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ANCHORAGE MONTESSORI SCHOOL  
COVID-19 Mitigation Plan  
Revised August 2022  
Please Note that this is an Updated Plan

**Summary of Revisions:**

**This is the most recent version of the AMS COVID-19 Mitigation Plan.**

**Overview**

The purpose of this Mitigation Plan is to ensure as well as possible the safety of all students, staff, and families. With the spread of the coronavirus or COVID-19, Anchorage Montessori School (AMS) has remained vigilant in mitigating the outbreak with the objective of protecting the health of everyone concerned. AMS has remained open in large part due to the strict adherence to the mitigation protocols, the hard work of staff, and the cooperation of our families. Although the Plan has changed several times, it remains the goal of AMS to maintain a safe environment for students and staff.

*This update changes the AMS requirements primarily in the areas of close contact with someone with a confirmed positive COVID-19 infection. The plan has been simplified, but the overall goal continues to be maintaining a safe and open school. Please note that future updates are possible, depending on the current situation.*

*AMS continues to encourage all eligible individuals to get the COVID-19 vaccination series.*

*CDC Masking Guidance: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>*

*While face coverings are not mandated at this time, they may still be worn if parents, staff, and children so choose.*

*Many of components of the Mitigation Plan remain the same. This Plan also includes informational links regarding COVID-19 vaccines.*

**Close Contact:**

*If there is a positive case of COVID-19 in a classroom, all families will be notified by email, but there will be no requirement to test. Instead, families are highly encouraged to test at home and notify the*

*school only if there is a positive result. The school still has home tests available for free. Please stop by the office if you would like pick up home tests.*

*Families may still choose to quarantine their child in cases of classroom close contact.*

**Isolation:**

*This remains unchanged. If a person tests positive for COVID-19 they must isolate for 5 days. They can leave isolation on day 6 if there is no fever and other symptoms have subsided. Please note isolation starts on the day after the positive test results are received.*

**Testing Information:**

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html>

**Testing In School:**

*AMS will continue implementing our hygiene and mitigation practices. We will continue to maintain a “symptom free” environment.*

*If a child or staff member has Covid-19 symptoms while at school, they will be sent home and asked to do a rapid test. You can find more information on this below.*

**CDC Travel Guidance:**

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html>

**Return From Travel:**

*If you return from travel and have been to a crowded place or have had a known exposure, AMS highly encourages you to test your child before sending them back to school. Please see the CDC link above for updated travel guidance.*

As with the close contact procedures, a family may choose to quarantine their child for 5 days after returning from travel.

**School Responsibilities**

A copy of the Mitigation Plan will be provided to staff and families. It is also posted on the Anchorage Montessori School website: <https://www.anchoragemontessorischool.org/covid-19/>

Staff will be trained in following these guidelines and the Mitigation Plan.

Staff will explain and model safety, physical distancing, handwashing, and hygiene procedures to students in an age-appropriate manner.

The executive director and administrative staff will engage in School and Science ECHO Zoom meetings and monitor CDC, State, and Municipal websites for up-to-date guidance.

### **Family Responsibilities**

Asked to monitor and screen child each day for these symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Parents will be asked to keep child(ren) home if ill and follow the procedures outlined below.

Any child with a fever of  $\geq 100.4$  or other COVID-19 related symptoms will be sent home and asked not to come back until one of the return-to-school options below has been met.

### **Return to School Options for Anyone With COVID-19 Symptoms:**

To ensure the health and safety of all students, families, and staff anyone showing any of the symptoms related to COVID-19 will be sent home and will need to remain out of school until one of these guidelines is satisfied:

1. Stay home for 5 days after your first symptom or positive test, whichever is earlier. Continue to monitor for up to 10 days. The child or staff member may return to school on Day 6 when they have not had a fever in the last 24 hours without fever reducing medicine, and the other symptoms are improving. An additional test is advised.
2. If there is a negative test the child or staff member may return to school once they have not had a fever in the last 24 hours without the use of fever reducing medicine, if, the other symptoms are improving.
3. If no COVID-19 test is taken the child or staff member is to stay home for 5 days. S/he may return on Day 6 if there has been no fever for 24 hours without the use of fever reducing medicine and other symptoms are improving.

4. If the child or staff member's healthcare provider determines that the symptoms are from something else, they may return to school or work with a note from the provider, if, there has been no fever in 24 hours without the use of fever reducing medicine and the other symptoms are improving.

*We are advising that all staff and students sent home for any of the potential COVID-19 symptoms take a home test and inform the school of the results.*

***\*Please note that anyone with a confirmed case of COVID-19 must isolate for at least 5 days.***

If child becomes ill while at school s/he will be appropriately isolated until they can be picked up.

Timely pick up of ill children is required and the child will need to stay out of school until one of these options is followed.

### **Vaccination Informational Links:**

*Vaccinations are strongly encouraged for any eligible family member. There are informational links included in this Plan. You are also encouraged to stay informed by following the vaccination updates. Your health care provider can advise you as needed.*

<https://yourlocalepidemiologist.substack.com/p/vaccines-for-5-11-year-olds-fda-meeting>

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/children-teens.html>

[https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html?s\\_cid=10482:can%20you%20get%20the%20covid%20vaccine%20if%20you%20had%20covid:sem.ga:p:RG:GM:gen:PTN:FY21](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html?s_cid=10482:can%20you%20get%20the%20covid%20vaccine%20if%20you%20had%20covid:sem.ga:p:RG:GM:gen:PTN:FY21)

<https://www.crh.org/healthy-tomorrow/healthy-tomorrow/2021/05/12/covid-19-vaccine-approved-for-children-ages-12-17>

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### **Signage and Information**

Signs are posted at the entrance. Everyone entering the building must read them. They give clear and precise information on COVID-19, its symptoms, when not to enter the building, and risk factors.

Information regarding this Plan and resources related to COVID-19 will be disseminated to all families and employees.

Additional signage will be posted throughout the building including handwashing procedural illustrations in each classroom and restrooms.

Informational links and information are included at the end of this Plan.

### **Staff Responsibilities**

No staff member may report to work if showing symptoms of COVID-19. Their return to work (school) will be based on one of the four Return to School Options as noted earlier in this Plan.

Staff must wash hands frequently using soap and water including before and after food preparation, assisting a child with eating, and changing diapers.

If soap and water are not available in an area a supply of hand sanitizer with at least 60% alcohol will be used.

Face coverings may be worn by all employees if they choose to.

Staff will be instructed not to touch the face covering and take it home for washing daily. Staff will remind children not to touch their face.

Any staff member showing signs of illness will be isolated until their departure.

Staff members will report known exposures to COVID-19 positive individuals to the facility administration. Strict confidentiality guidelines will be followed.

The school will report to families and staff any known COVID-19 positive cases while respecting the privacy of the individual.

- Employees who have symptoms should notify their supervisor and stay home.
- All staff members are encouraged to engage in safe practices when in the community as these activities may have an effect in the workplace.

### **Symptoms, Exclusion, and Program Closure**

If there is a confirmed case of COVID-19 at school the area where the confirmed case was discovered will receive a complete deep cleaning and disinfecting.

In extreme cases, AMS may close for a time to clean and disinfect the area/building.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

### **COVID-19 Symptoms:**

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list is not all possible symptoms. Other less common symptoms have been reported, including gastrointestinal symptoms like nausea, vomiting, or diarrhea.

- Sick employees should follow [CDC-recommended steps](#). Employees should not return to work until the criteria to [discontinue home isolation](#) are met, in consultation with healthcare providers.

Accumulating evidence supports ending isolation and precautions for persons with COVID-19 using a symptom-based strategy. Specifically, researchers have reported that people with mild to moderate COVID-19 remain infectious no longer than 10 days after their symptoms began, and those with more severe illness or those who are severely immunocompromised remain infectious no longer than 20 days after their symptoms began. Therefore, CDC has updated the recommendations for discontinuing home isolation as follows:

**Persons with COVID-19 who have symptoms** and were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least 5 days have passed since symptom onset **and**
- At least 24 hours have passed since resolution of fever without the use of fever-reducing medications **and**
- Other symptoms have improved.

\*A limited number of persons with severe illness may produce replication-competent virus beyond 10 days, that may warrant extending duration of isolation for up to 20 days after symptom onset. Consider consultation with infection control experts.

**Persons infected with SARS-CoV-2 who never develop COVID-19 symptoms** may discontinue isolation and other precautions 5 days after the date of their first positive RT-PCR test for SARS-CoV-2 RNA.

## **Working with Children**

Children will always be monitored .

There will be regular and frequent hand washing with soap and water for children. If hand sanitizer is used staff must monitor its usage.

Parents can choose to have their children wear face masks.

Children under two years are not to wear face coverings.

Children who are napping are not to wear face coverings.

An adequate supply of materials will be maintained.

Certain designated sinks to be used solely for food preparation.

Children's naptime mats will be spaced out as much as possible with 6 feet being optimal. Children will be placed head-to-toe instead of face-to-face to further reduce the potential for viral spread.

## **Cleaning and Disinfecting**

All surfaces will be cleaned and disinfected regularly.

NPBI (Needlepoint Bipolar Ionization) air purification units have been installed on all forced air heaters/cooling units to mitigate the spread of viruses, bacteria, and particulate matter.

Areas/items to be cleaned include: Tables, chairs, doorknobs, light switches, countertops, handles, sinks, faucets, and toys. Adequate cleaning and disinfecting supplies will be maintained.

The school's janitorial service cleans and disinfects each evening.

[CDC cleaning and disinfecting protocols.](#)

Extensive use of disinfecting products will be done when children are not present, and the facility aired out before children return.

If disinfection occurs while children are present staff will wipe the area again with water to remove any residue.

## **Encouraged Best Practices**

Any person in a high-risk population is encouraged to stay home, not work in childcare settings, and avoid entering for drop off or pick up.