



Managing illness & slowing the spread.

One of the most important things we can do to slow the spread of COVID-19 in our community is to stay at home when we are unwell, even when we have the mildest of symptoms.

SA Montessori has put many protocols in place that our leaders and educators to manage illness and encourage health and hygiene, but we need parents and families to join us in trying to slow the spread of Covid-19.

This fact sheet has been adapted from existing resources – *Managing Illness in Schools and Early Childhood (Victoria State Government)* and *Covid-19 Health Information (Government of South Australia)*, with special thanks to a helpful Jescott parent for assisting with developing this summary. It is designed to summarise the key pieces of information that parents need to know, and directions that they need to follow, to help us manage illness and slow the spread.

What parents need to know

1. If a child is unwell, even with the mildest of symptoms listed below, they must stay at home (or be sent home if these symptoms present while they are at the centre):

- Fever
- Chills or sweats
- Cough
- Sore throat
- Shortness of breath/ Trouble breathing
- Persistent pressure/pain in the chest
- Runny nose
- Loss of sense of smell or taste
- Nausea and vomiting
- Diarrhoea
- Fatigue/ Lethargy
- Dehydration (Drinking less than usual, urinating less than usual, dry nappies)

In certain circumstances headache, muscle soreness, abdominal pain, loss of appetite, confusion and stuffy nose may also be considered symptoms.

If a child arrives for morning drop off showing signs of infectious illness as listed above, we are unable to accept them for care that day.

If a child shows signs of infectious illness during the day, parents will be contacted for immediate collection. A safe space for the child will be arranged to rest/relax while awaiting the parent (please refer to the 'Illness' section of *Covid Protocols 2022* for further information).



2. If a child has any of the symptoms of COVID-19, however mild, they should take PCR test and must remain at home until they receive their results.

If a *member of the child's immediate family and/or household* has symptoms, that individual should get a PCR test and isolate. We ask that the child does not attend their SA Montessori site while that close contact is awaiting their results.

A Rapid Antigen Test should be conducted if a child and/or family member is a close contact (free tests can be collected from SA Health with results reported online or via phone).

If a child is a close contact of a confirmed Covid case, or if a member of the child's immediate family/household is a close contact, we ask that the child does not attend their SA Montessori centre until the close contact(s) have completed quarantine and received negative Day 6 RATs.

Please notify your SA Montessori centre immediately if your child is being tested due to symptoms or as a close contact, and please inform us as soon as the test result is confirmed.

Polymerase Chain Reaction (PCR) diagnostic tests (throat/nasal swabs)

SA Health maintains a list of COVID-19 clinics and testing centres online. Some local suggestions are listed below and no referral is required to attend. Online booking may be required so please check the relevant website prior to attending.

- Drive-through testing sites for COVID-19
 - Victoria Park (SA Pathology)
 - Adelaide Airport (Australian Clinical Labs)
 - Firlie (Clinpath)
 - Hampstead Rehabilitation Centre (SA Pathology)
 - Mile End (Clinpath)
- Royal Adelaide Hospital (not a drive-through)
- Clinics where you can be assessed face to face with a GP and tested for COVID-19
 - Adelaide Central Respiratory Clinic (Parkside)
 - Athelstone Respiratory Clinic

Rapid Antigen Testing

Rapid Antigen Testing (RAT) are now permitted for use at home in South Australia. RAT are screening tools for people without symptoms and are less accurate than the highly sensitive and specific PCR tests. Anyone who is unwell with symptoms, especially respiratory symptoms, is advised to get a diagnostic PCR test at a testing site.

If your child takes a RAT as a close contact, or as a precautionary measure, and your child's RAT result is negative, it is *unlikely* your child has COVID-19 if they have no symptoms. If your child has symptoms, they must get a PCR test to be sure.

If your child's RAT result is positive, it can be taken as confirmation that your child has COVID-19, even if they have no symptoms. Your child should isolate and you must report the RAT results to SA Health online or via phone and **notify your SA Montessori centre.**



What to do after COVID-19 test

After a PCR test, go straight home and isolate while your child's test result returns. **Do not attend SA Montessori centres while you are waiting for the test result, which may take several days.** It is advised to continue to observe good hand and cough hygiene, as well as to avoid close contact with others, including members of your household.

- **If your child has a *negative* PCR test result** (he/she DOESN'T have COVID-19) **but still has symptoms of illness:**
 - Your child should stay home and not attend SA Montessori centres until he/she is feeling well again.
- **If your child has a *positive* test result** (he/she DOES have COVID-19)
 - Your child will be required to isolate at home. Please check the latest direction by SA Health on their website
 - **Please advise your SA Montessori Centre** to let us know of the positive test result for contact tracing purposes.
 - For non-urgent help, call the **COVID-19 Response Care Team** on 1800 272 872.
 - Most children with COVID-19 only experience mild symptoms and can safely remain at home without extra medical support. **COVIDKids** is a virtual service for children with COVID-19 who may need to be assessed and managed by specialist staff at Women's and Children's Hospital. This service is **by referral only** and may be arranged through a telehealth appointment with your GP (See COVIDKIDS Info)
 - **Child and Adolescent Virtual Urgent Care Service** at Women's and Children's Hospital is available for timely medical care for semi-urgent conditions, without visiting the Emergency Department (See Virtual Urgent Care Services WCH QR Code)
 - For immediate help, call Triple Zero (000) and tell the ambulance that your child has COVID-19.

3. **Once a child has completed their isolation period and their symptoms have resolved, they can return to the SA Montessori Centre. A medical certificate is not automatically required, but we reserve the right to request one in certain circumstances, including (but not limited to) those outlined below:**

Children with persistent symptoms due to underlying conditions such as hay fever or asthma whose symptoms are clearly typical of their condition can continue to attend the SA Montessori centre. They should be tested for COVID-19 if they develop symptoms that are different to or worse than their usual symptoms. They should consider getting a medical certificate from their GP to attend the SA Montessori centre if they have persistent symptoms that may overlap with symptoms of COVID-19 such as cough or runny nose. Written medical clearance for COVID-19 is not required.

Children who have continuing symptoms after 10 days should consult medical advice before returning to SA Montessori. Where symptoms persist, SA Montessori may request a medical certificate to confirm the child is otherwise well or has recovered from their acute illness. Written medical clearance for COVID-19 is not required.

Please remember that the usual infectious disease precautions continue to exist along with exclusion periods (See Exclusion Fact Sheet).



4. If a child has tested positive for COVID-19, they must isolate for 10 days until they receive medical clearance from SA Health. Please note that SA Montessori may request a copy of this information (such as a screenshot) to confirm that it is safe for the child to return to the classroom.

The isolation requirements are frequently updated. At the time of writing, the day that a positive COVID-19 swab was taken is considered Day 0.

However, there must have been resolution of fever and respiratory symptoms of acute illness for the last 72 hours of isolation. If the symptoms recur or worsen during isolation period, please contact COVID-19 Response Care Team on 1 800 272 872 for further advice.

5. If a child has been identified as a close contact, or has otherwise been advised to self-quarantine (e.g. they have visited a public exposure site) they must quarantine as per current direction by SA Health.

We ask you to please inform your SA Montessori centre that your child has been identified as a close contact, as this may be relevant to the health and safety of other members of our classroom community.

For further advice:

- Call the SA COVID-19 Hotline 1800 253 787 (operates from 8:00am to 8:00pm daily)
- Call a general practitioner

Please note: SA Montessori will notify all families (not just those who are technically considered ‘close contacts’) if/when we have a confirmed case of Covid-19 in our centre community or if we are made aware that a child is isolating as a close contact.

This allows parents to make informed decisions about their child’s attendance, which is particularly important to those who have children with underlying health conditions and/or vulnerable family members in their household or care.

We assure you that we will not share any identifying information about the individual who is Covid positive or a close contact. As with all ‘notifiable diseases’, we will simply provide basic information, such as the day(s) of the week the child attends, but we will never disclose the name of the affected child or family