

TCA Boston Guidelines to reduce the transmission of COVID-19 and the Delta Variant

Sep 3, 2021

- Vaccination is the leading public health prevention strategy to end the COVID-19 pandemic. Promoting vaccination can help schools safely return to in-person learning as well as extracurricular activities and sports.
- Due to the circulating and highly contagious Delta variant, indoor masking is mandatory for all students, staff, teachers, parents and visitors to the school, regardless of vaccination status. Masks will be available at school if you need one.
- In addition to universal indoor masking, we'll strongly encourage maintaining at least 3 feet of physical distance between students within classrooms as much as possible to reduce transmission risk..
- We will continue to stress the importance of proper handwashing.
- All staff and students will be asked to self monitor for symptoms of Covid-19. If you are feeling sick, please stay home. If you are experiencing symptoms of the virus, consult a healthcare professional and notify the school.
- In the event of a notification of covid+ diagnosis on the TCAB campus, we'll triage contact tracing in combination with quarantine and isolation according to the recommendations of the Public Health Agency.
- Disinfecting classrooms and bathrooms/high traffic areas will be carried out before school begins. Each classroom will be equipped with hand sanitizers, 70% alcohol disinfectant spray, disinfecting wipes and gloves.
- We recommend that anyone who has a known exposure to someone with suspected or confirmed COVID-19 to be tested 3-5 days after exposure, regardless of whether they have symptoms.
- We'll continue to monitor and follow CDC and State Public Health and Safety guidelines and update as they become available.
- The effectiveness of these measures is dependent on the care, diligence and cooperation of every member in the TCAB community.

Prevention Strategies To reduce transmission of Covid and the variants

- Promoting vaccination
- Consistent and correct mask use
- Physical distancing
- Ventilation
- Handwashing
- Staying home when sick and getting tested
- Contact tracing, in combination with isolation and quarantine
- Cleaning and disinfecting

Self monitoring checklist for symptoms before school

- 1) "Normal" body temperature can fall in the range of 97 F (36.1C) - 99 F (37.2C)
- 2) Chills
- 3) Fatigue
- 4) Muscle or body aches
- 5) Headache
- 6) Loss of taste/smell
- 7) Sore Throat / cough
- 8) Congestion or runny nose
- 9) Nausea, vomiting or diarrhea
- 10) Difficult breathing / shortness of breath