

COVID-19 Information

Mary Our Queen Catholic School continues to prioritize the safety and health of our students and employees as we continue full-time, in-person learning this year.

Health and Safety

MOQ will continue to follow the Douglas County Health Department (DCHD) and their COVID-19 K-12 Guidance for Schools.

Face Coverings

All students, employees, and visitors are welcome, but not required, to wear a mask while indoors during school hours and functions.

Symptoms of COVID-19

People with COVID-19 have had a wide range of symptoms reported, ranging from mild to severe. Symptoms may appear two to 14 days after exposure to the virus. People with any of the following symptoms may have COVID-19:

- 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 does not include all possible symptoms. The U.S. Centers for Disease Control and Prevention continues to update symptoms as it learns more about the virus.

Health Screening

Families and employees are encouraged to screen for COVID symptoms at home before arrival at school each day.

Physical Distancing

There are no physical distancing requirements at this time, although students are encouraged to maintain personal space while on campus.

Hygiene

Hand sanitizer continues to be available in all classrooms and work areas. Staff members will continue to promote safe hygiene practices with students, including proper handwashing, avoiding contact with one's eyes, nose, and mouth, and covering coughs and sneezes appropriately.

Isolation Protocols

The MOQ guidelines for isolation for COVID-19 have been updated to align with new guidelines from DCHD. Isolation is for individuals with symptoms or who have tested positive for COVID. Isolation is a way to keep individuals with symptoms of COVID-19 or infected with COVID-19 away from others. Strict isolation from others outside and inside of the home will minimize transmission of COVID-19.

Students with Symptoms

If your student has symptoms of COVID-19, they may return to school with a negative PCR test OR with two negative antigen tests taken at least 12 hours apart. If it has been 5 days since the onset of symptoms, the student may return on Day 6 from the onset of the symptoms with one negative antigen test taken on Day 5. ***Proof of testing is not required. Parents must inform the school immediately if their child tests positive.***

If the student is not tested, they must stay home for 10 days from the onset of symptoms, and return on Day 11 from the onset of symptoms.

All students must be fever-free with significantly reduced symptoms for 24 hours to return to school at any point.

Students Testing Positive for COVID-19

If your student tests positive for COVID-19, they should isolate for 5 days from the first day of symptoms or positive test result. If it has been 5 days since the onset of symptoms or the date of the positive test, and the student has no fever, reduced symptoms, and a negative test result, they may return on Day 6. ***Proof of testing is not required. Parents must inform the school immediately if their child tests positive.*** Students may return on day 11 regardless of test result.

Students who are Close Contacts

If your student has been potentially exposed to an individual infected with COVID-19, they may remain at school, and should be tested on Day 3, 4, or 5 following the exposure, regardless of vaccination status. ***Proof of testing is not required. Parents must inform the school immediately if their child tests positive.*** If your child is a close contact to an individual that tests positive in their class, you will receive an email notification.

COVID-19 At-Home Test Kits

At-Home COVID-19 testing kits are available at the MOQ office for any student who has symptoms of COVID-19, who has symptoms of COVID-19 or who has been in close contact with an individual who tested positive for COVID-19.

On-going Protocol Updates and Changes

- As with previous school years, MOQ Catholic School will collaborate with the local health departments regarding the **current requirements** for notification of positive cases within school and any recommendations for isolation, exclusion, or close monitoring.
- The name of the person with a suspected or confirmed diagnosis will not be shared by school.

- MOQ will continue to consult with state and local health departments along with the Omaha Archdiocese throughout the year.
- **MOQ Catholic School reserves the right to make adjustments** to all parts of this protocol if needed as new information becomes available, or to meet any specific challenges or clusters/outbreaks in a class or building.
- Any absentee rate over 10% is investigated by the local health department to track communicable disease outbreaks.