



La Luz Early Childhood Center

Enrich the day, brighten the future.™

2023 **REVISED** LA LUZ ECC COVID SAFE PRACTICES **AS OF April 3, 2023**

1. These practices are intended to allow for children and staff to attend La Luz ECC, in the safest manner possible, with as few disruptions as possible. They may be amended during times of higher internal and external transmission levels as well as vaccination levels within La Luz ECC and as deemed necessary by the State of NM, the NM ECECD and the NM DOH.
2. Masks are **NOT** required on a daily basis, but anyone can still choose to wear one depending on their own comfort level and life circumstances. **There may be times where mask wearing will be required as described in more detail below.**
3. Children and staff who exhibit either fever, vomiting and/or diarrhea or excessive coughing (child is awoken from sleep by coughing, child and/or staff member cannot play outside without coughing excessively, child and/or staff member cannot eat/drink without excessive coughing) must stay home for a minimum of 48 hours (and subsequently test negative for COVID following testing protocols*). **Must be free from these symptoms for 48 hours without the use of fever reducers or other medications designed to eliminate symptoms (including those developed to eliminate vomiting and/or diarrhea or restricting a cough) BEFORE returning to school/work.**
4. Children and staff who exhibit 2 or more symptoms** **must remain at home until free from symptoms or down to 1 (so long as that 1 is not fever, vomiting and/or diarrhea or excessive coughing) for 48 hours without medication.** Covid testing protocols will apply.*
5. Children and staff who **test positive for COVID**, can return after 5 days with day 0 being the day symptoms began or the date of the positive test, so long as they have been symptom free (or down to 1 symptom so long as that is not a fever, vomiting or diarrhea, or **excessive** coughing) for 48 hours **AND** they wear a KN95 mask for another 5 days. Children who are too young to wear a mask, under the age of 2-special **exemption granted by the NM ECECD exemption granted for this age group only**, should remain out until they have been symptom free or down to 1 symptom for 48 hours – no less than 5 days out of care (6 total including day 0). They may return when 2 negative antigen tests have been received or after 10 days out of school (11 including day 0) without the tests. Children over the age of 2 or staff members who cannot properly wear a mask, would have to remain out for 10 days, with **day 0 being the day symptoms began or the date of the positive test OR** until 2 successive negative antigen (quick) tests are received 48 hours apart. **At any time during the 5 day isolation, if a child and/or staff member, who is asymptomatic at the time of their positive test,**

start symptoms, the clock starts over with the day the symptom(s) started as the new day 0.

6. Alternatively, or in addition to #5 above, children and staff who have tested positive for COVID, may choose to test with an antigen test (rapid) starting on day 5 (6 days including day 0) of isolation, once down to no or much improved symptoms. If negative, may retest after 48 hours. With 2 negative tests, taken 48 hours apart, may return **without** a mask on. MUST be out for a minimum of 5 days, with day 0 being the date symptoms began or date of positive test. **NO ONE WILL BE ALLOWED TO RETURN UNTIL DOWN TO 1 OR NO SYMPTOMS FOR 48 HOURS.**
7. Children and staff who are a close contact with someone who is positive for COVID and **do NOT live in the household** as in contact occurred at school, no longer have to quarantine, so long as they are asymptomatic (**not even 1 minor symptom**).
8. Children and staff who are a close contact with someone who is positive for COVID and **DOES live in the household**, no longer have to quarantine, so long as they are asymptomatic (**not even 1 minor symptom**). **THEY DO NEED TO WEAR A KN95 MASK FOR 10 DAYS** after contact with an infected household member with day 0 being the day of contact in order to return. Should they develop **ANY** symptoms, they would need to 1) test immediately and 2) remain out and to seek further guidance from La Luz ECC administration.
9. **Air purifiers MUST continue to be run** during working hours, 7am – 6pm, Monday through Friday.
10. **Ceiling fans MUST run** during working hours, 7am – 6pm, Monday through Friday.
11. **Children and staff** should ALL **wash hands** for 20 seconds with soap, in warm water **upon arrival** at school.
12. Children and staff must continue to wash their hands before and after eating, after toileting, after playing outside and when there is visible dirt and/or contaminants on the hands.
13. Gloves must always be worn when preparing and serving food.
14. Hand sanitizer will be available throughout the school to complement hand washing. (Hand sanitizer is not a substitute for hand washing and does not kill things such as Norovirus.)
15. Frequently touched surfaces must continue to be disinfected throughout the day. This includes telephones, light switches, faucet handles, pens/pencils, tables, chairs, door handles, toys, etc.
16. **Children must be picked up within 30 minutes of notification that their child is ill.**
17. Children are encouraged to eat outside, picnic style, when possible. (Additional picnic tables will be purchased for this use.)
18. Children should be staggered at tables, whenever possible, as well as in circle times to avoid directly facing another child and/or staff member.
19. Children should be face to toe when lying during nap time.
20. La Luz ECC will continue to be cleaned professionally every week, along with being ozonated. Additionally, staff will clean classrooms, kitchen, and other areas of the school on a daily basis.

21. La Luz ECC does have a supply of COVID tests that can be given to families and staff should they need them for testing purposes.
22. Testing after travel should be maintained testing upon return and then again 48 hours later. Child and/or staff member, can resume attendance after the 1st, negative test, so long as they are asymptomatic.

DEFINITIONS:

***Testing protocols:**

For RAPID tests if symptomatic:

Test 1 upon start of symptoms

Test 2 taken 48 hours later

OR

1 PCR test

****COVID Symptoms:**

- Headache
- Tiredness/Irritability
- Sore Throat
- Congestion/Shortness of Breath
- Fever/Chills
- Coughing/Sneezing
- Achy Muscles/Joints
- NEW Loss of Taste or Sense of Smell
- Vomiting/Nausea
- Diarrhea

Remember, vaccinations are readily available for children ages 6 months and older. FULLY vaccinated = 2 weeks after the last required vaccination from COVID per CDC Guidelines. For all those 6 months or older, a primary series (depending on type of vaccine given, namely 2 vaccinations) plus booster vaccinations as recommended based upon age and underlying health conditions.