

COVID-19 Information for 2022-23 School Year

Recommendations for your NYA Student and Family

Are you sick today?

Testing is recommended for people with symptoms of COVID-19 as soon as possible after symptoms begin.



Cough



Headache



Shortness of breath or difficulty breathing



Sore throat



Fever or Chills



New loss of taste or smell



Fatigue



Congestion or runny nose



Muscle or body aches



Nausea or vomiting



Diarrhea

Did you test negative?

A negative self-test result is strongly suggestive that you do not have COVID-19. However, if you continue to have symptoms consistent with COVID-19, you should be further evaluated by your healthcare provider or you may test serially, meaning every 1-2 days, while symptoms persist if initial self-test is negative. You may return to school when your symptoms improve, and you are fever free for 24 hours without fever reducing medicines.

Did you test positive?

If you test positive for COVID-19, stay home for at least 5 days and isolate from others in your home. You are likely most infectious during these first 5 days.

Day 0 is the day you tested positive. Day 1 is the first full day following the day you tested positive.

**If you develop symptoms within 10 days of when you were tested, the clock restarts at day 0 on the day of symptom onset.*

If your student does test positive for COVID-19 please notify the school nurse Ashley Wright, RN at awright@nva.org

When can I end Isolation?

If you had no symptoms: You may end isolation after day 5 and return to school on day 6.

If you had symptoms: You may end isolation after day 5 and return to school on day 6 if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.

**If you still have fever or your other symptoms have not improved, continue to isolate until they improve.*

When do I need to wear a mask?

Per [CDC Isolation guidance](#): After you have ended isolation, when you are feeling better (no fever without the use of fever-reducing medications and symptoms improving), wear your mask through day 10 **OR** if you have access to antigen tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.

If your antigen test results are positive, you may still be infectious. You should continue wearing a mask and wait at least 48 hours before taking another test. Continue taking antigen tests at least 48 hours apart until you have two sequential negative results. This may mean you need to continue wearing a mask and testing beyond day 10.

What should I do if I was exposed to COVID-19?

Wear a mask for 10 full days after you were exposed. Monitor for symptoms. Test on day 6 or sooner if symptoms develop.

What does it mean to be “Up to Date” on COVID vaccines?

You are up to date with your COVID-19 vaccines when you have received all doses in the primary series and all boosters recommended for you, when eligible. Vaccine recommendations are different depending on your age, the vaccine you first received, and time since last dose, as shown [here](#).

What if my student is sick at school?

All students who are not feeling well should see the school nurse for evaluation before dismissal. We will continue to exclude from school those with new uncontrolled cough, difficulty breathing, loss of taste or smell, fever, and vomiting. Students may need to be dismissed at the nurse’s discretion, depending on their symptoms.

Will there be COVID testing at school during the 2022-2023 school year?

North Yarmouth Academy will not be doing pooled testing for COVID this year. Staff and students who develop COVID symptoms while at school may be tested using a rapid antigen test **if consent is on file with the school nurse or consent is given over the phone from the parents or guardians.**

Core Infectious Disease Prevention Strategies

- **Stay Up to Date on Vaccinations;** childhood vaccines, Flu shots and COVID vaccines and boosters. The CDC recommends COVID-19 primary series vaccines for everyone ages 6 months and older, and COVID-19 boosters for everyone ages 5 years and older, if eligible. *See US CDC website for more information.*
- **Stay Home when Sick**
- **Practice Good Hand-Hygiene** and regularly wash and/or sanitize your hands.
- **Know your COVID-19 Community Level** *See the CDC’s COVID-19 Community Levels website.*
- **Mask in Healthcare Settings** and universally indoors when the Community Level is **high**.

