

## RDCA COVID Guidance – Effective September 26, 2022

As the coronavirus pandemic continues to evolve, RDCA remains committed to providing a safe and healthy environment for the children in our care, and for our employees. Though we consider many sources of guidance, we follow the recommendations of the Maryland State Department of Education (MSDE) and the Maryland Health Department (MDH) as primary sources, as well as any specific directives we receive from the state or county Office of Child Care (OCC) and Montgomery County Health and Human Services (DHHS) departments in decision making for our child care programs.

MSDE & MDH recently updated their guidance related to COVID-19, including recommended quarantine and isolation procedures. The RDCA Board of Directors, at the September 21<sup>st</sup> meeting, agreed to accept these guidelines as our COVID-19 protocol effective immediately. **The updated [MSDE & MDH guidance](#) is:**

Staff or Child with	Guidance for Management
<b>COVID-19 symptoms</b>	<ul style="list-style-type: none"> <li>• Staff or student/child should not attend or work in a school or child care setting</li> <li>• COVID-19 testing is recommended</li> <li>• If test is negative, may return when symptoms have improved, no fever for 24 hours without medication, and applicable criteria in the <a href="#">Communicable Disease Summary</a> have been met</li> </ul>
<b>Positive test for COVID-19, regardless of symptoms</b>	<ul style="list-style-type: none"> <li>• Staff or student/child must stay home for 5 days from the start of symptoms or from the date of the positive test if no symptoms</li> <li>• After day 5, may return if symptoms have improved and no fever for at least 24 hours without medication</li> <li>• Upon return, must wear a mask for 5 additional days (except while eating, drinking, sleeping or outside)</li> <li>• If unable to wear a mask, may return if they have a negative test at day 5 or later; otherwise, they should remain at home for days 6 -10</li> </ul>
<b>Close contact with someone with known or suspected COVID-19 but no symptoms</b>	<ul style="list-style-type: none"> <li>• Staff or student/child can continue to work in or attend school and child care regardless of vaccination status</li> <li>• Those who can mask should do so for 10 days from the last day of exposure</li> <li>• Test at 3-5 days after exposure is recommended, especially for those who cannot mask (ex. children under 2 years of age)</li> </ul>

In addition to following this guidance it is imperative to practice **layered prevention strategies** to keep everyone at the center safe. **Outlined below are practices families and staff must follow:**

- **Stay home when sick** – notify the center director of the absence and reason  
**COVID-19 SYMPTOMS:** • Cough • Shortness of breath • Difficulty Breathing • New loss of taste or smell • Fever (100.4 or higher) • Chills or shaking chills • Muscle aches • Sore throat • Headache • Nausea or vomiting • Diarrhea • Fatigue • Congestion or runny nose
- **Follow RDCA’s daily sign-in and screening protocol** – be truthful in answering questions
- **Notify the center director if traveling internationally** – RDCA will require families to follow any applicable federal, state and local travel guidance in effect at the time of travel
- **Masking is optional (though recommended) during low to moderate levels of COVID-19 community spread. If wearing a mask** – ensure it fits well and keep multiple masks at the center for frequent changing. **During high levels of community spread, or following a classroom exposure, masking will be required.** RDCA will monitor Montgomery County community levels weekly
- **Keep up to date with COVID-19 vaccinations and boosters and all other immunizations**
- **Wash hands often** – before and after eating, toileting, and transitions to/from indoors and outdoors
- **Covering coughs and sneezes** – teaching children to sneeze into their elbow or use a tissue
- **Improving ventilation** – opening windows and doors and increasing outdoor time, as weather permits
- **Clean and sanitize frequently touched surfaces** – at least once daily and before and after each use for food service, toileting/diapering or handling bodily fluids

RDCA must continue to follow existing procedures for reporting communicable diseases (COMAR 10.06.01) and immediately notify the local health department of a COVID-19 outbreak. The local health department will recommend control measures in response to the outbreak, including some of the prevention strategies described above and/or need for specific individual quarantine or isolation or group (classroom) closure.