses will take the lead on any necessary health protocols including contact tracing and follow-up with isolation/quarantine information. MRH nurses will coordinate with the St. Louis County Department of Health to implement requirements and recommendations consistent with the latest guidance.

If someone in your household has tested positive for COVID-19:

1. Contact your school nurse with notification of positive test results including the date of the test, the date of positive result and when symptoms started (if symptomatic).
2. Follow instructions from your healthcare provider and your local public health agency (LPHA).
3. Provide the names of students or school personnel with close contact from two days prior to the time you or your student experienced symptoms/tested positive.
4. Provide information for other close contact students or personnel including length of time, mask use, distance and location.
5. A return to school statement will be requested to ensure that MRH is in compliance with health care providers' directives.
6. Students returning after COVID-19-related absences will need to check in with the building office prior to entering classrooms.

If your child exhibits potential COVID-19 symptoms that cannot be attributed to another known health condition, please contact your school nurse right away and they will walk you through the Student Symptoms Decision Tree: Washington University (graphic is visible under "Symptomatic at School" below)

If your child has knowingly been in close contact with an individual with COVID-19:

1. Stay home and anticipate self-quarantine for 10 days (monitoring symptoms) or until further notice (following a contact tracing/case investigation)
2. Contact your health care provider for testing and/or next steps.
 - a. If you do not have one, contact the St. Louis County Department of Public Health (DPH) at 877-435-8411 or 314-615-2660.
3. Notify the building nurse of potential exposure. Please include the time frame of exposure, the duration of exposure, the context (indoor/outdoor, masked, etc.), and when you were notified of the close contact's positive test result.



Student Positive Case Reporting [Flowchart](#)

1. A student with a positive case should notify the building administrator or the school nurse.
2. The school nurse will complete contact tracing and will contact the St. Louis County Department of Health. Contact tracing is conducted to identify any additional close contacts in the school setting who may have been exposed.
 - Name and contact information
 - District role/position
 - Location of on-site encounter
 - Last known date of contact
3. The school nurse will alert the named close contact(s) that a positive case has been reported and that they may have been exposed. MRH will protect confidentiality and privacy of individuals. Close contacts will be requested to self-quarantine until further notice. They should follow advice of their health care provider and/or the department of health case investigator.
4. The close contact list will be shared with the point of contact for the St. Louis County Department of Health if requested to aid in regional contact tracing and mitigation efforts.
5. Individuals on-site but not identified as close contacts will be generally notified that potential exposure occurred at a site.

Contact Tracing

Systematic [contact tracing](#) of infected students, teachers, and staff will occur in collaboration with the local health department. All district nurses, HR professionals, and select building administration teams have earned contract tracing certification through Johns Hopkins University.

For staff and students who are diagnosed with COVID-19, either by a laboratory test or based on their symptoms, a return to school is permissible when the individual is at least 10 days past symptom onset, has had 24 hours with no fever **and** shows improving symptoms. Return to school for children with an alternate diagnosis is at the discretion of their healthcare provider and/or the school nurse. Children with a known close contact with COVID-19 (or an adult with symptoms compatible with COVID-19) should stay home for 10 days from their last contact **and** until return to school is approved by the local health department/health official in accordance with the CDC guidance.

MRH will follow all rules and regulations regarding confidentiality. The Health Insurance Portability and Accountability Act of 1996 (HIPAA) has a provision that allows personal health information (PHI) to be shared by the Missouri Department of Health and Senior Services and LPHAs to local education agencies ([45 C.F.R. § 164.512j\(1\)\(i\)](#)) if the disclosure is necessary to protect public health. In the case of COVID-19, the “minimum necessary” information to disclose to protect public health may include the name of the student/staff member who has contracted COVID-19 and the probable date of onset. This information will only be disclosed to the necessary staff members (e.g. the school or district COVID-19 point-of-contact) to inform and conduct the steps of the LPHA or school/district. The individual who tested positive will not be identified in communications to the school community at large.

- If a parent/guardian tells the school that their child is sick, the school may ask the parent/guardian whether the student is exhibiting any symptoms of COVID-19 or has a positive COVID-19 test.



- If a student calls in sick or appears ill, the district/school can inquire as to whether the student is experiencing any COVID-19 symptoms or has been tested.
- If a person is obviously ill, the district/school may make additional inquiries and may exclude the person from school property.

It is the responsibility of the LPHA to contact the person confirmed with COVID-19, inform direct contacts of their possible exposure and give instructions to those involved with the confirmed case, including siblings and other household members regarding self-quarantine and testing, as indicated. [LPHAs should proactively communicate to the school or district](#) the existence of a positive case among its students or staff. MRH has designated its nurses as the points of contact for the schools (students) and HR as the point of contact for the district (staff). Pursuant to 19 CSR 20- 20.030(1), schools will report any known COVID-19 cases or exposures to the LPHA where the student resides. When there is confirmation that a person infected with COVID-19 was on school property, MRH will contact the LPHA immediately and follow the directions of the LPHA. MRH will track information regarding cases and exposures to ensure that no staff member or student returns to school before being released by the LPHA of record. LPHAs should provide clear guidance and direction to schools and districts on the next steps for contact tracing and potential quarantine.

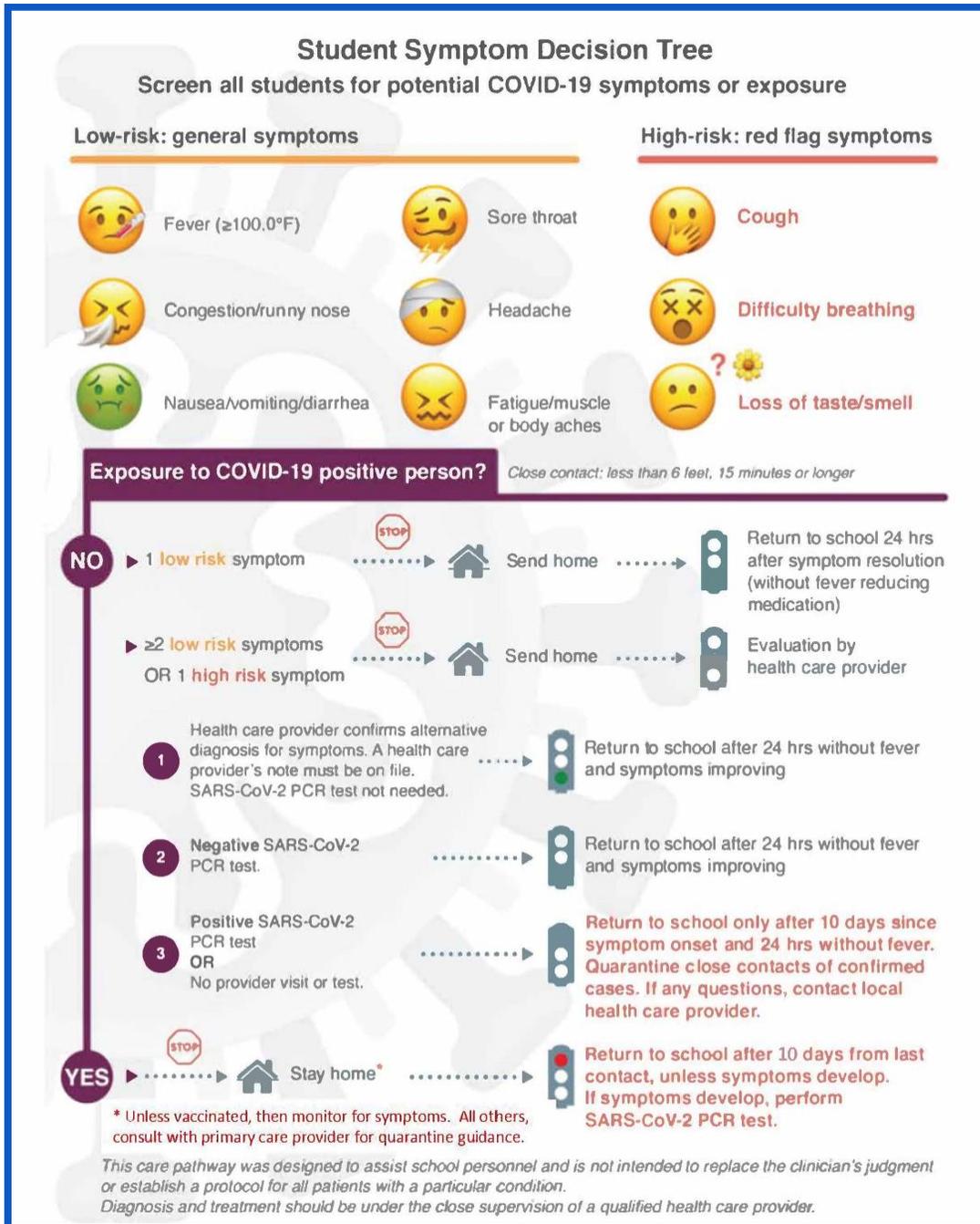
Contact tracing consists of a series of interviews which are designed to identify close contacts of a student or staff member who tests positive for COVID-19. Close contacts are defined as having been within six feet of an infected individual for more than 15 cumulative minutes in a 24-hour period. The consistent use of a face mask by the case and by close contacts may be considered in determining the need for quarantine. Close contacts may be asked to self-quarantine for 10 days from their last contact with the positive case and/or take a COVID-19 diagnostic test.

Contact tracing efforts/investigations are led by the LPHA where the COVID-19 positive person resides, whether that is a student or an adult. In school districts where students and staff reside in different LPHA jurisdictions, the LPHA where the COVID-19 positive student or staff person lives leads the case investigation and provides guidance to the infected person as well as close contacts of the infected person. However, schools may learn of COVID-19 infections within the school community before an LPHA is aware, as students and staff may receive test results from their health care provider and contact the school. For this reason, MRH will quickly assist with identifying close contacts within the school setting so that any potential close contacts can stay home from school until the LPHA takes over the case investigation and makes a final determination on that individual's status (return to school, remains quarantined, etc.). MRH will make every effort to facilitate contact tracing within our school communities and be ready to provide timely, effective documentation to the appropriate LPHA. If a school is notified of a positive case of COVID-19, MRH will begin in-school documentation of that student or staff member's close contacts, no matter if the notification was received by the positive individual or the LPHA.

MRH worked collaboratively to implement a tactical contact tracing plan which defines roles, responsibilities and contact persons at each school building. MRH has planned redundancies into these communication channels in case the primary contact is unable to complete their duties for any reason.

Symptomatic at School

All students and staff members with a fever of at least 100.0° or other symptoms consistent with COVID-19 should seek medical care for further evaluation and instructions. All students and staff members who become symptomatic while at school will be immediately isolated. Students who are sick will be walked out of the building to their parents/guardians. The School Nurse Algorithm, developed by the Washington University Pediatric and Adolescent Ambulatory Research Consortium, will be used to inform the management of symptomatic students and staff members.





MRH has designated a space in each school (separate from the nurse's office) where those who are feeling sick or appear ill can be evaluated and/or wait to be picked up by a parent/guardian. These spaces will be laid out to prevent cross-infection. The space will be disinfected immediately after any individual exhibiting symptoms of illness has exited. Strict physical distancing will be required and a record will be kept of all persons who entered the room. Staff members entering the room will wear appropriate PPE, including goggles or face shields, gloves, and masks and gowns.

Students who do not display symptoms of illness will be seen and treated in the nurse's office. This would include students who are injured during the school day or students with special health care needs. Use of nebulizers and other aerosol generating devices will be avoided in the school setting when possible. Also, morning medications should be taken at home as another way of limiting the number of asymptomatic students coming to the healthcare spaces.

MRH COVID-19 Dashboard

Weekly reports from the lead nurse are shared with District leadership to monitor illness data. The MRH COVID-19 Dashboard is now publicly available on the [District website](#). The dashboard is updated weekly with current active student and staff cases of COVID-19 within the District as well as the number of students and staff directed to self-quarantine.

Closure of Classrooms/Buildings as a Result of Contact Tracing

MRH will consult the LPHA about whether a school building or district closure is required and for how long. When guidance conflicts, the stricter guidance will be followed. In the event that a closure is required, the state recommends that LPHAs default to a closure strategy that disrupts the learning of the fewest students. For example, if a school is properly cohorted, that cohort should be sent home and that classroom cleaned before opting to close an entire floor or school building. If close contacts of the student or staff member who tested positive have moved beyond the cohort, school leaders should follow the additional guidance of local health officials regarding closures. The MRH contact tracing team will follow the [modified quarantine guidance](#) issued by the St. Louis County Department of Health.

Auxiliary Services

Food Service

Grab-and-go meals will be available in all distance and hybrid learning environments. During periods of high community transmission of COVID-19, MRH will minimize consumption of food on campus. Students are encouraged to pick up prepackaged food that can be consumed at home. Food pick-up will occur based on building procedures.

In scenarios where students need to eat while at school, students will be required to eat in designated areas with plexiglass barriers. Tables and other high-touch surfaces will be disinfected after each meal.

Transportation

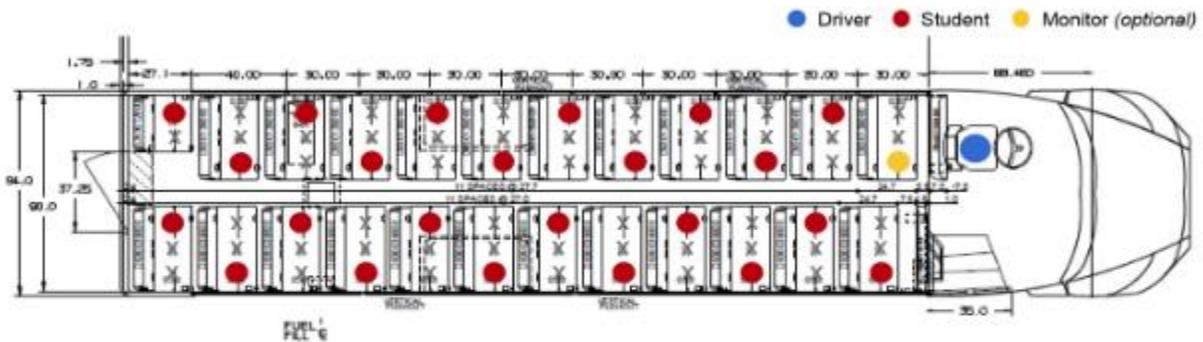


Students who qualify will be provided transportation following social distance guidelines as outlined in this [video](#). Families are encouraged to walk or provide transportation to school if possible. This maximizes social distancing on MRH buses. Masks will be required for drivers and students. Students not wearing a mask will be denied entry. All buses will be equipped with hand sanitizer for student use upon entry.

The MRH Transportation Department will design a seating chart for each bus. Students will maintain their assigned seats and follow loading/unloading protocol to minimize co-mingling. One student will occupy a single seat (family groups may sit together).

Tier-2 Seat Map

Seat map configuration:



Pre-Covid Capacity – 46 students

Tier 2 Capacity – 23 students (with masks)

*Bus route capacity is reduced by 50% to a maximum of 23 students. Masks must be worn at all times on the bus to meet minimum social distancing standards.

Buses will be thoroughly cleaned daily and sanitized by electrostatic sprayer between each route. Windows will be left open when safe and weather permitting.



Facts about COVID-19

COVID-19 is a disease caused by a new strain of coronavirus. The virus attacks by spreading through respiratory transmission or in some cases through transmission on other objects. Person-to-person respiratory transmission occurs when small droplets from the nose or mouth of a person infected with COVID-19 are spread by coughing, sneezing, exhaling and some research has shown through talking. Transmission happens most frequently among close contacts, usually within 6 feet. The virus droplets can also land on objects and surfaces around the person infected with COVID-19. Individuals can then develop COVID-19 by touching these objects or surfaces (fomites) and then touching their eyes, nose or mouth.

The COVID-19 virus may survive on surfaces for many hours (3-72 hours depending on the type of surface) but simple disinfectants and soap and water can inactivate it. The time between exposure and the development of first symptoms (incubation period) is between 2-14 days, but most commonly about five 5. Additionally, some people remain asymptomatic but are still able to spread the virus. As with other respiratory infections such as the flu or the common cold, public health measures are critical to slow the spread of COVID-19.

COVID-19 Resources

For additional resources on COVID-19 or Missouri-specific measures, please see the following resources:

[Center for Disease Control](#)

[Missouri Department of Health and Senior Services](#)

[St. Louis County Health Department](#)

[DESE COVID-19 Information](#)



Frequently Asked Questions (FAQ)

Are staff and students required to wear face coverings?

Yes, staff and students are required to wear masks when in all public or shared spaces on site.

Will students and staff be provided face coverings?

Staff and students will be offered 2 face coverings. Disposable coverings will be available on a limited basis to replace lost or damaged masks. Staff members and students may also provide their own face coverings.

What is being done to keep students and staff safe?

MRH is instituting state-of-the-art cleaning measures, social distancing, changing structures in buildings to comply with local health department guidelines and providing additional recommended mitigation measures. It is our mission and responsibility to keep staff and students safe and operate school based on health department guidelines. The St. Louis County Department of Health has experience and education to help guide our community through this process. If at any point the local health department advises that we implement a partial or full-close model, we will comply. (Please see Social Distancing, Cleaning and PPE topics above.)

What if there is a positive case in an MRH building?

MRH will contact the St. Louis County Department of Health and comply with all local health department recommendations based on the level of infection/exposure. Additional cleaning and sanitation procedures will also be followed. Individuals with direct close contact will be notified of any additional directions/requirements.

What if my child doesn't feel well?

You will still need to report your absence in accordance with school policy. If you believe the symptoms are consistent with COVID-19, contact your local health provider for further evaluation. You should contact your school nurse so that they are aware and can assist you.

What if my child is sick but it's not COVID-19 related?

Your child should remain home and notify the school of their absence. Because of COVID-19, we must follow net return to school protocols that can be found in the Student Symptom Decision Tree: Washington University.

What if I don't feel comfortable sending my child to school?

The District recognizes that every family has different needs and there is a lot of information out there regarding COVID-19. MRH is implementing safety procedures in accordance with current health department guidelines to ensure that our staff and students are safe. If at any time the guidelines are relaxed or tightened based on the data, then MRH Schools will adjust to those changes. If your family has a low risk tolerance for COVID-19 exposure and your child does not return to school on campus at all during Semester 2, you should enroll in the virtual MOCAP course offerings. The virtual MOCAP courses will be 100% online for the entire semester.



What happens if my child is quarantined for 10 days? How will they make up their school work?

Students who are in quarantine will be allowed to participate in MRH classes through virtual chat for the period of their quarantine per homebound instruction guidelines.

What is considered a close contact with a person with COVID-19?

Generally, a close contact is defined as an individual who was within 6 feet of an infected person for at least 15 minutes (cumulative in a single day). Considerations also include location of contact, barriers to contact and other exposure settings including the calculation of the potential infectious period. MRH will follow the St. Louis County Department of Health protocols and consultation advice regarding specific situations of potential contact.

What if there are changing conditions in St. Louis County? How are we determining which tier of operation to be in?

While there is no single set of metrics upon which to reach the decision, a robust set of data from the St. Louis County Department of Health and community context markers is reviewed regularly. The District works closely with state and local government officials, the St. Louis County Health Department and regional education officials. Core markers based on CDC guidance include case rates, positivity rates and mitigation measures in place in the schools. Additional community context markers and school-based data also are taken into consideration. Procedures will be adjusted if necessary based on changing guidance requirements. The ultimate decision rests with the Board of Education.

What if there is a positive case within a building by either a student or an employee?

The District will follow CDC and health department guidance on isolation as it relates to probable or positive cases. We will continue to keep logs and records for contact tracing, follow quarantine guidance and implement procedures for cleaning and disinfecting.

Will subs be provided? Will they know our safety protocols?

We are working with our substitute vendor and our technology department to allow our mid-term/long-term subs to possess the technological skills to support our students for in-person, hybrid or online instruction. Daily substitute needs will be determined in consultation with principals and may include the use of teaching assistants or other qualified employees. All substitutes will follow the same guidance and daily health screening as our regular employees.

How will contact tracing with students be handled?

Nurses in each building have taken an extensive contact tracing course through Johns Hopkins University. They will work in coordination with Student Services Director Vince Estrada and the St. Louis County Health Department to ensure appropriate notifications and precautions have been taken. (See detailed section on contact tracing).



Should MRH screen students for COVID-19 on site?

Families will be asked to conduct daily health screenings of children to monitor for symptoms PRIOR to arrival at school. The Center for Education Safety does not recommend that any Local Educational Agency (LEA) take temperatures as a condition of coming to school. Staff members who notice that a student is exhibiting symptoms of COVID-19 will alert the school nurse immediately.

What will happen if an employee or student exhibits symptoms at school?

Each school will have a room separate from the nurse's office where students or employees who may have COVID-19 will wait to be evaluated or for pick up. Only essential staff will have entry and must wear required PPE. School nurses will contact families for pick-up.

Where can I find testing sites if I do not have a health/primary care provider?

There are several locations open to the public in St. Louis County. If you do not have one, contact the St. Louis County Department of Public Health (DPH) at 877-435-8411 or 314-615-2660. Or follow this link to [STL County COVID-19 Testing Resources](#)

Will the school nurses still be available to administer prescribed student medications during the day?

The short answer is yes. However, we are trying to reduce the number of wellness visits to the school nursing office, so we are asking families to administer morning medications at home. If there are medical reasons for the nurse to administer morning medications at the school, please contact your school nurse directly to make arrangements for your child.

How will health and safety protocols be handled for students with disabilities?

MRH will provide accommodations as necessary or as required by an Individual Education Plan (IEP).