



EPISCOPAL HIGH SCHOOL



HEALTH FACT SHEET



#EHSTOGETHER

#EHS TOGETHER PLEDGE

#EHSTOGETHER

Let's work
together so
that we can
stay together.



I COMMIT TO CARING FOR MYSELF...

- Complete a daily symptom check using the EHS-provided smartphone app
- Wash my hands and use sanitizer often
- Report to the Health Center if I am not feeling well
- Seek help when I am feeling overwhelmed, unsure, or unhappy

I COMMIT TO CARING FOR OTHERS...

- Maintain appropriate physical distance
- Wear my mask when I am supposed to
- Live and eat in my dorm “family group” when asked to do so
- Be cooperative and honest with medical personnel
- Be respectful of others who are anxious about or more vulnerable to the virus

I COMMIT TO CARING FOR OUR COMMUNITY...

- Keep our community spaces neat by cleaning up after myself
- Follow instructions and directional signs on campus
- “Buy-in” to these commitments and play my part as we work for the greater good of the community
- Have a positive attitude and lift the spirits of those around me

WHAT TO DO NOW

Health Forms: Annual physical exams and required immunizations are **past due** and **MUST** be completed before your student returns. Students will NOT be cleared to enter dorms or campus life until forms are complete. Access your student's Magnus Health account through the EHS [parent portal](#).

Regional Emergency Contact: All families are required to provide the name and contact information of a regional emergency contact — an adult who can travel to EHS within 24 hours if your student requires medical attention for Covid-19, quarantine, or isolation, or in the event the School is forced to shift to remote learning after the October return.

You must also have a viable plan in place to pick up the student; students who need isolation or quarantine should make every effort to leave campus with a parent, guardian, or regional emergency contact within 24 hours.

If you have not completed forms, provided an emergency contact, or have questions, contact the EHS Health Center (healthcenter@episcopalhighschool.org) immediately.



WHAT TO DO 14 DAYS BEFORE ARRIVAL

Starting two weeks prior to their arrival, we ask that students make their health — and that of the entire EHS community — a priority. As the [#EHSTogether Pledge](#) makes clear, our success reopening campus will depend in large part on the precautions students take before coming to campus.

SELF-QUARANTINE

Begins **Friday, Sept. 18**, for monitors and prefects, who arrive Friday, Oct. 2.

Begins **Saturday, Sept. 19**, for everyone arriving Saturday, Oct. 3.

Guidelines

- Limit contact with individuals outside your immediate family.
- Stay at home as much as possible, leaving only for essential purposes.
- If you must leave your home, wear a mask and practice appropriate physical distancing of 6 feet or greater.

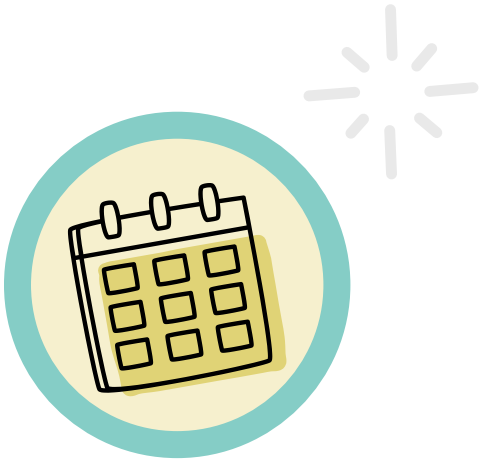
- Avoid densely populated spaces or large gatherings with individuals outside your household.
- Use public transportation only when necessary. If mass transit must be used, wipe down surfaces and remember to wash your hands and use hand sanitizer frequently.

SCREENING

On Sept. 14, students will receive an email invitation to download the SafetyApp produced by [AUXS](#).

Starting 14 days before their arrival, they will begin a daily morning screening (before 10 a.m.) including a temperature check. Screening will continue twice daily upon the arrival on campus.

We will provide information regarding health guidelines and prevention practices through videos and instructions in the SafetyApp.



TESTING

From their homes, students will take a pre-arrival Covid-19 test — a self-collect saliva test from Vault Health.

- **Sept. 14:** The School will email detailed instructions on how families (a parent or guardian, with the student present) order the pre-paid test online.
- **Sept. 21:** Last date that tests can be ordered.
- **Sept. 27:** Students take the test on this date, meeting on Zoom with a Vault healthcare provider (and with a parent or guardian present). Again, you will receive detailed instructions on Sept. 14.
- **Sept. 28:** Students return the test via enclosed mailer to a UPS pickup location no later than 2 p.m.

INTERNATIONAL STUDENTS

International students will follow the same self-quarantine guidelines as other students for the 14 days leading up to their arrival on campus.

While EHS cannot mail pre-arrival Covid-19 tests to students living at international addresses, everyone must be tested five days before coming to campus. International students should contact Assistant Dean of Students Connor Gallegos (cgallegos@episcopalhighschool.org) to review plans for travel and completing the required testing.



ARRIVAL

ARRIVAL DAY

Episcopal will stagger the arrival of students to campus; once families sign up for a time to move in to the dorms, they will receive detailed instructions about arrival procedures.

Immediately upon arrival, students will register with the Health Center to review forms, policies, and new procedures. Students will receive a Prevention Pack (five EHS-logo masks, sanitizer, etc.) and Covid-19 education material. At this time, Health Center and medical staff will also:

- Check the student's smartphone screening app for compliance during quarantine.
- Initiate a smartphone app to aid in contact tracing.
- Take a nasal-swab PCR Covid-19 test administered by lab professionals.

Students will be permitted to move in only after the health registration. They will remain in semi-quarantine with their [dorm family group](#) until test results for all students are available (likely 36-48 hours).

Students will be tested again on Oct. 8.

PREVENTION

PREVENTION MEASURES

MASKS

The School will provide each student with five EHS-logo masks. Students will be expected to wear a laundered mask daily and are encouraged to bring masks from home so that they have at least a week's supply.

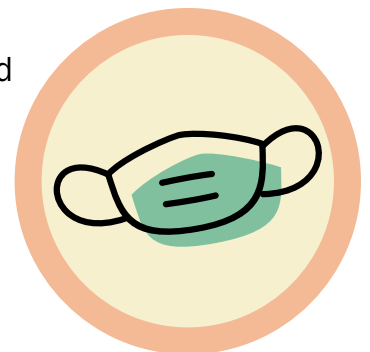
Students cannot use gaiter-style masks or bandanas. Masks must be cloth and have ties or ear loops. Also, art on the masks must meet the guidelines of the [Student Handbook](#) for our dress code and room decorations.

Students should wear face masks at all times indoors except when:

- Eating, showering, bathing, brushing your teeth, or sleeping.

Masks are not required if you are:

- Outdoors alone.
- Outdoors engaged in school-supervised athletic activity where you are allowed to remove your mask.





OTHER MEASURES

During the first few weeks of school, as we establish a healthy community baseline, we will practice these prevention measures strictly:

- Hand-washing, disinfecting common-touch surfaces, and other hygiene practices will be required at scheduled times.
- Indoor gatherings will have maximum-capacity guidelines; masks and physical distancing will be required.
- No day or overnight leaves will be permitted except for emergencies or special circumstances.
- Parents are asked to limit visits and stay out of dorms and buildings.

See more details on the reopening plan's discussion of [prevention](#) and measures regarding [student leaves and visitors](#). We hope to ease some of these measures, if health and safety conditions allow.

REMINDERS

- **Self-screen twice daily** for symptoms using smartphone app.
- **Sneeze/cough** into a tissue or your elbow. Avoid touching your face.
- **Maintain physical distance** on walkways and common spaces.
- **Follow wayfinding signs** at building entrances and exits and inside stairwells and interior spaces.
- **Avoid using other students' desks, computers, and other possessions** when possible.
- **Replace high-fives** and handshakes with waves.
- **Follow practices and policies for cleaning** classrooms and dorm rooms.



EHS COVID-19 RESPONSE

EHS Health Center personnel, along with a small team of faculty and staff, will assess and support any student with a Covid-like illness using up-to-date data and protocols based on Centers for Disease Control and Prevention guidelines, medical expert recommendations, and epidemiology. Partnership and communication with parents will be paramount every step of the way.

In the medical situations outlined here, students will be encouraged to leave campus in the care of a family member or guardian; otherwise, they will remain in the care of the Health Center. If students are placed in quarantine or isolation, **they will be expected to leave campus in the care of a family member or guardian within 24 hours.**

While students are away from campus, they can participate in classes and School life virtually. The EHS health staff will stay in communication with parents or guardians and will require evaluation and communication from the family's healthcare provider. For students who leave campus in isolation or quarantine, clearance-to-return criteria will be strictly required.

ASSESSMENT & OBSERVATION

Following a healthcare provider's evaluation, the individual will be observed with continued assessment of symptoms over a short period of time to allow for the illness to declare itself or for wellness to be confirmed. Time frame varies.

ALTERNATIVE DIAGNOSIS

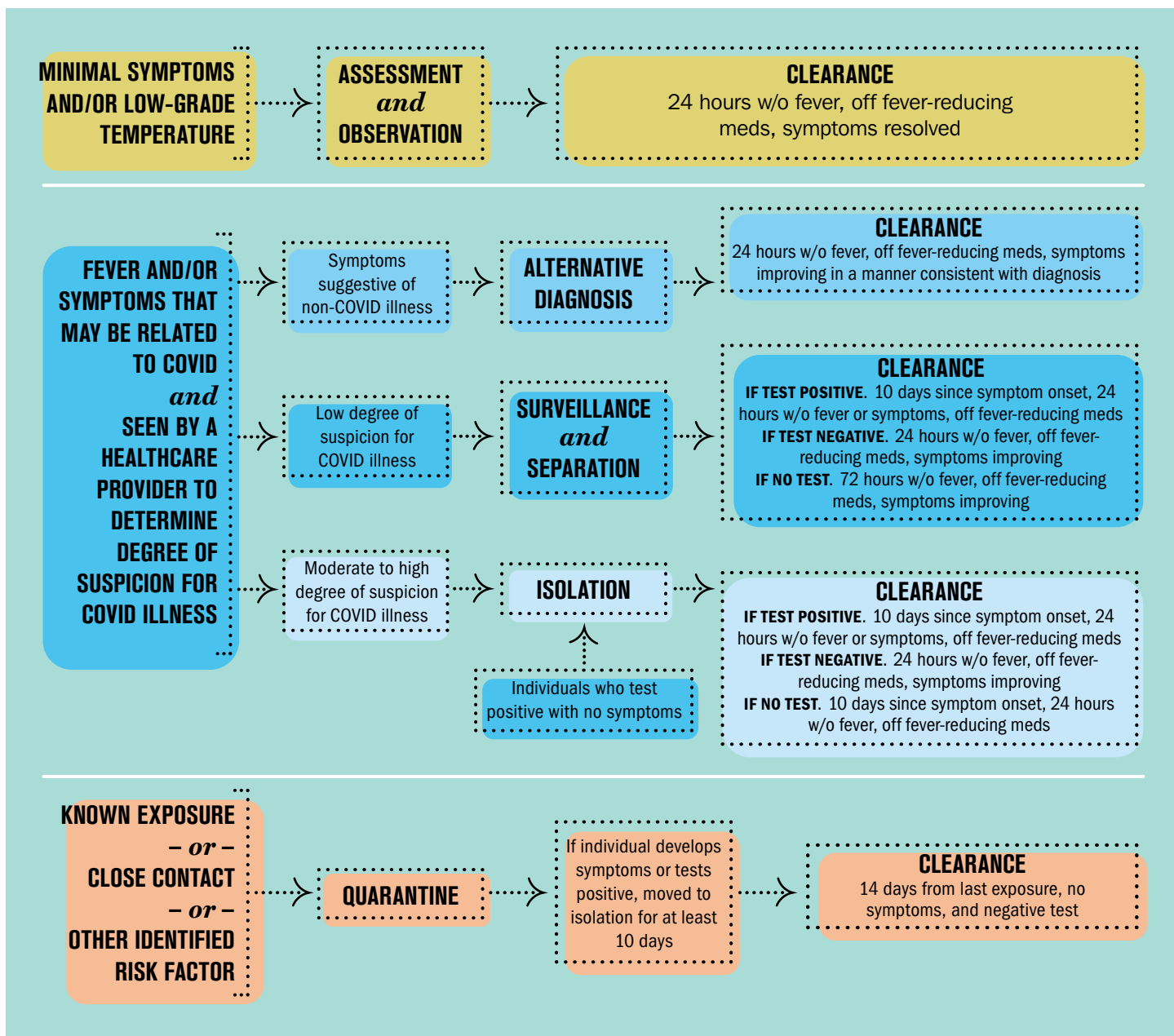
A healthcare provider will evaluate symptoms and confirm, based on strong clinical or diagnostic evidence, that the illness is not related to Covid-19. Treatment, care plan, and time frame to return to campus life will depend on diagnosis.

SURVEILLANCE & SEPARATION

Symptomatic individuals whose illness remains difficult to safely discern will be clinically assessed and closely monitored. Time frame varies depending on symptom progression and possible testing; typically, it will last 24-72 hours.

QUARANTINE

Quarantine is for asymptomatic individuals who 1) have been exposed to someone who has tested positive for Covid-19, 2) have been in close contact with a suspected or positive case, or 3) are at risk due to health or travel considerations.



Quarantine is 14 days, and students may be tested for Covid-19. **Again, students will be expected to leave campus with a family member or guardian within 24 hours.** Until departing, students will participate in activities virtually from Centennial Gym with staff support and, if necessary, spend nights in Crosland Alumni Cottage or at a local hotel chaperoned by EHS staff in a separate room. *Note:* Household members and close contacts of a quarantined individual do not need to quarantine.

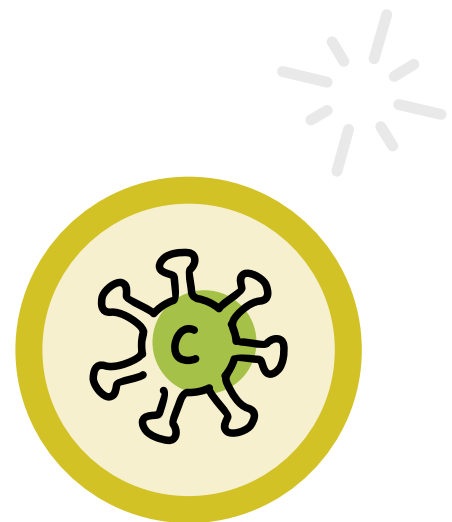
ISOLATION

Symptomatic individuals with Covid-19-like symptoms, a Covid-19 diagnosis, or a positive Covid-19 test will be isolated in a specially designated Covid-care unit in the Health Center until they leave campus with a family member or guardian. Time frame will vary, with a minimum of 10 days, depending on symptoms' severity and duration. **Students should leave campus within 24 hours.** *Note:* Household members and close contacts of an isolated individual need to quarantine for 14 days from last exposure.

NEW HEALTH CENTER OPERATIONS

In order to mitigate risk and protect our EHS community, the Health Center will implement important changes to our policy, procedure and practice:

- Students are encouraged to schedule telehealth appointments over our Webex platform with an EHS nurse for nonurgent medical needs. Request an appointment through the EHS portal.
- All daily medications and most over-the-counter medications will be administered through a walk-up window at the front of the Health Center.
- **Important:** Students will not be allowed to have in their dorm rooms or their possession antipyretic (anti-fever) medications such as ibuprofen, Advil, Motrin, and Tylenol. The Health Center will dispense these medications as needed.



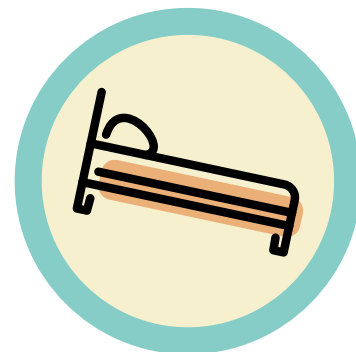
ON DORM

- Students living on the same floor will become a “family group” that will share dining, sleeping, and bathroom spaces, which are areas and activities when virus-transmission may be highest.

Note: Outside dorms and dining spaces, students will be free to socialize (while masked and physically distant) with their friends during the academic day and participate in activities with others during extracurricular and free time.

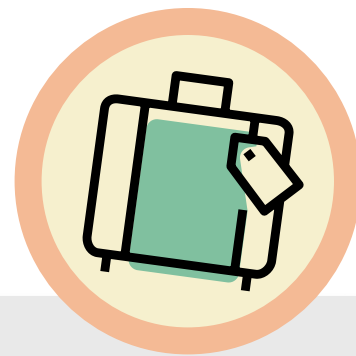
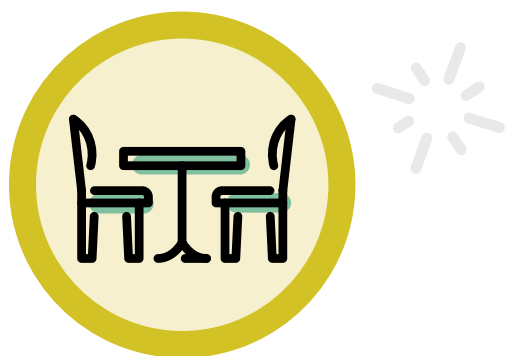
- Beds may be lofted at a low level (24 inches, 33 inches, or 39 inches), allowing for storage and mini-refrigerators (one per room; no taller than 35 inches).
- Rooms will be arranged with six feet between beds and desks. Bunking beds won't be permitted.
- Each room will have a HEPA/UVC filter.
- When students are sleeping and can't wear a mask, curtains will separate beds as an additional measure of prevention.
- Morning shower times will be scheduled to avoid density.

- When necessary, sinks will be separated by curtains or plexiglass.
- Each dorm will have a patio or other outdoor gathering space. Students will be encouraged to study in these spaces or in other newly created outdoor gathering spots.
- Windows will be kept open as much as possible; no fans will be permitted while windows are closed.
- Students will use provided supplies to clean and sanitize common and frequent touch surfaces.



DINING

- Students will eat with their dorm families. Meals will be served in the Dining Hall and Flippin Field House. Tables will be arranged to provide ample physical distancing, and students will wear masks at all times except when eating.
- In addition to the traditional breakfast, lunch, and dinner, there will be a School-provided grab-and-go snack in the afternoon.
- After study hall at night, students will be able to order food from a select group of off-campus restaurants.



WHAT TO BRING

- Plan to bring less stuff for the first part of the year; see the recommended [packing list](#).
- Please do not bring additional furniture, i.e. couches or recliners. Furniture already stored with Dorm Movers will be returned for your room or stored on campus if it cannot fit.
- The traditional EHS dress code will be relaxed for the year; [see here](#).
- There can be one mini-refrigerator in each room (less than 36 inches in height).
- Students may bring a gaming console and TV or video monitor that is 32 inches or less.
- Beyond the packing list items and the electronics, **limit your clothing, toiletries, and other miscellaneous items** to what can fit in two large pieces of luggage (suitcases or duffle bags) and one carry-on-sized piece of luggage.



KEY DATES

SEPT. 14

Covid-19 pre-arrival test information sent to families; screening app sent to students.

SEPT. 18

Monitors and prefects begin self-quarantine.

SEPT. 19

Remaining students begin self-quarantine.

SEPT. 21

Last day for families to order online pre-arrival self-collect test. To be done at home.

SEPT. 27

Students (with parent) take pre-arrival test.

SEPT. 28

Students take test sample to UPS delivery location by 2 p.m.

OCT. 2 (NO CLASSES)

Monitors and prefects arrive on campus, complete health registration, take Covid-19 test, move in, begin dorm family quarantine.

OCT. 3

Remaining students arrive on campus, complete health registration, take Covid-19 test, move in, begin dorm family quarantine.

OCT. 8

Students take second on-campus Covid-19 test.

OCT. 30-31

Virtual Family Weekend (no classes)

NOV. 21-29

Thanksgiving Break

NOV. 30

Distance learning begins

DEC. 19-JANUARY*

Winter Break

**Major dates for the rest of the 2020-2021 school year will be determined in the fall of 2020.*

