

Enhanced Health & Safety Protocols for COVID-19 Global Pandemic

YMCA of Martha's Vineyard Fall 2020 Youth Programs

Dear Families,

This school year is going to look different, but we look forward to seeing the kiddos at the Y soon!

Helpful hints:

- Pack a spare mask in case your child's becomes wet or soiled
- Keep an extra set of clothes in your child's bag (even for older students!) in case they have an accident or spill
- Please do not send food that needs to be heated, microwaves will not be available
- Keep a bag of nonperishable snacks as a backup in your child's bag

Symptomatic Students:

Students who have symptoms of COVID-19 will be sent home from Y programming. If you cannot be reached, your child's emergency contact and/or authorized pick-up adults will immediately be phoned until someone is reached that can pick up your child quickly. Parents/caregivers are expected to promptly retrieve their child from the Y. If you are not able to promptly pick-up your child due to illness, please designate someone who is ready and able to do so ahead of time. Have a solid back up plan in place from the start.

Please make sure the Y has your most recent and accurate contact information. Any child with COVID-19 symptoms will be sent home. There will be no exceptions. A negative test result or doctors note indicating an alternative reason for the symptoms will be REQUIRED before your child may return to the program if Y staff dismiss them. If you are questioning your child's health and believe they may be developing symptoms, keep them home!

Partnering with Families & Daily Health/Exposure Attestations:

We encourage all families to schedule a COVID test at a local test site for anyone ages 5 and older, prior to the start of program if possible.

Due to the gravity of the situation we expect that parents and caregivers will be honest and thorough when completing the required (by our licensing agency the Department of Early Education and Care/EEC) daily health & exposure attestation before arriving to the Y. Each enrolled family will receive a link via email to the Daily Health & Household Exposure Attestation Form. This form must be completed EVERYDAY (link is the same) your child attends a Y program. The form is very simple and can be pulled

up on your phone. Please remember that if you have siblings in Y programs if one sibling is sick or is sent home sick the other sibling(s) must also remain home or will be sent home as well.

Below please see the list of symptoms you will be asked to look for in your child/household each day. All questions about symptoms must be answered as "NO" to attend program. Each question is asking about symptoms observed in the CHILD OR HOUSEHOLD in the past 24 hours. This is an evolving situation and we hope as time goes by, we will find even better ways of getting through this together. We will be sure to give parents and guardians guidance updates as they become available.

Symptoms may appear 2-14 days after exposure to the virus. Here is a list of the symptoms you will be asked to look for in your child/household each morning before arriving to Y programming and/or completing the daily health & exposure attestation online form.

- Fever over 100.0 or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue when in combination with other symptoms
- Muscle or body aches
- Headache when in combination with other symptoms
- New loss of taste or smell
- Sore throat
- Nasal congestion or runny nose (not due to other known causes such as allergies) when in combination with other symptoms.
- Nausea, vomiting, diarrhea or abdominal pain

When traveling we will expect all families to adhere to MA state travel guidelines and restrictions, please keep your family updated if you plan to travel:

<https://www.mass.gov/info-details/covid-19-travel-order>

The single most important thing to do if any of the following symptoms are present is to **STAY HOME**.

Our collective health relies, in part, on individual attention and responsibility. Note that some symptoms of COVID-19 are the same as the flu or a bad cold; **please do not assume it is another condition. When in doubt, stay home!**

*Do not plan to send your child to Y programming if your child has any symptoms. You must stay home and contact your primary care provider!

The Department of Elementary and Secondary Education policy of when a student/staff person may return to program after COVID-19 symptoms:

- If a student or staff member has COVID-19-like symptoms (such as listed above), they may return to program after they have tested negative for COVID-19, are no longer symptomatic, and have been without fever for at least 24 hours without the use of fever reducing medications.
- If a provider makes an alternative diagnosis for the COVID-19-like symptoms, the individual may return to school based on the recommendations for that alternative diagnosis (e.g., influenza or strep pharyngitis) and with documentation from the provider.
- If a student or staff member presents COVID-19-like symptoms (such as listed above) and chooses not to be tested, they may return to school 10 days from start of symptoms, as long as their symptoms have improved and they have been without fever for at least 24 hours prior to their return to school without the use of fever reducing medication.
- The YMCA of MV retains the right to make decisions about student/staff returns on a case-by-case basis in coordination with our program Health Care Consultant and EEC Epidemiologist.

Child or Household Exposure

Have you had any close contact (within 6 feet of an infected person for at least 15 minutes) with a person who has a confirmed diagnosis of COVID-19?

Have you traveled to any state other than a designated lower risk state?

See Travel Order: <https://www.mass.gov/info-details/covid-19-travel-order>

- If your child or anyone in your household is experiencing symptoms and/or has been exposed to a positive case of COVID-19, please contact your Primary Care Provider. A staff member or student must be tested before returning to program.

Key Messages:

- When in doubt, please please please keep your child home.
- Please pay attention to current travel orders for the state of MA if you plan to travel and be honest with Y program staff.
- If you have any questions, please ask us:
 - Front desk: 508-696-7171 ext. 0 or lwebster@ymcamv.org
 - Tara Dinkel, Program Director: 508-696-7171 ext. 117 or tdinkel@ymcamv.org