

Updated COVID – 19 Guidance as of 9-1-23

Summary of Changes

Mitigation Strategies:

- **Staying Up to Date on Vaccinations*** - Encourage children, families, and staff to stay up-to-date on all vaccinations recommended by their health care provider. (Of note, COVID-19 and influenza vaccines are not currently included in the list of required immunizations for school or child care (see Title 17, Cal. Code of Regulations, section 6000 et seq.). However, both COVID-19 and influenza vaccination can greatly reduce the risk of serious illness, outbreaks, absences and school disruptions, and is strongly recommended for all eligible people in California, including children, providers, teachers, staff and individuals sharing homes with childcare community members.)
- **Optimizing Indoor Air Quality** –The risk of getting and spreading respiratory infections is greater in indoor settings with poor air quality. Effective ventilation and filtration can reduce the spread of these infections and may also protect students, children, and staff from exposure to wildfire smoke, airborne allergens, and other pollutants. The highest rated filtration system is the MERV 13 HVAC filter. Currently, every HVAC system in the district has a MERV 13 filter. In addition, and where necessary, the district will provide portable high efficiency air cleaners in each classroom. Optimize ventilation in transport vehicles, such as buses or vans. Open windows to increase airflow from outside when feasible and safe to do so.
- **Using Face Masks** - Support access to face masks for staff and students if they request one.
- **Maintaining Good Hygiene** - Keeping hands clean with frequent hand washing can help prevent the spread of communicable diseases. Other good hygiene practices can also protect the health of students and staff at school. Make sure hand sanitizers are available to students and staff in all classrooms/common areas. Teach and enforce the proper handwashing and also the practice of covering coughs and sneezes.
- **Managing Individuals with Symptoms** – Encourage students and staff to stay home when sick can lower the risk of spreading communicable diseases. New updated guidance for isolation due to COVID-19:

Persons Who Test Positive for COVID-19

- Stay home for at least 5 days after the start of symptoms or after date of first positive test.
- Isolation can end after day 5 if symptoms are not present or are mild and improving; AND fever has been resolved for 24 hours (without the use of fever-reducing medication).
- 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 the confirmed case has severe symptoms, or is at high risk of serious disease or has questions concerning care, they should contact their healthcare provider for available treatments.
- After ending isolation, if symptoms recur or worsen, test again and if positive, restart isolation.

Persons who are exposed to someone with COVID-19 regardless of vaccination status

Exposed, asymptomatic students, may now continue in-person instruction and all other aspects of K-12 schooling, including sports and extra-curricular activities, regardless of vaccination status or exposure location.

However, it is strongly recommended (not required) that exposed students:

- Test 3-5 days following exposure.
 - Close contacts should wear a well-fitting mask, especially in indoors settings around others for at least 10 days following the date of last exposure.
 - Monitor closely for symptoms.
 - If symptoms develop, test, and stay home. If the test result is positive, follow the isolation recommendations above.
- **Cleaning Facilities** - Clean and well-maintained facilities reduce the spread of communicable diseases that are transmitted by contact with contaminated or high touch surfaces. Make sure your site is getting thoroughly cleaned in all areas.
 - **Getting Tested** – Make sure your site has an adequate number of OTC COVID-19 test kits to give out to students and staff that request one. Let H.R. know asap if you need more. Also, all employees that test positive need to contact H.R. asap. We will make facility testing available to all employees that are exposed at school or request to be tested at a facility.