



## COVID-19 Exposure and Illness Management Guidelines

effective September 10, 2023

If you are told that you or your child are a **CLOSE CONTACT**, we request:

- You review: [“Understanding Your Risk”](#) provided by the CDC.
- You test whenever you have [symptoms](#) and follow [MA DPH requirements](#).

And we require:

- Adults wear a mask when inside their classroom for 10 days following exposure, unless you are unable to wear a mask. (This is a MA DPH requirement)
  - To be effective, if you have it, [masks](#) need to keep the virus within the mask. If others around you have it, effective masks will greatly reduce the quantity of airborne virus you breath. Consequently, the fit and type of masks matters. KN-95, KN-94 and K-95 respirators are recommended by CDC, DPH.
- [Asymptomatic adults test on Day 6](#). Lemberg CC has test kits for those needing them.
- [Asymptomatic children test on Day 3 and on Day 6](#). Please upload the negative test results to the child’s records at <https://UPBUP.com>.

And we require, **if you or your child is living with a person who tested positive** within the past 10 days:

- **Daily testing before coming to Lemberg CC through day 6**. Please start this count from the last day of exposure. Please upload a child’s negative test to <https://UPBUP.com>

**If you or your child test POSITIVE, we require** that the COVID-19 positive individual not come to Lemberg through Day 5.

On Day 6 & Day 7:

- [A child](#) may return when symptom free, with a negative test. or in lieu of a negative test result, your child’s PCP provides a letter stating that the child is no longer contagious with COVID-19. Please upload this record to your child’s [UpBup](#) records.
- [Adults](#) who have very mild symptoms and feel well enough to work may do so as long as they wear a mask through Day 10, or prior to Day 11, they provide two negative antigen tests taken 48 hours apart.

### COVID-19 Vaccination Policy

We request and highly recommend that all staff and children receive COVID-19 vaccinations and remain up to date on all required and PCP recommended vaccines including the flu, in order to safeguard the health of our community from COVID-19 and other highly contagious illnesses.

[Use this link to find the latest guidelines, as defined by the CDC.](#)

- Policies reviewed and approved by Rebecca Tharaud, MD – September 9, 2023