

M-NASR Safety Guidelines and Eligibility Requirements

M-NASR Safety Precautions

M-NASR follows COVID-19 guidelines from IDPH, the Restore Illinois plan, the CDC, county health departments and our risk management agency. Requirements are subject to change from the time of this brochure's publication.

M-NASR implements several measures to promote safety and wellness in our programs as related to COVID-19, including, but not limited to, managing program capacity, promoting physical distancing when possible, additional cleaning and sanitizing of equipment and supplies, limiting sharing of supplies and providing hand washing opportunities and hand sanitizer. When eating is necessary at a program, participants are encouraged to bring food in disposable containers, to be disposed of after use. When food is provided by M-NASR, it will be individually packaged. Participants will not be allowed to share food. M-NASR is still planning for six feet of physical distancing as much as possible in programs, based on the assumption that not all participants are vaccinated.

Face Mask Requirements

M-NASR staff and participants, regardless of vaccination status, are required to wear face masks while attending any M-NASR indoor programs and while on M-NASR transportation. Some outdoor programs, where greater than six feet of physical distance is observed, may allow for masks to be removed for all participants, based on approval from the program leader. Participants are required to provide their own face covering.

Eligibility for Participation

Participants who are not fully vaccinated and unable to wear a mask due to medical or religious reasons and/or who need assistance with the following may be eligible to participate based on individual evaluations:

- Putting on/taking off a mask/face covering
- Maintaining six feet of physical distance
- Personal care (toileting, feeding, hygiene)
- Washing hands
- Staying with the group

If a participant is unable to wear a mask and/or independently meet the above, please contact the M-NASR office to discuss potential accommodations.

Participants who are unable to adhere to the following guidelines are not eligible for M-NASR programs:

- Ability to refrain from physically aggressive behaviors such as biting, spitting, scratching, hitting, kicking, etc. or behaviors that require direct or close proximity intervention from staff.
- Ability to follow the M-NASR Code of Conduct and other pre-determined guidelines.

Personal Travel

Participants/families who travel internationally or use cruise travel will be required to notify a M-NASR full-time staff and will be asked to follow CDC guidelines with potential quarantine.

Exposure or Symptoms

In the event a participant displays or develops symptoms of COVID-19 during a program, M-NASR staff will isolate the individual until they can be picked up from the program site. They are required to be picked up within 30 minutes of the initial call.

If a participant has someone in their household who is symptomatic or has tested positive for COVID-19 or has been exposed/in contact with someone with confirmed COVID-19, they should stay home and self-quarantine per CDC guidelines, and should seek a COVID-19 test. If a participant contracts COVID-19, they should notify a M-NASR full-time staff. M-NASR will work with local health officials and communicate details as needed with participants and families while maintaining confidentiality as required by the Americans with Disabilities Act (ADA). In the event of an outbreak those considered at risk or who may have come into contact will be notified. To protect the identity of the person infected, only necessary details regarding the situation will be communicated. M-NASR asks that all participants and families cooperate in any investigation or tracing efforts M-NASR may conduct.

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At-Home Self-Assessment

Staff and participants must perform an at-home self-assessment every day prior to arrival at program. Staff will confirm that participants have completed the self-assessment prior to arrival. **If the answer is “yes” to any questions, participants will not be permitted to attend their scheduled program and should not return until cleared by a medical professional.** Additionally, parents/guardians/participants should notify M-NASR of the reason for their absence for the day.

1. Do you have a fever of 100.4 degrees Fahrenheit or higher?
2. Do you have a cough, runny nose or sore throat?
3. Have you been experiencing difficulty breathing or shortness of breath?
4. Do you have muscle aches?
5. Have you had a new or unusual headache (e.g., not typical to the individual)?
6. Have you noticed a new loss of taste or loss of smell?
7. Have you been experiencing chills or rigors (i.e., a sudden feeling of cold with shivering accompanied by a rise in temperature)?
8. Do you have gastrointestinal concerns (e.g., abdominal pain, vomiting, nausea, diarrhea)?
9. Have you experienced unexplained fatigue?
10. Have you tested positive for COVID-19 in the last 14 days?
11. Is anyone in your household displaying any symptoms (as listed above) of COVID-19?
12. To the best of your knowledge, in the last 14 days, have you come into close contact with anyone who has tested positive for or been diagnosed with COVID-19?

By coming to M-NASR programs, you acknowledge that you have in fact conducted this self-assessment and the information provided above is true and accurate to the best of your current knowledge and beliefs.