

Gouverneur Central School District
133 East Barney Street
Gouverneur, NY 13642



FAQs Regarding the Latest COVID Response Protocol Update

What should I do if I know that my child has been exposed to COVID?

Please see the updated guidance by clicking on the link: [Quarantine/Isolation Protocols](#)

New York State has established protocols for individuals to self-report their need to quarantine. If you determine that your child is a close contact and requires quarantine, please contact your school nurse to provide the dates of quarantine and complete the NYS Department of Health Affirmation Form.

What if my child has COVID symptoms?

Any student with symptoms, regardless of vaccination status, must have a negative lab NAAT test, lab antigen test, or two negative over-the-counter antigen tests (taken 24-48 hours apart depending on manufacturer instructions) to return to school.

If you need a test kit, please contact your child's school nurse.

If your child tests negative for COVID, the child must still meet the following three conditions to return to school:

- Be fever free for 24 hours without fever reducing medication
- Not have a productive cough, cannot be coughing up phlegm
- Not have a runny nose

Will the school continue to call if my child is absent?

Yes. Communication between home and school remains a critical component of our efforts to keep students and staff safe as we continue to respond to COVID.

What if my child tests positive for COVID?

Please be advised that all positive test results need to be reported immediately to your school nurse and positive cases are still subject to isolation protocols.

The exclusion from school for students who test positive for COVID or for unvaccinated students who are close contacts of a COVID positive individual has been shortened from ten days to five days. Under specific conditions, these students may return to school on Day 6 of their exclusion.

How Do I Determine Day 6?

Determining Day 6 for a child who has tested positive:

- If your child is symptomatic, Day 0 is the day of the onset of symptoms
- If your child is asymptomatic, Day 0 is the day your child was tested
- For example:
 - Day 0: Symptom onset or tested positive
 - Day 1: Stay home
 - Day 2: Stay home
 - Day 3: Stay home
 - Day 4: Stay home
 - Day 5: Stay home
 - Day 6: Return to school if asymptomatic

What Are the Specific Conditions for Returning on Day 6?

For the child who has tested positive for COVID:

- Not have a fever for at least 24 hours without fever-reducing medication
- Have resolution of symptoms or all symptoms improving
- Not have a runny nose
- Have no more than minimal, non-productive cough (i.e., not disruptive to work and does not stop the person from wearing their mask continuously, not coughing up phlegm)

Other Notes:

- When returning to the school setting on Day 6, for the remainder of the ten-day isolation, your student must consistently and correctly wear a well-fitting face mask or a higher-level mask such as a KN95. The mask should fit with no air gaps around the edges. Such masks are available at the school office.
- A member of the nursing staff will call on Day 5. The purpose of this call is to determine if the child can return on Day 6. While we want all students to return as soon as possible, we need to ensure that the child qualifies for an early end of isolation for the health and safety of all students and staff.

COVID Testing Options:

The response to the COVID pandemic is being refocused from contact tracing and quarantine to a system that now emphasizes monitoring and testing.

One of the keys to ensuring the success of this new approach is rigorous symptom monitoring. Given the large number of positive cases in our region, the safest assumption is that we are all exposed on a regular basis and as such should be mindful of any COVID associated symptom.

Easily accessible testing is the second key to this new approach. Testing sites are now open at SUNY Canton and SUNY Potsdam. Information for these test sites is available at the following links:

- [SUNY Canton](#)
- [SUNY Potsdam](#)

Free home test kits may be requested from the Federal Government at the following:

- <https://www.covidtests.gov> -- free delivery of tests from Federal Government via USPS

Each week, New York State is supplying home test kits to schools. Unfortunately, the shipments received are only a fraction of what is needed to send home with each student. Test kits will be supplied on a first come, first serve basis as our supply allows.

If you wish for the school to send a test kit home with your child, please contact your child's school nurse.

Please note that the home tests provided by New York State and distributed to school families require two negative tests taken 24-48 hours apart depending upon manufacturer instructions. It is important to note that a child who tests negative with a home test may not be able to return to school until a second test is administered. This may exclude a child from school for two or more days.

Home tests are to be reported to Public Health only if positive. Tests are to be reported at: [Positive Home Test Result Reporting](#)

Has there been a change to the return to play protocols for athletes who test positive?

Currently, we are still following the protocols in place. However, a Section X committee is reviewing the protocols and will make a recommendation soon.