



## **Anna Poklewski Academy of Music (APAM) SCHOOL WELLNESS GUIDELINES**

### **Face Masks**

APAM administrators strongly recommend that students (and their parents) continue to wear face masks while taking in-person lessons at the APAM studio.

### **Symptoms of COVID-19 or Other Contagious Illnesses**

Students are advised to stay home when they are not feeling well, regardless of the symptoms. It is better to be cautious for the safety of the instructors and other students. (Please refer to the APAM School Policy for additional instructions about absences, virtual lessons, and make-up lessons.) Students with symptoms should stay home until they feel better.

These are the primary symptoms of COVID-19 that would require students to be tested:

- Sore throat or scratchy throat
- Fever
- Funny nose
- Congestion
- Cough
- Difficulty breathing
- Headache
- Loss of taste or smell
- Nausea
- Vomiting
- Diarrhea
- Unexplained fatigue
- Unexplained muscle or body aches

### **COVID Testing**

- If students are experiencing any of the symptoms listed above, they should take a COVID test.
- An at-home COVID test may be used to confirm the health status of the student experiencing symptoms and the result must be reported to APAM before the student has an in-person lesson.
- A student may return to in-person lessons when the COVID test is negative, symptoms have resolved, the student is feeling better, and it has been at least 24 hours since the fever ended without the use of medication.
- If symptoms of illness have not resolved after the first negative COVID test, students should stay at home until they have recovered from the illness (even if it is not COVID infection).
- Students should wear a well-fitting face mask around others for a total of 10 days following the onset of symptoms.