

Frequently Asked COVID Questions

updated October 18, 2020

What is considered a “Low Risk” exposure to COVID?

A: An exposure is considered low risk if the individuals were (a) wearing face masks; (b) the individuals were more than 6 feet apart for less than 15 minutes. An example of a low risk exposure is going to the grocery store. Individuals are wearing masks, are staying more than 6 feet apart and aren't in contact for more than 15 minutes. (see chart, below)

What is considered a “High Risk” exposure to COVID?

A: Any situation where individuals are not wearing face masks, are closer than 6 feet away for more than 15 minutes is considered high risk. An example of high risk exposure would be athletics: student athletes are typically playing without a mask, and are closer than 6 feet for more than 15 minutes. (see chart, below)

Are all students now required to wear a face mask at school?

A: Yes.

Can my student wear a neck gator or face shield instead of a mask?

A: No. All students and staff are to wear a mask.

My student had a “Low Risk” exposure. Do we quarantine? (*“Low Risk” defined as all individuals wearing masks; exposure was >6 ft and for less than 15 minutes – like at the grocery store*).

A: The student may attend school right away -- provided they are not experiencing symptoms and are fever-free (without the aid of Tylenol, Advil, Motrin, or other fever-reducing medication). (see chart, below)

– Continued on next page –

My student had a “Low Risk” exposure and has a sibling at home who is also an NDAA student. Does the sibling quarantine? (*“Low Risk” defined as all individuals wearing masks; exposure was >6 ft and for less than 15 minutes – like at the grocery store).*

A: The sibling may attend school right away – provided neither students are experiencing symptoms and are fever-free (without the aid of Tylenol, Advil, Motrin, or other fever-reducing medication). (see chart, below)

My student has someone in the household (not an NDAA student) who had a “Low Risk” exposure somewhere else. Does the student quarantine? (*“Low Risk” defined as all individuals wearing masks; exposure was >6 ft and for less than 15 minutes – like at the grocery store).*

A: No. The student may attend school right away – provided neither student is experiencing symptoms and is fever-free (without the aid of Tylenol, Advil, Motrin, or other fever-reducing medication). (see chart, below)

Should my student take a COVID test if they had a “Low Risk” exposure?

A: No. It is not necessary. (see chart, below)

My student had a “High Risk” exposure. What do we do?

A: The student must quarantine for 14 days, monitoring for symptoms. They should participate in Virtual, Online Learning as their health allows during the 14 days. (see chart, below)

Should my student take a COVID test if they had a “High Risk” exposure?

A: No. A “High Risk” exposure must quarantine the full 14 days whether they have a negative test result or not. (see chart, below)

– Continued on next page –

My student had a “High Risk” exposure and has a sibling at home who is also an NDAA student. Does the sibling quarantine?

A: The sibling may attend school right away – provided neither students are experiencing symptoms and are fever-free for 24 hours (without the aid of Tylenol, Advil, Motrin, or other fever-reducing medication). (see chart, below)

My student has someone in the household (not an NDAA student) who had a “High Risk” exposure somewhere else. Does the student quarantine?

A: No. The student may attend school right away – provided neither the student nor the household member are experiencing symptoms and are fever-free for 24 hours (without the aid of Tylenol, Advil, Motrin, or other fever-reducing medication). (see chart, below)

Does my student quarantine if he/she has COVID symptoms *(fever, chills, cough, loss of taste or smell, headache, fatigue, sore throat, congestion or runny nose, nausea/vomiting, diarrhea, muscle/body aches)?*

A: Yes! The student must quarantine for 10 days after the first day experiencing symptoms. (see chart, below)

Note: If you don’t want your student to quarantine the entire 10 days, you could present a negative PCR test, or an alternative medical diagnosis (i.e. strep throat, sinus infection, etc) from your doctor. Of course, all students should be fever-free for 24 hours without the aid of Tylenol, Advil, Motrin (or other fever-reducing medication), and their symptoms should be Improving before returning to campus. (see chart, below)

I think my student has something other than COVID, but they are experiencing symptoms of COVID. Do they quarantine? *(fever, chills, cough, loss of taste or smell, headache, nausea/vomiting, fatigue, sore throat, congestion or runny nose, diarrhea, muscle or body aches).*

A: Yes! The student must quarantine for 10 days after the first day experiencing symptoms. (see chart, below)

Note: If you don’t want your student to quarantine the entire 10 days, you could present a negative PCR test, or an alternative medical diagnosis (i.e. strep throat, sinus infection, etc) from your doctor. Of course, all students should be fever-free for 24 hours without the aid of Tylenol, Advil, Motrin (or other fever-reducing medication), and their symptoms should be Improving, before returning to campus. (see chart, below)

– Continued on next page –

Someone in our household (not our NDAA student) is experiencing symptoms of COVID. Does the student quarantine?

A: Yes, we would assume this is a high-risk exposure until proven not to be. The student must quarantine for 14 days, monitoring for symptoms themselves. They should participate in Virtual, Online Learning as their health allows during the 14 days. The student(s) can return to school on day 15, or with an alternative medical professional's diagnosis for the household member. (see chart, below)

Someone in our household (not our NDAA student) has tested positive for COVID. Does the student quarantine?

A: Yes. This is considered a "High Risk" exposure, and the student must quarantine the entire 14 days. They are asked to attend classes online/Virtual Learning as their health allows. (see chart, below)

What activities in Lower School are considered "High Risk"?

A: Any situation where students or staff are not wearing a face mask makes that situation a "High Risk" one. It is for this reason we are shifting our Lower School students and staff into face mask use (phasing out the face shields and neck gators).

Additionally, taking off a face mask to eat lunch is considered "high risk." To further minimize exposure between grades, Lower School students will eat lunch in their classroom and continue to use the desk buddies.

What activities in Middle School are considered "High Risk"?

A: Any situation where students or staff are not wearing a face mask makes that situation a "High Risk" one. It is for this reason we are no longer allowing face shields and neck gators to be worn by Middle School students or teachers.

>> Taking off a face mask to eat lunch is considered "high risk." We are brainstorming about lunch time for our Middle School students to determine ways we can further minimize their risk during this time. They will additionally continue to use the desk buddies in the cafeteria.

>> Any sports activity where students are not wearing a mask is considered "high risk."

What activities in Upper School are considered “High Risk”?

A: Any situation where students or staff are not wearing a face mask makes that situation a “High Risk” one. It is for this reason we are no longer allowing face shields and neck gators to be worn by Upper School students or teachers.

>> Taking off a face mask to eat lunch is considered “high risk.” We are brainstorming about lunch time for our Upper School students to determine ways we can further minimize their risk during this time. They will continue to use the desk buddies in the cafeteria.

>> Any sports activity where students are not wearing a mask is considered “high risk.”

– Continued on next page –

	Student Had “Low Risk” Exposure*	Student Had “High Risk” Exposure*	Student was Exposed and is Experiencing Symptoms	Household Member is COVID-Positive (“High Risk”)	Student Has Symptoms You Don’t Think is COVID
Student Quarantine	No	14 days after date of last exposure	10 days after first day of symptoms	14 days after date of last exposure	10 days after first day of symptoms
Student COVID Test	No	No Note: Can’t “Test Out” of quarantine if High Risk Exposure	Not required. <i>Can take PCR test right away if experiencing symptoms (no need to wait)</i>	No Note: Can’t “Test Out” of quarantine if High Risk Exposure	Not required. Negative PCR test result if you don’t want student to quarantine for 10 days
Student Can Return to School	Right away	On day 15 <i>*if no symptoms AND Fever-free for 24 hours**</i>	On day 11 with no symptoms and no fever for 24 hours** --- OR --- With alternative medical diagnosis and <i>Fever-free for 24 hours**</i>	On day 15 <i>*if no symptoms AND Fever-free for 24 hours**</i>	On day 11 with no symptoms and no fever for 24 hours** --- OR --- With alternative medical diagnosis and <i>Fever-free for 24 hours**</i> -- OR --- With negative PCR test result

*“Low Risk” is defined as all individuals wearing a face mask (not face shield or neck gator)

*“High Risk” is defined as individuals with contact for more than 15 minutes, closer than 6 feet, OR contact with individuals not wearing a mask

** Fever-free for 24 hours without the aid of Tylenol, Motrin, Advil, or other fever reducing medication.