

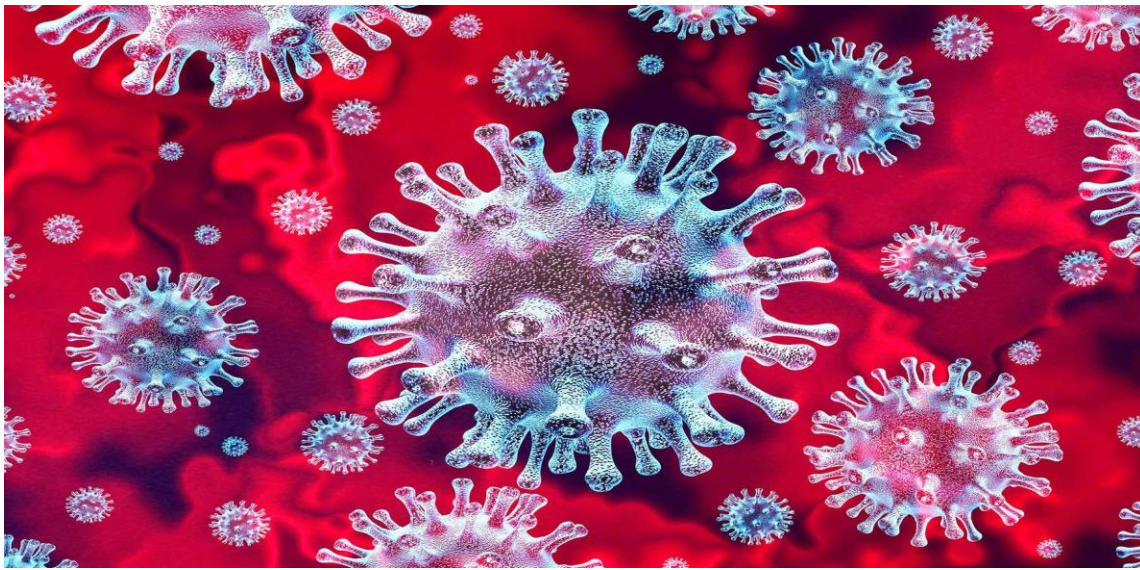


# Nashoba Learning Group COVID-19

## Health Services

### Frequently Asked Questions

---



Updated Oct 16, 2020



## Table of Contents

1. Who should be tested for COVID-19?	4
a. If you or your child have symptoms	
b. The Doctor ordered a test for me or my child	4
c. Me or my child have been tested for COVID-19	5
d. Me or my child have had close contact with a positive COVID-19 case	6
2. I tested positive for COVID-19	7-8
3. Close Contact Scenarios	9-12
4. Can I come to work? Can I send my child to school?	13
a. An individual I live with has Covid symptoms and is being tested	13
b. An individual I live with has come in close contact with a positive case and they are being tested	13
c. I, or someone in my household is traveling to a high risk state	13
d. I, or someone in my household is traveling to/from a low risk	



state by plane, direct flight	13
e. I am traveling to/from a low risk state by plane, but have a layover in a high risk state	14
f. My doctor wants to test me or my child out of an abundance of caution, but I am sure it is a mild cold	14
g. We have a visitor coming from overseas	14
h. My doctor wants me to get tested as an abundance of caution, but I am sure it is mild cold symptoms.	15
5. How to self quarantine or self isolate	16-18
6. Testing Sites	19
7. Community resources	20
8. Mask requirements	21
9. Massachusetts guidelines for indoor and outdoor gatherings	22
10. More FAQs from Staff	23-25



## Frequently Asked Questions

\*Please note we are requiring **PCR not Rapid COVID testing for return to the building.**  
Per the CDC "There are limited data to guide the use of rapid antigen tests as screening tests on asymptomatic persons to detect or exclude COVID-19, or to determine whether a previously confirmed case is still infectious."

[https://www.cdc.gov/coronavirus/2019-ncov/lab/resources/antigen-tests-guidelines.html#anchor\\_159752164923](https://www.cdc.gov/coronavirus/2019-ncov/lab/resources/antigen-tests-guidelines.html#anchor_159752164923)

### 1. Who should be tested for COVID-19?

#### a. If you or your child have ANY symptoms

**Please STAY HOME & Notify NLG Nursing**

i. If you or your child have ANY symptoms: Below is the full list of symptoms for which caregivers should monitor their children, and staff should monitor themselves:

- Fever (100.4° Fahrenheit or higher), chills, or shaking chills
- Cough (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath



- New loss of taste or smell
- Sore throat
- Headache when in combination with other symptoms
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms

**If staff or students have any of these symptoms, they must call their PCP and get a test for active COVID-19 infection prior to returning to school, if no alternative diagnosis can be made.**

### b. The Doctor ordered a test for me or my child

- Please notify the NLG nursing office that a test was ordered
- Please ensure the test ordered is a PCR. Rapid testing will not be accepted for return to school
- Turnaround time varies depending on multiple factors. You can call the testing site to ask about their current turnaround time for results.

*\*exceptions may be made if it is deemed that a student will not be able to receive a COVID test. This is on a case by case basis, please contact the school nurse if you have this concern.*

### c. Me or my child have been tested for COVID-19

Please email the NLG Nurse at your site to notify

10 Oak Nursing ([10oaknursing@nashobalearninggroup.org](mailto:10oaknursing@nashobalearninggroup.org))

170 Nursing ([170Nursing@nashobalearninggroup.org](mailto:170Nursing@nashobalearninggroup.org))

AS Nursing ( [ASnursing@nashobalearninggroup.org](mailto:ASnursing@nashobalearninggroup.org))

*\* For NLG staff getting tested, also email*

*Human Resources, and we can direct you on the next steps.*

**If you are being PCR tested:**



Please email or have the testing site/ doctor's office fax the PCR test results to your site's nursing fax listed below

10 Oak Nursing Fax #: 781-541-6110

170 DS Nursing Fax # 978-215-0748

AS Nursing Fax # 978-528-2076

Ensure your full name, testing date, and result date are on the results document

**\*\* If your PCR test is NEGATIVE:** please notify Nursing and fax the negative results before returning and **DO NOT RETURN back** until results have come back and you are asymptomatic for 24 hours.

**\*\*If your PCR is POSITIVE, DO NOT RETURN.** Call NLG immediately and ask to speak with a Nurse. If after hours, or before school, leave a voicemail stating you have urgent information that was emailed to the School Nurse, and follow up with an email with more information.

**d. Me or child have had CLOSE CONTACT with a confirmed COVID-19 case**

- Close contacts, regardless of symptoms associated with COVID-19, **should be tested as soon as possible** after they are notified of their exposure to COVID-19.
- You are a close contact of a COVID-19 positive person if you were within 6 feet of them, mask or no mask, for at least **10-15 cumulative minutes**, while they were symptomatic or within the 48 hours before symptom onset.
- You are also a close contact if you were **within 6 feet**, mask or no mask, for at least **10-15 cumulative minutes** of someone who tested positive for COVID-19 in the 48 hours before their test was taken or anytime in the 10 days after the test.



- A close contact can also be someone who had direct contact with the droplets of a COVID-19 case (e.g., being coughed on) while not wearing a mask or face covering.
- See p. 7 for close contact scenarios.

## 2. I tested positive for Covid-19

*\* Do not come to school if you have tested positive, notify NLG immediately\**

### What do I do if my test is positive? (MA Guidelines)

If you test positive for COVID-19, we're here to help. It can take a few days to get your test results and while you are waiting, you should stay home and limit your contact with anyone else. When you get your results, a provider will contact you and talk with you about next steps. Here's what you need to know:

#### Stay home except to get medical care:

- Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- Self-isolation means separating yourself from others to keep your germs from spreading.
- [How to Self-quarantine and Self-isolate](#)
- [CDC Isolation Guidance](#)
- If you have questions about isolation or quarantine, you can call your Local Board of Health or the Department of Public Health's On-call Epidemiologists at 617-983-6800.

#### Monitor your symptoms

- Follow the advice of your doctor or local health department. If you feel like you need medical care, call ahead before visiting your doctor.
- Look for emergency warning signs\* for COVID-19. If someone is showing any of these signs, call 9-1-1 to seek emergency medical care immediately:
  - Trouble breathing
  - Persistent pain or pressure in the chest



- New confusion
- Inability to wake or stay awake
- Bluish lips or face

*\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.*

### Notify your close contacts

- Call your close contacts to notify them of your positive result if you are comfortable doing so
- Suggest they stay home and limit contact with anyone else and they will be contacted by public health
- Encourage them to get tested at a [COVID-19 Testing Site](#)

A close contact is someone with whom you have been within 6 feet of for at least 10-15 minutes while symptomatic or within 48 hours before symptom onset. A close contact can also be someone who had direct contact with the droplets of a COVID-19 case (e.g., being coughed on) while not wearing a mask or face covering.

### Answer the call from contact tracers

- You may get a call from a contact tracer with your local Board of Health or the [MA COVID Team](#). Answer the call so they can reach out to people who have been in close contact with you and provide them with resources. It's the best way to protect your family, friends and community.
- The phone calls may indicate the call is from your local Board of Health or will use the prefix 833 and 857 and your phone will say the call is from "MA COVID Team."

<https://www.mass.gov/info-details/about-covid-19-testing#what-do-i-do-if-my-test-is-positive?>

The following CDC link has more information on isolation after positive test. Again this is only to be used as a guide, please follow the directions of your contact tracer.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>





### 3. CLOSE CONTACT SCENARIOS

*The following scenarios are to be used as references, all isolation and quarantine instructions should be given by your contact tracer.*

More information can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>

i. I have been in close contact with someone who has tested positive but I will not have further close contact (e.g., co-worker, neighbor, or friend)

**Call to schedule a COVID-19 test as soon as possible. You must quarantine as outlined below.**

Date of last close contact with person who has COVID-19 + 14 days = end of quarantine. You may not end quarantine until instructed by your contact tracer.





ii. I live with someone who has COVID-19 (e.g., roommate, partner, family member), and that person has isolated by staying in a separate room, wearing a mask when using the bathroom, and spraying down the bathroom after every use. I have had no close contact with the person since they isolated.

**Call to schedule a COVID-19 test as soon as possible. You must quarantine as outlined below.**

Date person with COVID-19 began home isolation + 14 days = end of quarantine. You may not end quarantine until instructed by your contact tracer



*Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.*



iii. I live with someone who has COVID-19 and started my 14-day quarantine period because we had close contact. What if I ended up having close contact with the person who is sick during my quarantine? What if another household member gets sick with COVID-19? Do I need to restart my quarantine?

1. Yes. You will have to restart your quarantine from the last day you had close contact with anyone in your house who has COVID-19. **Any time a new household member gets sick with COVID-19 and you had close contact, you will need to restart your quarantine.**

Date of additional close contact with a person who has COVID-19 + 14 days = end of quarantine. You may not end quarantine until instructed by your contact tracer.



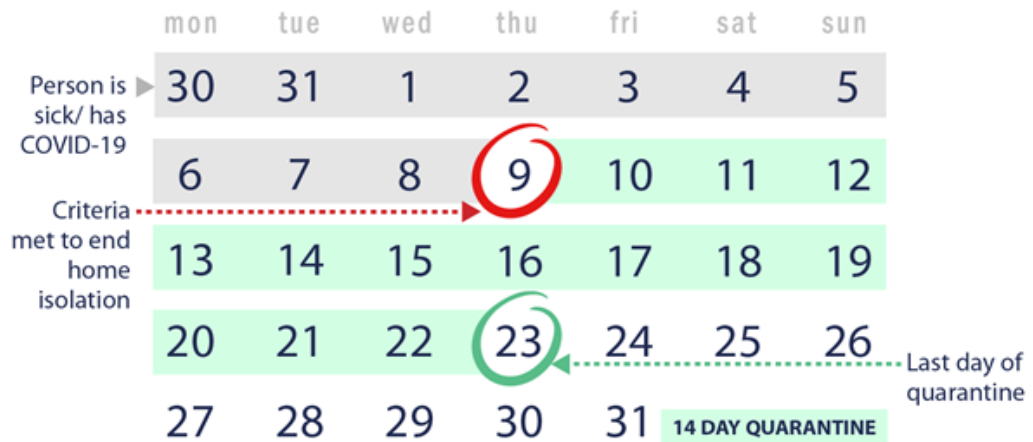
Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.



iv. I live in a household where I CANNOT avoid close contact with the person who has COVID-19, or I have COVID-19 and cannot avoid close contact with a dependent. I am providing direct care to the person who is sick, or, I am sick and provide direct care to my child/dependent adult. I don't have a separate bedroom to isolate the person who is sick, or live in close quarters where I am unable to keep a physical distance of 6 feet.

**Call to schedule a COVID-19 test as soon as possible. You must quarantine as outlined below.**

You should avoid contact with others outside the home while the person is sick for the duration of their isolation period (minimum of 10 days), and quarantine for 14 days **after** the person who has COVID-19 meets the [criteria to end home isolation](#), and is given approval to end home isolation by the Department of Public Health. Please note an individual who has COVID-19 will be instructed by their contact tracer what the duration of their isolation period will be. The isolation period of a positive case is a minimum of 10 days, BUT symptom dependent, it could be longer.



*Please note if your quarantine starts at noon on day 1, then it would end at noon on the last day.*



#### 4. Can I come to work or send my child to school?

- a. **An individual I live with has COVID symptoms and is being tested.**

Yes, you may come to work. At NLG you will be wearing a mask and ensuring good hand hygiene. The individual with a pending COVID test should isolate, wear a mask when in situations they are unable, and practice good hand hygiene. Monitor yourself for symptoms, and if any symptoms arise, call your PCP to get tested.

- b. **An individual I live with has come in Close Contact with a positive COVID-19 Case, and they are being tested.**

Yes, you may come to work. At NLG you will be wearing a mask and ensuring good hand hygiene. The individual with a pending COVID test should isolate, wear a mask when in situations they are unable, and practice good hand hygiene. Monitor yourself for symptoms, and if any symptoms arise, call your PCP to get tested.

- c. **I, or someone in my household is traveling to a high risk State.**

The individual who traveled must quarantine 72 hours after returning, then get tested with a PCR, not rapid, COVID test. Do not return to work/school until a copy of the negative result is sent to the Nurse.

- d. **I, or someone in my household is traveling to/from a low risk state by plane, direct flight.**



For Parents/household members traveling to a low risk state by plane, with no layover, and are not going to visit a high risk state, there is no requirement through the Massachusetts DPH for testing or quarantine. If there was a positive case on the plane, the contact tracer would reach out to any close contacts. NLG highly recommends any household member that has been traveling to quarantine for 72 hours upon arrival to MA prior to testing and socially distance while following hand hygiene and disinfecting procedures at home until results are received. Please let NLG Nurses know if there is travel by plane, even if it is low risk to low risk state, so we can keep a closer eye on students who live with this individual.

If you are a staff/member/student, NLG does require a 72-hour quarantine upon return to MA and proof of a negative COVID test prior to entering the building.

The following link has potential travel scenarios.

[https://www.mass.gov/info-details/covid-19-travel-order#lower-risk-states-](https://www.mass.gov/info-details/covid-19-travel-order#lower-risk-states)

**e. I am traveling to/from a low risk state by plane, but have a layover in a high risk state.**

If you have a layover in a high risk state, NLG requires the individual traveling (staff/student/member) to quarantine for 72 hours, get COVID tested and complete a [Massachusetts Travel Form](#).

**f. I traveled by car to a high risk state, but was physically in low risk states for the last few hours of my drive. When does the 72-hour quarantine time clock start?**

If traveling by car, the 72-hour quarantine can start the day you leave, so long as you arrive home the same day.

**g. We have a visitor coming from overseas.**

All International travelers arriving in Massachusetts must complete the [Massachusetts Travel Form](#) and must quarantine for 14 days unless they can provide proof of a negative test result that meets the criteria stated above or they are covered by one of the other, limited exceptions. For this reason, it is required



that visitors from overseas are tested 72 hours after arriving in the US. In between landing and the time of test results, visitors should isolate themselves away from anyone in the household, while also wearing a mask, increasing hand washing and maintaining social distancing if they need to be around anyone at all. Students and staff can come to school, but should be monitored closely for any signs or symptoms that may be out of the norm during that time period.

**h. My doctor wants me to get tested as an abundance of caution, but I am sure it is mild cold symptoms.**

If you meet testing criteria, you must get tested or quarantine for 14 days. If you get PCR tested and the test results are negative, once Nursing has the copy of the test results and gives approval, you may return to work.



## 5. How to Self-quarantine and Self-isolate

If you are not sick but are a close contact to someone diagnosed with COVID-19 or recently returned from any travel outside Massachusetts please take these steps to help stop the spread of COVID-19.

a. **Self-quarantine:** Separate yourself from others in case you get sick

- Stay at home and use a separate bedroom and bathroom if possible.
- Do your best to stay at least 6 feet away from other people in the house.
- Do **not** leave your house to go to school, work or run errands.
- Do **not** have any visitors to your house during this time.
- Wash your hands frequently with soap and water for at least 20 seconds.
- Do not share eating or drinking utensils with anybody.
- Monitor your health every day.
- If you need to seek routine medical care call ahead to your doctor and tell them you are under COVID-19 quarantine.
- Do not take public transportation, taxis, or ride-shares to get to your appointment.

### Monitor your health every day:

- Do health checks every morning and every night or anytime you feel like you might have a fever
- Take your temperature
- Be alert for any symptoms of COVID-19, including fever, cough or shortness of breath.

If you have a medical emergency, call 911. Tell them your symptoms and that you are being monitored for COVID-19.

### How to determine your last day of exposure:

Your last day of exposure is:

- The last time you were within 6 ft of someone confirmed to have COVID-19, or





- The day you arrived home after travel

If you do not show signs of COVID-19 for 14 days after the last time you were exposed, your self-quarantine period is finished

If you:

- get sick during self-quarantine, or
- are sick and a healthcare provider tests you for COVID-19, or
- are told by a healthcare provider that you have COVID-19, take these steps to help stop the spread of COVID-19.

b. **Self-isolation:** Separate yourself from others to keep your germs from spreading. If you get sick with fever, cough, shortness of breath, or other signs of respiratory illness.

- call your healthcare provider and tell them if you have been exposed to COVID-19.
- If you need to see your healthcare provider, do not take public transportation, taxis, or ride-shares to get to your appointment.
- Stay at home and use a separate bedroom and bathroom if possible.
- Stay at least 6 feet away from other people in the house.
- Do not leave your house to go to school, work or run errands.
- Do not have any visitors to your house during this time.
- Wash your hands frequently with soap and water for at least 20 seconds.
- Do not share eating or drinking utensils with anybody.
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing.
- Clean surfaces that you touch every day with a household disinfectant.
- Make a list of everyone you have been close to (within 6 feet of for at least 15 minutes), since you first got sick. Those people have been exposed to COVID-19 and should be asked to get tested and self-quarantine.

If you have a medical emergency, call 911. Tell them your symptoms and that you have, or may have, COVID-19.



How long do you need to isolate? The following is to be used as a resource, do not end isolation until instructed by your contact tracer. For most people who have relatively mild illness, you will need to stay in self-isolation for at least 7 days. You can resume public activities once you have:

- gone for three days without a fever (and without taking fever-reducing medications like Tylenol), and
- experienced improvement in your other symptoms (for example, your cough has gotten much better).

More information about how to self-isolate is available on the [CDC website](#)

If you have questions about isolation or quarantine, you can call your Local Board of Health or the Department of Public Health's On-call Epidemiologists at 617-983-6800.



## 6. Testing Sites

Please note, not all testing sites test children under the age of 18. The following list will specify if they test children.

### Massachusetts testing site list

<https://www.mass.gov/doc/ma-covid-19-testing-sites/download>

### Interactive testing site map

<https://memamaps.maps.arcgis.com/apps/webappviewer/index.html?id=eba3f0395451430b9f631cb095febf13>

### Stop the Spread – Free COVID testing for asymptomatic individuals

<https://www.mass.gov/info-details/stop-the-spread>

The Stop the Spread program supports the testing of asymptomatic individuals in these communities to help stop the spread of COVID-19. If you are a resident of one of these communities, even if you have no COVID symptoms, please get tested to help stop the spread.

### Eligibility

The Stop the Spread program is intended to provide low barrier, free, and easy to access testing to all Massachusetts residents.

- Open to all Massachusetts residents
- Testing is not restricted to residents of the cities where sites are located
- You don't need to have any symptom(s)
- No cost to you
- Out-of-state residents are not eligible for free testing under the Stop the Spread program



## 7. Community resources

### Interactive public resource map

<https://memamaps.maps.arcgis.com/apps/webappviewer/index.html?id=5867d881a9324121839605c56a3d7cc9>

### Massachusetts DPH division for children and youth with special health care needs

<https://www.mass.gov/orgs/division-for-children-youth-with-special>

### MassSupport - Free mental health support

MassSupport is the Massachusetts Crisis Counseling Program funded by the Federal Emergency Management Agency and managed in partnership between the Massachusetts Department of Mental Health and Riverside Trauma Center, a program of Riverside Community Care. MassSupport provides:

- Free and confidential counseling for stress and other emotional reactions to the Pandemic in multiple languages
- Referral to services
- Free mental health screenings on MassSupport website: [www.MassSupport.org](http://www.MassSupport.org) MassSupport can help you:
- Take stock of needs
- Identify solutions
- Enhance or develop coping strategies
- Feel heard
- Understand and manage your reactions • Be less stressed • Get reliable, fact-based information Contact MassSupport by phone at 888-215-4920 or by email at [MassSupport@riversidecc.org](mailto:MassSupport@riversidecc.org)

Resources for high-risk COVID-19 communities <https://www.mass.gov/info-details/resources-for-high-risk-covid-19-communities>



## 8. Mask Requirements

All staff will be provided with masks to wear during work hours while on NLG property. Students and members are also required to wear a mask should be sent in with a mask during school hours and keep their mask on as much as possible to prevent the spread of the virus. NLG does have extra masks in the event a mask is damaged or is forgotten.

**Masks that are acceptable: Surgical or Cloth Mask.**

DO's: Your mask should:

- Cover your nose and mouth,
- Fit snugly but comfortably against the side of the face,
- Be secured with ties or ear loops,
- Include multiple layers of fabric,
- Allow for breathing without restriction, and
- Be able to be laundered and machine dried without damage or change to shape.

**Masks that are NOT acceptable: Gators, Masks with Exhalation Valves, single-ply surgical mask.**

DON'T: Avoid when putting on, taking off or wearing your mask:

- Hold onto the cover when you apply your mask
- Adjust or touch the mask once it's on properly
- Slide it down under your chin
- When removing or putting on only touch the straps and not the front.
- Wear it if it's soiled, wet, ripped, or damaged in any way
- Share your face mask with someone else



## 9. Massachusetts guidelines for indoor and outdoor gatherings

The Massachusetts Department of Public Health may require a mandatory 14 day quarantine for any individual found to be in violation of the required Social Distancing and Face Covering guidelines below

“Required Social Distancing: In addition to the capacity restrictions specified below, all participants in indoor and outdoor gatherings, including gatherings at private residences, must maintain at least 6 feet of physical distance from every other participant in the gathering except where the participants are members of the same household. A gathering shall violate this provision where, no matter the number of participants present, conditions or activities at the gathering are such that it is not reasonably possible for all participants to maintain this degree of separation.”

“All Indoor gatherings: Indoor gatherings are limited to 24 persons in a single, enclosed space.”

“Outdoor Gatherings at Private Residences and Other Spaces: Outdoor gatherings at private residences and in private backyards and at any other venue or location not included in subsection (d) are limited to a maximum of 50 people.”

“Face Coverings: For gathering more than 10 people, all persons over the age of 5 must wear a face covering when they attend indoor and outdoor gatherings where participants other than those in the same household will be in attendance, unless they are prevented from wearing a face covering by a medical or disabling condition. This restriction applies to gatherings in all venues and locations.”

<https://www.mass.gov/doc/governors-covid-19-order-52/download>

## 10. More FAQ about Covid-19 from Staff



If I am outside standing shoulder to shoulder with my colleagues, is that safe? **No it is not, whether indoors or outdoors we need to do our best to maintain a 6-foot safe space between ourselves and others.**

Is it okay not to wear a mask prior to students arriving, if we are seated 6 feet apart? **No, unless you are alone in your own office, with a door that closes, you must wear a mask.**

Why do we still need to quarantine for 14 days if we get a negative test result? **If you are getting tested because you are a close contact, there is a 14-day incubation period. You could test negative on day 5 but then develop symptoms and test positive on day 13 or 14.**

Will we be notified if there is a positive case of COVID in our building?

**For HIPAA and confidentiality reasons you will be notified if you were knowingly in close contact with or could potentially have been in close contact with the positive case. We will reach out privately if we have any concerns of you being a close contact and to also obtain further information of other possible close contacts.**

When a student tests positive, who will do the contact tracing and how soon would staff be notified if quarantine is required? **Your school nurses and the Bedford/Billerica Board of Health will be doing the contact tracing. If everyone is following the guidelines, socially distancing, wearing masks and performing frequent hand hygiene, this will significantly reduce the number of close contacts. If you are considered a close contact, you would be notified as soon as possible.**



What will happen to a classroom if a teacher/classmate tests positive? If that staff/student/member had been at NLG within the previous 72 hours or while symptomatic, any close contacts will be notified and appropriate action will be taken. Such as, shutting down the space for 24 hours and enhanced cleaning of the room or quarantining other staff, students and members if necessary.

How strict will the guidelines be for the staff vs. students? The guidelines are the same for both. If you have any symptoms, contact nursing and do not come to school and follow up with your MD.

Is the flu vaccine live or dead? The nasal form or flu mist is attenuated/live weakened virus. The influenza vaccine via injection is inactivated/dead.

What if I am home with a cold or sinus issues, do I need a MD note to return? Please contact your NLG nurse and MD if you are not feeling well. Your MD will determine if testing is needed and will clear you when it is safe to return to work. You will need an MD note to return.

What if a student/teacher has seasonal allergies/common cold? When in doubt call your MD. Your MD will determine if testing is needed and will clear you when it is safe to return to school/work. You will need an MD note to return if you are experiencing *any* symptoms on the COVID symptom list.

If I have symptoms on the list but don't think that they are COVID related, do I still need to see a MD? Yes, it is hard to determine what is COVID-related and what is not. Your MD will determine if testing is needed and





will clear you when it is safe to return to work. You will need an MD note to return.

If I am out sick with an earache, stomachache or something non related to COVID symptoms, what is the protocol? A stomachache may be COVID related if it is accompanied by nausea, vomiting or diarrhea. Please have the symptoms list handy for you to reference. If you are out sick with a non COVID symptom, such as an earache, you would call in the same way, but specify that you are out for symptoms not related to COVID If in doubt, call your school nurse with any questions.