

**MSU Child Development Laboratories/ East Lansing
COVID-19 Protocol: Updated August 26,2022**

Mask wearing, both inside and outside, is optional for staff and children. The CDL will follow Ingham County Health Department recommendations if case numbers in Ingham County rise.

The CDL will no longer be quarantining classrooms. If there is a COVID exposure in a classroom, families and staff will be notified. The letter will explain precautions to be taken based on age of children in the classroom, vaccination status and CDC recommendations.

All MSU faculty, staff and students are required to be vaccinated. Some may have exemptions for medical or religious reasons.

Staff and families will no longer be required to complete the health screener. Staff and families should all follow the health protocol listed below:

- **Do not** bring your child to school if they exhibit the following symptoms:
 - One Symptom: Shortness of Breath or Difficulty Breathing,
New or Worsening Cough
Fever of 100.4 degrees F
Loss of Taste or Smell

 - AND/OR Two or More of the Following: Chills
Muscle Aches
Headache
Sore Throat
New or Worsening Congestion or Runny Nose
New or Worsening Nausea, Vomiting, or Diarrhea
Stomachache

If your child is experiencing the symptoms listed, you will be notified to have your child picked up from school. Please submit a copy of your child's COVID vaccination record to the CDL office or email to the CDL at cdl@msu.edu.

From the CDC, COVID-19 Quarantine and Isolation | CDC

IF YOU Were exposed to COVID-19 and are up to date on COVID-19 vaccinations

- No quarantine -you do not need to stay home unless you develop symptoms.
- Get tested -even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.
- Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.
- If you develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitting mask around others.
- Take precautions until day 10
- Wear a well-fitting mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.
- Avoid being around people who are more likely to get very sick from COVID-19.

If YOU Were exposed to COVID-19 and are NOT up to date on COVID-19 vaccinations

- Stay home and quarantine for at least 5 days
- Wear a well-fitting mask if you must be around others in your home.
- Get tested-even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

After quarantine

- Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.
- If you develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitting mask around others.
- Take precautions until day 10
- Wear a well-fitting mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.
- Avoid being around people who are more likely to get very sick from COVID-19.

IF YOU were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days (you tested positive using a viral test)

- No quarantine -you do not need to stay home unless you develop symptoms.
- Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.
- If you develop symptoms Isolate immediately and get tested. Continue to stay home until you know the results.
- Take precautions until day 10
- Wear a well-fitting mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.
- Avoid being around people who are more likely to get very sick from COVID-19.

Calculating Isolation

Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected. If you have COVID-19 or have symptoms, isolate for at least 5 days.

IF YOU Tested positive for COVID-19 or have symptoms, regardless of vaccination status

- Stay home for at least 5 days and isolate from others in your home.
- Wear a well-fitting mask if you must be around others in your home.
- Ending isolation if you had symptoms -End isolation after 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.
- Ending isolation if you did NOT have symptoms End isolation after at least 5 full days after your positive test.
- If you got very sick from COVID-19 or have a weakened immune system, you should isolate for at least 10 days. Consult your doctor before ending isolation.
- Take precautions until day 10
- Wear a well-fitting mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask. Avoid being around people who are more likely to get very sick from COVID-19.

All family questions related to COVID-19 are to be directed to Jessica Landgraf. She will be responsible for handling questions and reporting about COVID-19 concerns. Email: landgr16@msu.edu, Phone number: 517-355-1900.