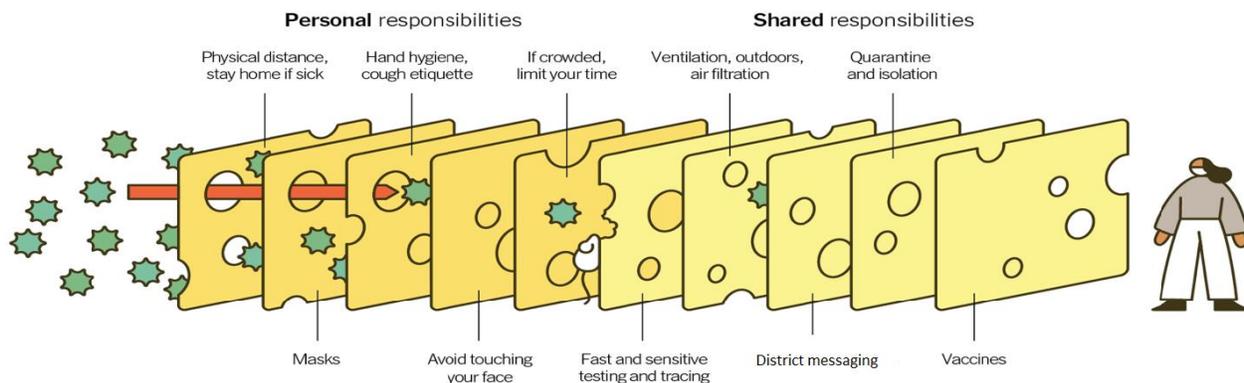


COVID Mitigation Measures

Hingham Public Schools will be implementing a series of mitigation measures to prevent the spread of COVID in our schools. These measures are most effective when used in combination with each other. Measures include: masks, air quality, hand washing, frequent sanitation of high-touch surfaces and materials, vaccinations, and appropriate distancing. These mitigation measures, often referred to as the “swiss cheese” model, acknowledge that no single measure is 100% effective, but when used in conjunction with all other measures, provide our best defense against the spread of COVID in our educational community.

Multiple Layers Improve Success

The Swiss Cheese Respiratory Pandemic Defense recognizes that no single intervention is perfect at preventing the spread of the coronavirus. Each intervention (layer) has holes.



Source: Adapted from Ian M. Mackay (virologydownunder.com) and James T. Reason. Illustration by Rose Wong.

Introduction to Testing Program

As part of the district’s mitigation efforts to ensure a safe and healthy school year for everyone, in-school testing will be offered to all students and staff. Hingham Public Schools will be offering the following testing protocols during the 2021-2022 academic year:

- **Symptomatic Testing:** This protocol will be used for students and staff who develop symptoms while at school. It is a rapid test performed by qualified health professionals from CIC¹.
 - *This testing model will be used for all grades PK-12 (and PG)*
- **Test and Stay (Close contact testing):** This protocol will be used to test unvaccinated asymptomatic individuals who have been identified as close contacts. It is designed to allow close contacts to stay in school vs. quarantining at home and missing school. It is a daily rapid test performed for at least five days following exposure by qualified health professionals from CIC. Please keep in mind that the Test and Stay is available only if students wear a mask and the potential exposure was in school and as a result of a school sponsored event. Non-school sponsored exposure does not qualify for test and stay testing protocols. This model aligns with the DESE mandate for mask wearing as well as the HPS mask mandate.
 - *This testing model will be used for all grades PK-12 (and PG)*
- **Routine (Weekly) Safety Checks (Pooled Testing):** This protocol will be used for all individuals who opt-in to participate in the weekly COVID testing program. Testing will be conducted one time per week.
 - *This testing model will be used for grades PK-6*

Testing Days

The district’s testing program has begun and instructions on how to provide consent are included below.

Pool Testing Days

The current pooled testing schedule has been established:

Monday	Foster Elementary School
Tuesday	East Elementary School
Wednesday	Hingham Middle School & East Preschool
Thursday	Plymouth River Elementary School
Friday	South Elementary School & KIA Preschool

¹ “CIC Health offers comprehensive COVID-19 testing services that are accessible, fast, and easy. The health tech company has operated dozens of public testing sites and has provided testing services to more than 600 schools and 450 organizations. CIC Health also ran four mass vaccination sites — including Gillette Stadium and Fenway Park — and pop-up sites in more than 20 communities in Massachusetts. Headquartered in Cambridge, Mass., the company has facilitated more than 2 million PCR tests and over 1.2 million vaccine doses.” (CIC Health, retrieved from <https://www.cic-health.com/#services>, September 2021)

If, for any reason, school is not in session on a particular day of the week, schools scheduled for that day school is not in session would be rescheduled for testing the next day school is in session, along with the typically scheduled school/s.

What if my child has been identified as a close contact during an evening or weekend activity and not a school sponsored event?

Unvaccinated students identified as a close-contact during any school-sponsored activity will be allowed to return to school the next day, provided the parent has provided consent for participation in the testing program. However, students will not be permitted to ride the bus and will need private transportation to school. Once the test is administered in school, and the result is negative, the student will be allowed to immediately return to school transportation.

Both vaccinated and unvaccinated students identified as a close contact during any non-school activity will have to follow the directives of the Hingham Department of Health. Only close contacts identified either at school or during school-sponsored activities/events are eligible to participate in the state's testing program.

Additional Information on Testing Program

For more information on the state testing program, please view this document: [State COVID-19 Testing Program Webinar Slides](#).

For individuals who need to access testing on their own, DPH provides a [searchable database](#) of all currently available testing sites.

Consent to Participate

In order to participate in the district's testing program, you are required to provide your informed consent. The consent portal is run by CIC and can be found by clicking [HERE](#).

Parents/guardians may select the specific components (routine safety checks, test-and-stay, symptomatic testing) of the district's testing program they want their child to participate in. AFTER completing the CIC consent form online, please use this link to let the district know what components of testing you are consenting to:

[LINK TO TESTING MODE SELECTION FORM](#)

As a reminder, the district's testing program is completely VOLUNTARY, and you must provide your informed consent in order for your child to participate. You may opt-in at any time. Please note, however, that if your student has been identified as a close contact, is unvaccinated, and you are not participating in the program, they will need to quarantine,

consistent with protocols established by the Hingham Health Department and the Massachusetts Department of Public Health.

In-School Protocols

Symptoms

The single most important thing to do if any of the following symptoms are present is to STAY HOME. Our collective health relies, in part, on individual attention and responsibility. Note that some symptoms of COVID-19 are the same as the flu or a bad cold; please do not assume it is another condition. When in doubt, stay home.

Please STAY HOME if you have any of the symptoms listed. Below is the full list of symptoms for which caregivers should monitor their children, and staff should monitor themselves:

- Fever (100.0° Fahrenheit or higher), chills, or shaking chills (CDC has lowered the temperature from 100.4 to 100.0)
- Cough (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore Throat
- Headache *when in combination with other symptoms*
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies) *when in combination with other symptoms*

There are three major protocols developed to provide additional contextual information on school-based operations:

Protocol A: Individual Tests Positive for COVID-19

Protocol A: Individual Tests Positive for COVID-19

PATHWAY LEGEND



stay in school



go home



GO HOME

Protocol A
Individuals Who Test Positive

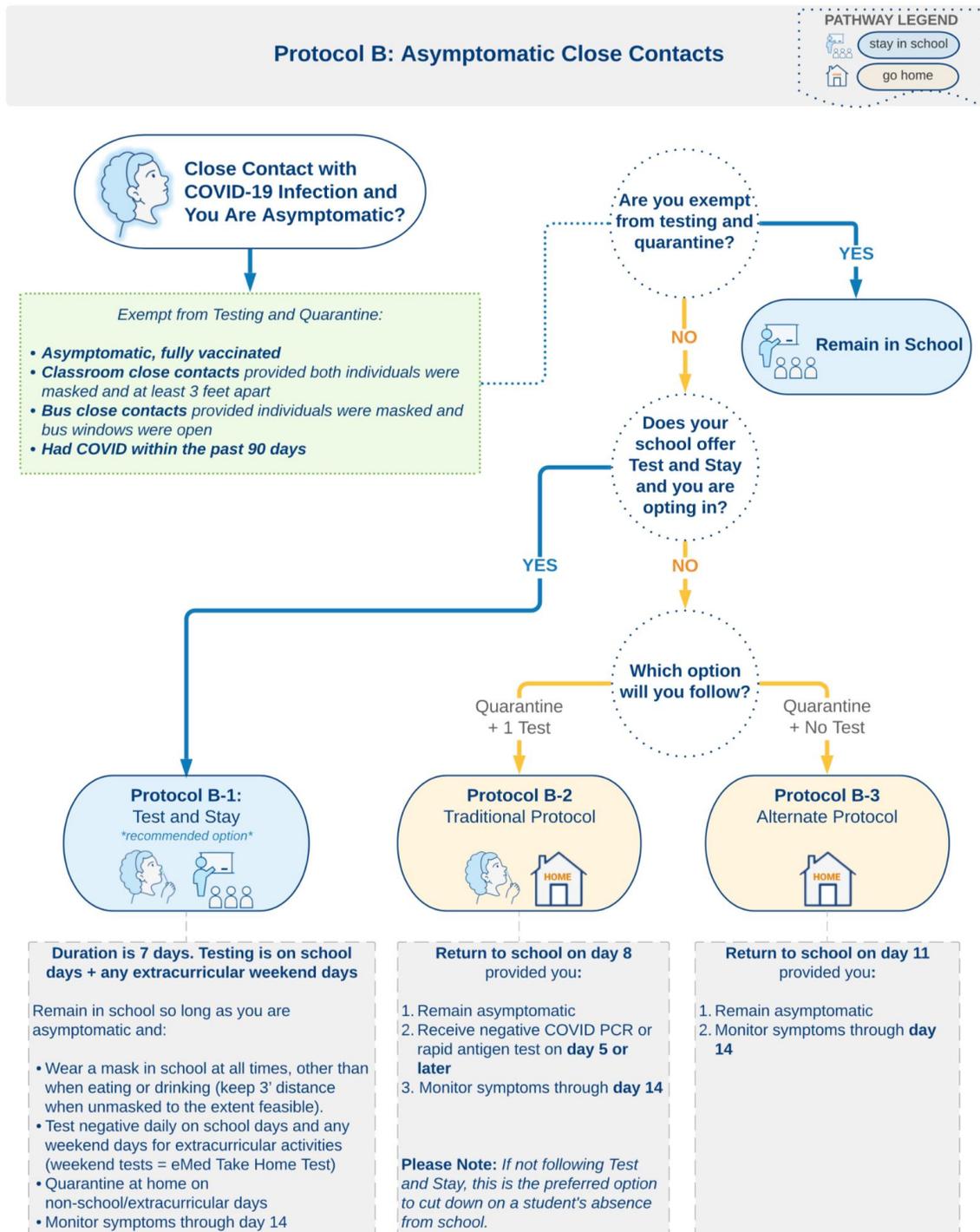
Return to school on day **11** and once:

1. Symptoms improve
2. Fever-free without fever-reducing medicine for 24 hours

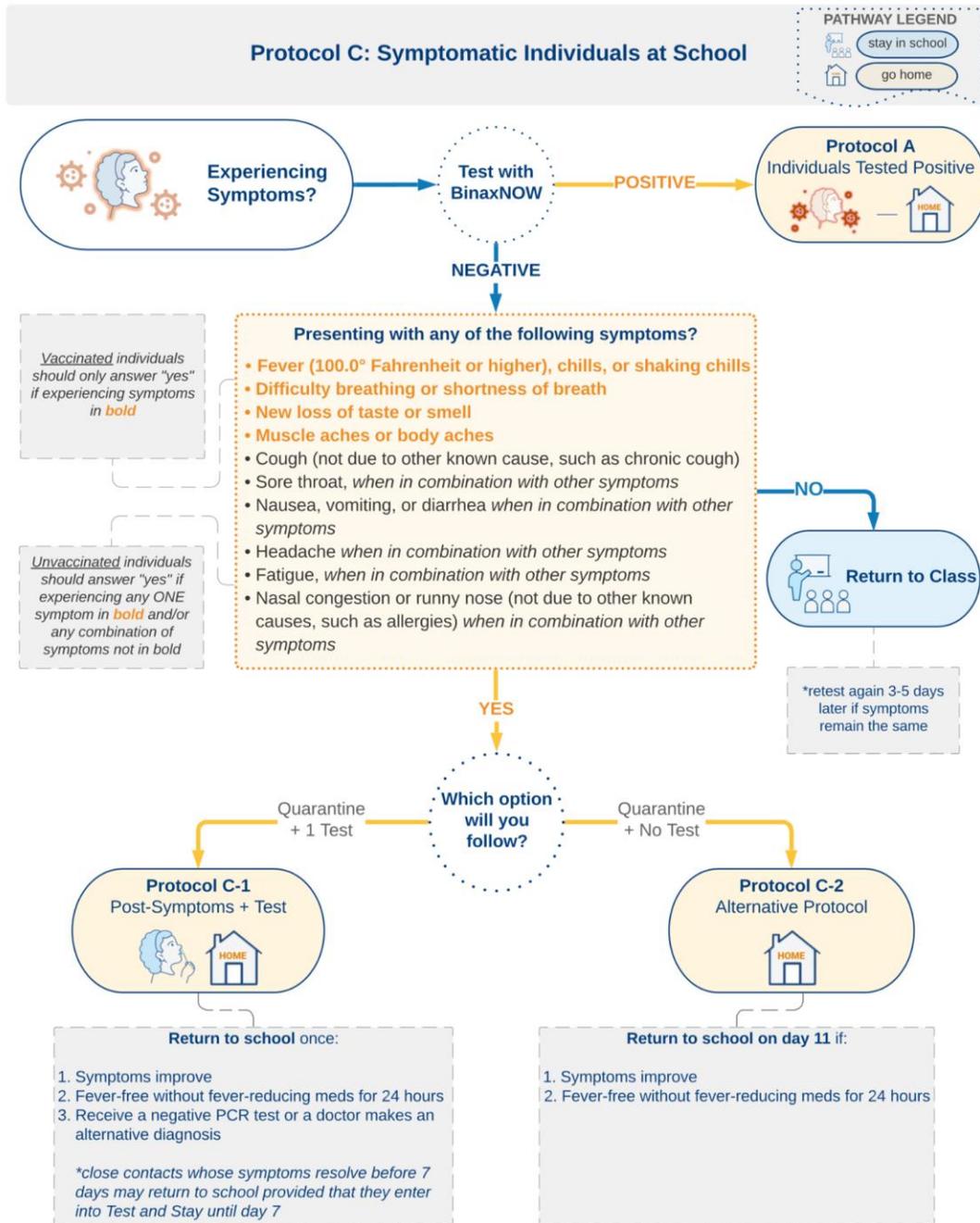
Please Note:

- The 10-day period starts with onset of symptoms or after positive PCR or antigen test if individual is asymptomatic.
 - If individual tests positive as part of a pooled test, the 10-day period begins the day the pooled test returned a positive result.
- Individuals who do not meet these criteria after 10 days should receive clearance from either public health authority contract tracers (the local board of health of Community Tracing Collaborative) or school health professionals before returning to school.
- Return to school should be based on time and symptoms resolution. It is not recommended that individuals take another COVID test prior to return.

Protocol B: Asymptomatic Close Contacts



Protocol C: Symptomatic Individuals at School



Important Considerations

Self-isolation for COVID-19 positive cases is a minimum of 10 days.

Most people who test positive and have a relatively mild illness will need to stay in self-isolation for at least 10 days. People who test positive can resume public activities after 10 days and once they have:

- gone for 24 hours without a fever (and without taking fever-reducing medications like Tylenol); and
- experienced improvement in other symptoms (for example, their cough has gotten much better); and
- received clearance from public health authority contact tracers (the local board of health or Community Tracing Collaborative).

Repeat testing prior to return is not recommended. Return to school should be based on time and symptom resolution.

DPH defines close contact as:

- Being within 6 feet of COVID-19 case (someone who has tested positive) for at least 10-15 minutes. Close contact can occur while caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case while the case was symptomatic or within 2 days before symptom onset, OR
- Having direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on) while not wearing recommended personal protective equipment.

If someone in the school setting tests positive:

- If a student or staff member tests positive for COVID-19, their close contacts will be defined as only those who have been within 6 feet of distance of the individual for at least fifteen minutes, while the person was infectious. The infectious period begins 2 days prior to symptom onset. If someone is asymptomatic, the infectious period is considered to begin 2 days prior to the collection of their positive test. While previous guidance stated that all students in an elementary classroom would be defined as close contacts, this new guidance provides a narrower definition of a close contact which mirrors DPH guidance.

Policy of when a student/staff person may return to school after COVID-19 symptoms

- If a student or staff member has COVID-19-like symptoms, they may return to school after they have tested negative for COVID-19, have improvement in symptoms, and have been without fever for at least 24 hours without the use of fever reducing medications. If a provider makes an alternative diagnosis for the COVID-19-like symptoms, the individual

may return to school based on the recommendations for that alternative diagnosis (e.g., influenza or strep pharyngitis).

- If a student or staff member presents COVID-19-like symptoms and chooses not to be tested, they may return to school 10 days from start of symptoms, as long as their symptoms have improved and they have been without fever for at least 24 hours prior to their return to school without the use of fever reducing medication.