

**Covid Guidelines for Saint John's School Year 2022-23**  
**August 15, 2022**

We want to keep Covid and any other infectious illnesses from spreading within our School. We want our staff and students to stay healthy and keep on learning the whole year. Please help us accomplish this. We encourage vaccines and boosters for all staff and students.

Our guidelines, adapted from the [Anchorage School District](#) and the CDC, are as follows:

**Hygiene:** We will encourage washing of hands and use of “hanitizer” (hand sanitizer) in School.

**Sanitizing:** We will disinfect high-touch surfaces daily in classrooms and common areas.

**Masks:** Masks are not recommended except as outlined below.

**Illnesses:** Please don't send your children to School sick (fevers, coughs, sore throats, etc.). If your child is sick in School, we will call you to come take them home.

**Covid Tests:** Our School has a large supply of Covid tests, and they can be available to parents. Our office staff can also administer a Covid test to a student with a parent's permission. These tests will help us navigate through Covid illness and Covid exposure. Please test your children if they show possible symptoms of Covid, and follow the CDC guidelines if they test positive.

**Updated [CDC guidelines](#) for Covid positive:**

- “[Stay home for at least 5 days](#) and isolate from others in your home.
- “If after 5 days you are fever-free for 24 hours without the use of medication, and your symptoms are improving, or you never had symptoms, [you may end isolation after day 5](#).”
- “You should [wear a high-quality mask through day 10](#).” - CDC
- If you have a [negative test any time after day 5, you do not have to wear a mask](#). This is where our School tests can help. - St. John's School

**Covid Exposure:** Vaccinated or unvaccinated, CDC guidelines recommend that if you were exposed to COVID-19, you wear a mask for 10 days and get tested on day 5. With parents' permission, our School can administer Covid tests for three days following an exposure to Covid (36 hours after exposure). As long as these tests remain negative, skip the mask.

Should there be an outbreak of any illness within our School or the situation significantly change in the broader community, we may modify these guidelines as appropriate.

Thank you for your support!

Saint John's School Administration and Teachers

*May God guide us, protect us, and give us a great school year!*