# COVID-19 Safety Plan for

# Millbrae Elementary School District

# 2022-2023

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**This plan is based upon the guidance of the California Department of Public Health (CDPH), San Mateo County Health (SMCH), Centers for Disease Control and Prevention (CDC), and Cal/OSHA as presented in the** [**COVID-19 Safe Schools Framework.**](https://www.smcoe.org/assets/files/For%20Communities_FIL/COVID-19%20Resources_FIL/Covid-19%20Safe%20Schools%20Framework.pdf) **Revised August 3, 2022**

Millbrae Community,

Thank you for taking the time to read Millbrae Elementary School District’s COVID-19 Safety Plan for the 2022-2023 school year. This document can be found on our website and will be updated as requirements, protocols and/or legislation changes. Over the last 2 years we have asked our staff, students and community to remain flexible and patient as we responded to COVID 19 - today we continue to ask for your understanding and flexibility as we learn to navigate the ever-changing landscape of COVID.

Over the last couple of years we have accomplished much in the face of a global pandemic, and while it is necessary to stop and celebrate those accomplishments we must also recognize that we are not yet living in a post pandemic world. Our priority has been, and will continue to be, safety of all within our school community. Our goal is to keep children in school. To do this I remind us that we all have a duty and responsibility to remain vigilant against the spread of this virus. Please follow the health and safety protocols in an effort to keep your family and our community safe.

We can do hard stuff. . .my favorite mantra for the last many years - never has it been so true.

If you have questions regarding our Safety Plan, please do not hesitate to contact me at [dfrench@millbraesd.org](mailto:dfrench@millbraesd.org)

Gratefully,

Debra French

Superintendent

### Our Continued Commitment

Millbrae Elementary School District’s top priority is the safety of our students, staff and community while providing a teaching and learning experience that values academic achievement while supporting mental and emotional health.

As COVID continues to be with us, including uncertainties around evolving variants and vaccinations for children, Millbrae will continue to implement health and safety protocols as outlined in this Safety Plan.

With our continued partnership, we are confident we will keep students and staff safe and schools open for the 2022-2023 school year. The last 2 years remind us that remaining safe means remaining flexible to the health conditions in Millbrae and preparing for any number of adaptations to our program.

This plan lays out Millbrae’s COVID-19 safety plan for the 2022-2023 school year and reflects [CDPH](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx), [CDC](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html), and [Cal/OSHA](https://www.dir.ca.gov/dosh/coronavirus/Guidance-by-Industry.html) guidance, and will change accordingly. The best ways to track potential changes and be a part of discussions are to attend Board meetings and to carefully read any and all messages on ParentSquare from the district and your school site. Unfortunately, it is evident that COVID-19 will remain a part of our lives for the foreseeable future. Due diligence, planning, personal responsibility and regular communication will get us through this together!

Please direct any questions about this document and the guidance reflected within to District Nurse Julie Lutig at [jlustig@millbraesd.org](mailto:jlustig@millbraesd.org).

### Vaccination

Vaccinations provide individual-level protection and reduce the burden of disease in schools and communities.

CDPH recommends that all eligible individuals [get vaccinated against COVID-19](https://myturn.ca.gov/) and [remain up-to-date](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html) with recommended boosters.

California-specific vaccine access information is available on the [Safe Schools Hub](https://schools.covid19.ca.gov/) and [Vaccinate All 58 – Let’s Get to Immunity](https://www.vaccinateall58.com/).

SMCH provides [vaccination information](https://www.smchealth.org/covid-19-vaccination-program-overview) on its website.

CDPH reports that many children are not current on their vaccinations, placing them and their communities at increased risk of falling ill from other vaccine-preventable illnesses. Parents and guardians should review statutory vaccination requirements for entry into K-12 schools and visit [Shots for School](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/School/shotsforschool.aspx) for information.

### Vaccination Verification

Verification of vaccination status can inform important school practices around testing, contact tracing, quarantine, and isolation. The [State Public Health order](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Order-of-the-State-Public-Health-Officer-Vaccine-Verification-for-Workers-in-Schools.aspx) requiring vaccine verification of school staff is still in effect for the 2022-23 school year.

All schools and districts must verify the vaccination status of all workers. “Workers” refers to all paid and unpaid adults serving in schools. They include, but are not limited to, certificated and classified staff, analogous staff working in private school settings, and volunteers who are on-site at a school campus supporting school functions.

According to CDPH, only the following modes may be used as [proof of vaccination:](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Vaccine-Record-Guidelines-Standards.aspx)

* COVID-19 Vaccination Record Card (issued by the Department of Health and Human Services Centers for Disease Control and Prevention or WHO Yellow Card), which includes name of person vaccinated, type of vaccine provided, and date last dose administered; or
* a photo of a Vaccination Record Card as a separate document; or
* a photo of the client’s Vaccination Record Card stored on a phone or electronic device; or
* documentation of COVID-19 vaccination from a health care provider; or
* digital record that includes a QR code that when scanned by a SMART Health Card reader displays to the reader client name, date of birth, vaccine dates, and vaccine type; or documentation of vaccination from other contracted employers who follow these vaccination records guidelines and standards.

The Millbrae Elementary School District has a plan in place for tracking verified worker vaccination status. Records of vaccination verification must be made available, upon request, to the local health jurisdiction for purposes of case investigation.

Workers who are not fully vaccinated, or for whom vaccination status is unknown or documentation is not provided, must be considered unvaccinated.

The District will use the same standard protocols that are used to collect and secure other immunization or health status information from students.

A worker who cannot get vaccinated due to a disability (covered by the Americans with Disabilities Act), has a disability that affects their ability to have a full immune response to vaccination, or has a sincerely held religious belief or practice (covered by Title VII of the Civil Rights Act of 1964) may be entitled to a reasonable accommodation that does not pose an undue hardship on the operation of the employer’s business.

Asymptomatic unvaccinated or incompletely vaccinated workers are required to undergo diagnostic screening testing. See TESTING section for more information.

### Visitors Vaccination Verification and Testing Requirements for Volunteers

According to CDPH, volunteers who are onsite at a school campus supporting school functions are considered workers and, therefore, schools must verify their vaccination status. Those who are not fully vaccinated must participate in the school’s testing program.

CDPH also states that schools should not limit access for essential direct service providers who comply with school visitor policies due to a concern about mitigating spread of COVID-19.

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#### Volunteers

All persons entering a Millbrae school site must wear a face mask while indoors and will be strongly encouraged to wear the mask outdoors as well.

Visitors/vendors/contractors providing service – Visitors may come on campus if they are providing a service to a student, or at the invitation of a teacher/staff member for the purpose of academic, social or emotional development. All visitors must show proof of vaccination at the school office before entering campus.

Volunteers filling a defined role – Our Parent Teacher Associations (PTAs), Parent Teacher Organizations (PTOs) and the Millbrae Education Foundation (MEF) utilize parent volunteers to provide many services. Each school site will determine what roles they require and recruit volunteers accordingly. Any volunteers performing duties on campus with students must have completed the volunteer clearance process including COVID-19 vaccination status with the District Office.

### Masks

Masks, particularly [high-quality and well-fitting masks](https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/masking%20for%20kids/masking-for-kids.pdf), remain highly effective, inexpensive, and dynamic tools to protect oneself and mitigate transmission of COVID-19 and other respiratory pathogens.

Unless otherwise directed by local health departments or local educational agencies, students and staff should follow [CDPH masking guidance](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-for-Face-Coverings.aspx) for the general public, including the following:

* CDPH strongly recommends that individuals continue to mask indoors. Exemptions include children under two years of age and those with other [medical consideration](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/guidance-for-face-coverings.aspx)s as defined by CDPH.
* CDPH currently strongly recommends that individuals continue to mask while on public transit.

[San Mateo County Health](https://www.smchealth.org/coronavirus) continues to strongly recommend that individuals wear a high-quality mask indoors. The Millbrae Elementary School District strongly encourages wearing a high-quality mask indoors on our campuses.

#### Requirements for Masks

* CDPH requires that no person can be prevented from wearing a mask as a condition of participation in an activity or entry into a school, unless wearing a mask would pose a safety hazard (e.g., watersports).
* CDPH requires schools to develop and implement local protocols to provide masks to students who inadvertently fail to bring a face covering to school and desire to use one.
* Cal/OSHA requires schools to provide masks during outbreaks and major outbreaks and when required by CDPH after a workplace exposure.

#### Types of Masks CDPH provides the following recommendations on the types of mask and how to wear them:

* An effective mask has both good fit and good filtration.
* Layering more than two masks is not recommended as this could be difficult to breathe through.
* It is not recommended to wear two medical masks, or to wear a medical mask on top of a KN95, KF94 or N95.

The CDPH provides [more information about masks](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Get-the-Most-out-of-Masking.aspx), including masks for students.

## Gatherings

Particularly during surges of COVID-19, school dances, large assemblies, and other school-based crowded events, especially those held indoors, all have the potential to cause substantial spread of COVID-19 within and beyond the school community. Prior to hosting large events, schools are encouraged to review the [Safe and Smart Events Playbook](https://www.cdph.ca.gov/Programs/CID/DCDC/CDPH%20Document%20Library/COVID-19/Events-Playbook.pdf) for mitigation strategies that should be considered.

All event operators and attendees should use the information about the [conditions in their local community](https://www.smchealth.org/coronavirus) or the [CDC’s community level indicator](https://www.cdc.gov/coronavirus/2019-ncov/science/community-levels.html#county-check) as guides for event planning.

Schools are encouraged to:

* Host such events outdoors whenever possible.
* Separate the event into smaller cohorts (by grade, for example) whenever possible.
* Promote vaccines for all eligible attendees.
* Consider pre-entry testing for all attendees at or just prior to the event.
* Plan in advance how to identify close contacts if it is later discovered that someone with COVID-19 attended the event. Encourage pre-registration with [CA Notify](https://canotify.ca.gov/) and maintain a log of all attendees (even those arriving pre-event) at the door/entrance to the event.
* Consider requiring the use of masks at outdoor, school-based, large, crowded events.
* If food or drinks are to be served, serve them outdoors whenever possible and/or place them away from other areas to clearly designate spaces where masks must be worn.

## Ventilation

Millbrae Elementary School District will continue with its innovative ventilation efforts in the 2022-2023 school year

* install MERV 13, or comparable, air filters in all HVAC systems within the school district - replaced according to recommendations.
* Run HVAC systems set to bring in outside air.
* Maintenance team will regularly monitor ventilation systems.
* Air purifiers will be utilized in indoor areas without outside ventilation.
* Outdoor windows and doors will be open as weather and air quality permits.
* When experiencing unhealthy air quality typically associated with wildfires, the school sites will implement the Big Five Shelter in Place Protocol, which includes:
  + Keeping doors and windows shut.
  + Holding outdoor classes and meals inside.
  + Setting the central system’s circulating fan to operate continuously.
  + Using portable air cleaners in rooms.
* Millbrae Elementary School District staff administrations will monitor [air quality](https://www.smcoe.org/for-schools/safe-and-supportive-schools/air-quality-resources.html) and follow guidance.

## Case Reporting

The Millbrae Elementary school district is required to report cases of communicable diseases, including COVID-19, to the local health agency per California Code of regulations (CCR) Title 17, §2508.

The District is also required to notify employees who may have been exposed to COVID-19 and to report workplace outbreaks to the local health department per AB 685 as soon as practicable.

The District will notify - to the extent allowable by applicable privacy laws - teachers, staff and families of students who were close contacts as soon as possible (within the same day if possible) after the District is notified that someone in the school has tested positive.

Additionally, per Cal/OSHA guidance, the District must:

* Contact the local health department immediately but no longer than 48 hours after learning of three or more COVID-19 cases to obtain guidance on preventing the further spread of COVID-19 within the workplace.
* Maintain accurate records and track all COVID-19 cases while ensuring medical information remains confidential. These records must be made available to employees, authorized employee representatives, or as otherwise required by law, with personal identifying information removed.
* Report a COVID-19-related serious illness or death immediately to the nearest Cal/OSHA enforcement district office.
* PerCal/OSHAand the district or school’s COVID-19 Prevention Plan, provide written notice within one day of learning of a case to people at the worksite who may have been exposed to COVID-19. This notice must be provided to all employees (and their authorized representative), independent contractors, and other employers at the worksite during the high-risk exposure period.

## Outbreaks

Broad disruptions to in-person learning, such as temporary school or classroom closures, due to COVID-19 should remain a last resort and considered only after all available resources have been exhausted, and only after conferring with local health officials.

Outbreak Definitions:

* At least three suspected, probable, or confirmed COVID-19 cases within a 14-day period among people who are epidemiologically linked in the setting, and are not known to be close contacts of each other in any other case investigation, OR
* For large settings (a facility or workplace with >100 persons present in the setting), particularly during high levels of community transmission, local health departments may determine that a higher proportion (at least 5 percent) of cases within a 14-day period may be appropriate for defining an outbreak, even in the absence of identifiable epidemiological linkages.

Cal/OSHA provides the following guidance for employers in the case of an outbreak:

* Provide written notice of workplace outbreaks (three or more cases in an exposed workgroup in a 14-day period) and major outbreaks (20 or more cases within a 30-day period).
* During any outbreak, masks are required regardless of employee vaccination status both indoors and outdoors when employees are less than six feet from another person.
* During major outbreaks, six-feet physical distancing is required where feasible, both indoors and outdoors.

### Testing

Testing continues to be an effective tool in identifying potential COVID cases and limiting the spread of COVID. During the 2021-2022 school year, the Millbrae Elementary School Districts testing guidelines and contact tracing helped the district isolate cases quickly and helped to mitigate the spread of COVID-19 on campus.

Due to the increased travel and social interactions that often occur during school breaks, CDPH recommends that students and staff get tested for COVID-19 prior to returning to school following major breaks (e.g., summer, winter, spring). CDPH also recommends that schools provide staff and students with over-the-counter (OTC)/at-home test kits for use in back-to-school testing.

**Move to Antigen Testing**

During the 2022-2023, the Millbrae Elementary School District will transition to antigen testing. The pooled PCR program will not be available in 2022-2023.

According to CDPH, antigen tests should be considered the primary option for detecting COVID-19 in schools, instead of PCR tests. Antigen tests that provide rapid results are much better to guide immediate isolation to prevent transmission. A PCR test, on the other hand, picks up very low levels of virus, both before and after an infection (sometimes for months), leading to students and staff unnecessarily missing school despite feeling well and not being a risk to others. The District will continue to distribute OTC/at-home tests as they are made available through the CDPH.

* Both the professional, on-site antigen tests as well as the over-the-counter (OTC) at-home antigen tests have been effective in identifying persons who have infectious levels of all known COVID variants.
* Lab-based molecular tests (PCR/LAMP) are reserved for confirmatory testing with more guidance forthcoming.

**When to Test**

More specific guidance on the uses of OTC/at-home tests is forthcoming. OTC/at-home tests can be used in any of the same scenarios that professional/at-school antigen tests are used. Some examples of use of antigen tests include:

* Outbreak response testing
* Testing of school members for end-of-year events such as graduations
* Testing of close contacts and symptomatic school members
* Pre-entry testing before returning after breaks
* Asymptomatic screening testing of high-risk groups or during periods of high transmission
* Return to school with a negative test after a minimum of 5 days of isolation

**Testing Unvaccinated School Workers**

According to the August 11, 2021, public health order, asymptomatic workers (paid or volunteer) in schools who are not fully vaccinated are required to undergo diagnostic screening testing.

* Workers may be tested with either antigen or molecular tests to satisfy this requirement.
* Workers who are not fully vaccinated must be tested at least once weekly.
* Workers who are not fully vaccinated must also observe all other infection control requirements and are not exempt from the testing requirement even if they have a medical contraindication to vaccination, since they are still potentially able to spread the illness.
* Previous history of COVID-19 from which the individual recovered more than 90 days earlier, or a previous positive antibody test for COVID-19, does not waive this requirement for testing.
* According to CDPH, OTC/at-home tests may be used for testing unvaccinated staff.

### Cal/OSHA Testing Requirements for Staff

[Cal/OSHA](https://www.dir.ca.gov/dosh/coronavirus/covid19faqs.html) requires employers, including schools and districts, to do the following:

* Inform all employees on how they can obtain testing. This could be through the employer, local health department, the federal government, or a health plan or at a community testing site.
* Offer testing, which may include OTC/at-home test kits, at no cost and during paid time:
  + To all employees with COVID-19 symptoms.
  + To employees who had a close contact at work, with an exception for symptom-free employees who recently recovered from COVID-19.
  + During an outbreak, to all employees within an exposed group, at least once a week, except for employees who were not at work during the relevant period and symptom-free employees who recently recovered from COVID-19. Employees who are not tested within 3-5 days after a close contact must be excluded from the workplace until the return-to-work requirements for COVID-19 cases are met.
  + During a major outbreak, twice per week, except for employees who were not at work during the relevant period and symptom-free employees who recently recovered from COVID-19. Employees in the exposed group who are not tested must be excluded from the workplace until the return-to-work requirements for COVID-19 cases are met.
  + Provide testing in a manner that ensures employee confidentiality.
* Cal/OSHA states that employers may require employees to undergo COVID-19 testing.

### Hand Hygiene Hand hygiene can prevent the spread of infectious diseases, including COVID-19. The Millbrae Elementary School District will implement the following actions as appropriate and feasible:

### Teach and reinforce among students and staff:

* + Washing hands with soap and water for at least 20 seconds
  + Avoiding contact with one’s eyes, nose, and mouth
  + Covering coughs and sneezes among students and staff
* Promote hand washing throughout the day, especially before and after eating, after using the toilet, and after handling garbage, or removing gloves.
* Ensure adequate supplies to support healthy hygiene behaviors, including soap, tissues, no-touch trash cans, masks, and hand sanitizers with at least 60 percent ethyl alcohol for staff and children who can safely use hand sanitizer.
* Hand sanitizer is available at all school sites.
* Children under 6 will be supervised when using hand sanitizer and will not have access to it without adult supervision

### Cleaning

In general, routine cleaning is usually enough to sufficiently remove potential viruses that

may be on surfaces. If disinfectants are used, the District will use asthma-safer products.

Cleaning means using soap and water to remove surface dirt. Disinfecting removes any remaining germs on surfaces, which further reduces any risk of spreading infection.

Cleaning will occur –

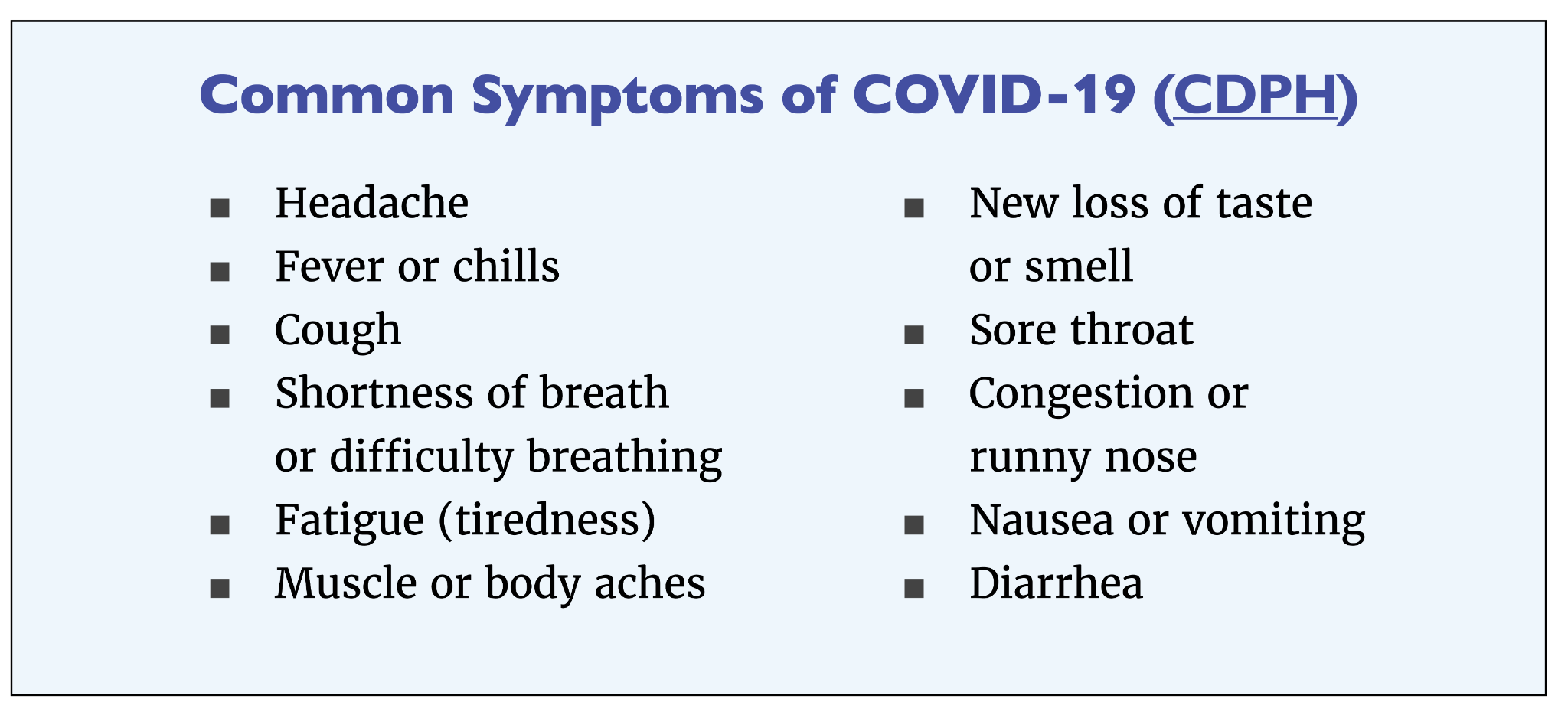
* Daily in all classrooms and indoor spaces. Hand hygiene will be used to keep students protected from germs on outdoor structures and equipment.
* Before and after eating at lunch tables.
* As needed throughout the day following spills, etc.

Disinfection will occur –

* Within 24 hours of a sick person with COVID-19 occupying the space.
* Following any instance of bodily fluid coming into contact with a surface.

Drinking fountains will be open and available for use by students and staff

## Stay Home When Sick and Get Tested Know the Sign and Symptoms



Staying home when sick can lower the risk of spreading infectious diseases, including COVID-19, to other people. The CDPH notes that getting tested for COVID-19 when symptoms are consistent with COVID-19 will help with rapid contact tracing and prevent possible spread at school. If symptoms are concerning for COVID-19, it is strongly recommended that students and staff wear a mask and get tested immediately. Students and staff should also follow the District protocols as outlined in this plan for retesting and/or isolating if results are positive. Additionally, CDPH and our Millbrae team recommends that staff members and students with symptoms of COVID-19 infection not return for in-person classroom instruction until they have met these criteria:

* At least 24 hours have passed since resolution of fever without the use of fever-reducing medications; ***and***
* Other symptoms have improved; ***and***
* They have a negative COVID-19 test, ***OR*** a healthcare provider has provided documentation that the symptoms are typical of their underlying chronic condition (e.g., allergies or asthma) ***OR*** a healthcare provider has confirmed an alternative named diagnosis (e.g., Streptococcal pharyngitis, Coxsackie virus), ***OR*** at least 10 days have passed since symptom onset.

Students, teachers, and staff who havesymptomsof infectious illness, such as influenza (flu) or COVID-19, should stay home and be referred to their healthcare provider for testing and care.

Staff should contact Julie Lusting, School District Nurse, [jlustig@millbraesd.org](mailto:jlustig@millbraesd.org) and Personnel Specialist Angie Caprini, [acaprini@millbraesd.org](mailto:acaprini@millbraesd.org), if they are experiencing any common symptoms of COVID-19 or are not feeling well. Parents and guardians should contact their school site office if their child is not feeling well.

**When Students or Staff Are Sick at School**

When a student or staff member is sick while on campus, Millbrae Elementary School District staff must escort the person to the school’s Wellness Room and provide a COVID-19 test, if available and if parental consent has been obtained. If testing cannot be conducted on site, the student or staff member should leave campus and seek a test from their healthcare provider or a community testing site.

If the student or staff member tests positive for COVID-19, they will be directed to contact their healthcare provider for follow up response and monitoring. If the student or staff member tests negative for COVID-19, they may return to school following the school’s health policies, which is usually 24 hours after a fever subsides without the use of medication and symptoms have improved.

Millbrae Elementary School District nursing staff will refer to this [**CDC chart**](https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/sick-at-child-care-flowchart.html)for a step-by-step approach to responding when a student or staff member is sick while on campus.

The CDPH recommends that those with symptoms of COVID-19 take the following steps, regardless of their vaccination status:

* Self-isolate and take or be administered an antigen test as soon as possible to determine infection status.
* Remain in isolation while waiting for testing results. If not tested, they should continue isolating for 10 days after the day of symptom onset, and if they cannot isolate, should wear a well-fitting mask for 10 days.
* Consider continuing self-isolation and retesting with an antigen test in 1-2 days if testing negative, particularly if tested during the first 1-2 days of symptoms. Testing between days 3-5 is advised.
* Continue to self-isolate if test result is positive, follow recommended actions for isolation and contact healthcare provider about available treatments if symptoms are severe or they are at high risk for serious disease or if they have any questions concerning their care

### When Students or Staff Are Diagnosed with COVID-19 Everyone who is infected with COVID-19, regardless of vaccination status, previous infection, or lack of symptoms, should follow the recommendations listed the [CDPH Guidance Isolation and Quarantine for the general public](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx). Isolation Table

| Vaccination Status | Requirements for Staff/Recommendations for Students |
| --- | --- |
| Everyone, regardless of vaccination status, previous infection, or lack of symptoms. | [**Stay home**](https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx) **for at least 5 days after start of symptoms (or after date of first positive test if no symptoms).**Isolation can end after day 5 if symptoms are not present or are resolving and a diagnostic specimen\* collected on Day 5 or later tests negative. If unable to test, choosing not to test, or testing positive on Day 5 (or later), isolation can end after Day 10 if fever-free for 24 hours without the use of fever- reducing medications.If fever is present, isolation should be continued until 24 hours after fever resolves.If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after Day 10.If symptoms are severe, or if the infected person is at high risk of serious disease, or if they have questions concerning care, infected persons should contact their healthcare provider for available treatments.Per CDPH masking guidance, infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings. \*Antigen test preferred. |

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### How to Count Five (5) Days for Isolation

| If you develop [**symptoms**](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html)after testing positive | Your 5-day isolation period should start over. Day 0 is your first day of symptoms. Follow the recommendations above for ending isolation. |
| --- | --- |
| If you had COVID-19 and had  [**symptoms**](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) | Isolate for at least 5 days. To calculate your 5- day isolation period, day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed. You can leave isolation after 5 full days. |
| If you test positive for COVID-19 and never develop [**symptoms**](https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) | Isolate for at least 5 days. Day 0 is the day of your positive viral test (based on the date you were tested) and day 1 is the first full day after the specimen was collected for your positive test. You can leave isolation after 5 full days. |

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### When Students and Staff Are Exposed to COVID-19

Prompt notification to the school, students and families regarding exposure to infectious diseases, including COVID-19, can allow for rapid testing, early treatment, and prevention of further spread. When there is a case of COVID-19 on campus:

* Families should notify school immediately if their child has COVID-19 and was on school grounds during their infectious period.
* The District will notify students who spent more than a cumulative total of 15 minutes (within a 24-hour time period) in a shared indoor airspace (e.g., classroom) with someone with COVID-19 during their infectious period.
* In lieu of individual exposure notifications, the District may consider providing a general notification to the entire school community during times of elevated community transmission of COVID-19. This communication can alert all to the in[creased potential of being expo](https://covid.cdc.gov/covid-data-tracker/%23county-view?list_select_state=California&amp;data-type=Cases&amp;metric-cases=cases_per_100K_7_day_count_change)sed to COVID-19 due to a rise in cases among school and community members and remind all to monitor for symptoms and get tested.
* All students and staff with known exposure to persons with COVID-19 should follow **CDPH recommendations** listed in the table below.
* Exposed students may continue to take part in all aspects of K-12 schooling, including sports and extracurricular activities, unless they develop symptoms or test positive for COVID-19. They should test, report positive test results to the school, and follow other components of this guidance.
* keep children home if they are showing signs and symptoms of COVID-19 and get them tested. If negative, retest between days 3-5.
* Staff who have been exposed can continue to stay at school; they do not have to quarantine but they do have to comply with testing requirements.

#### Infectious Period

* For symptomatic infected persons, the infectious period is 2 days before the infected person had any symptoms through Day 10 after symptoms first appeared (or through Days 5-10 if test is negative on Day 5 or later), and 24 hours have passed with no fever, without the use of fever-reducing medications, and symptoms have improved, OR
* For asymptomatic infected persons, the infectious period is 2 days before the positive specimen collection date through Day 10 after positive specimen collection date (or through Days 5-10 if testing negative on Day 5 or later) after specimen collection date for their first positive COVID-19 test.
* For the purposes of identifying close contacts and exposures, infected persons who test negative on or after Day 5 can end isolation and in accordance with the guidance, are no longer considered to be within their infectious period. Such persons should continue to follow CDPH isolation recommendations, including wearing a well-fitting face mask through Day 10. There is no need to test after day 10 if symptoms have resolved.

| **DEFINITIONS**    **Fully vaccinated**: two weeks after completion of a two-dose mRNA vaccine or one dose of Janssen vaccine.  **Close Contact**: Someone sharing the same indoor airspace for a cumulative total of 15 minutes or more over a 24-hour period during an infected person’s infectious period.  **High- Risk Contact**: Someone who may experience severe illness if they become infected with COVID-19 or for whom the transmission potential is high. |
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### Asymptomatic Employees and Students Who Are Exposed to someone with COVID-19 (No Quarantine)

| **Asymptomatic Persons Who Are Exposed to Someone with**  **COVID-19 (No Quarantine)** | **Recommended Actions** |
| --- | --- |
| Everyone, regardless of vaccination status.  With the new variants, SMCH is finding people are being reinfected within a few weeks of having COVID-19 and now recommends that schools test exposed individuals even if they had COVID-19 during the last 90 days. | * Test within 3-5 days after last exposure. * Per CDPH masking guidance, close contacts should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease (see masking section below for additional information). * Strongly encouraged to get vaccinated or boosted. * If symptoms develop, test and stay home (see earlier section on symptomatic persons), and * If test result is positive, follow isolation recommendations in the **Isolation table**. |

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