



COVID-19 Protocols and Procedures

Cambrian School District
January 14, 2020₁

Outcomes

Share the Process and Protocols of COVID-19 based on Santa Clara County Public Health Department guidelines

- Prevention
- Symptoms
- Close Contacts
- COVID Positive



Prevention

NEW

Additional Health and Safety Measures

January 2021

- Daily symptom screening
- COVID-19 screening
- Zoom procedures for student and staff quarantining

Health and Safety Measures

September 17th

- PK-5 secure cohorts
- 6-8th six foot distancing
- TK-8th mask required
- Physical distancing markers
- Personal Protective Equipment, cleaning protocols, Merv-13s filters
- Hybrid Schedule - the bridge to full capacity
- Protocols and procedures on each campus for arrival, dismissal, and breaks for students and staff

Daily Health Screening

It is important that everyone in our community monitors themselves and stays home and seeks medical attention if experiencing any COVID-19 symptoms.

- Daily Health Screening (Qualtrics)
 - Cleared to come in or asked to stay home

COVID-19 Symptoms

- Fever or chills
- Cough
- Loss of taste or smell
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Nausea, vomiting, or diarrhea

Experiencing Symptoms

If at home...

- Stay home and Isolate from other household members.
- Call in
- Seek medical attention
- Get test immediately

If at school or work...

- Immediately isolate from others- Care room
- Staff will go home
- Parents of students will be called to pick them up
- Seek medical attention
- Get tested immediately

Returning to Campus

- Negative COVID test AND 24 hours with no fever and symptom free
- OR a Doctor's note
 - Evaluated
 - Symptoms are due to another medical condition
 - A COVID test is not necessary

What do I do if my child has COVID-19 symptoms?

For all close contacts, use the "What do I do if my child was a 'close contact'..." handout.

Step 1

Comfort your child and explain that they need to be tested.



Step 2

Seek medical care and have your child tested right away.



Step 3

- Keep your child at home while waiting for their test results.
- Once you get the results, give the child's test results to the school.



Step 4

If your child has COVID-19 symptoms but tests negative, they can return to school after 24 hours with no fever AND their symptoms get better. If your child tests positive, they can return to school after at least 10 days since symptoms first began AND 24 hours with no fever AND their symptoms are better.

For more information on symptoms and when to return to school, go to [sccstayhome.org](https://www.sccstayhome.org).



Where can I get my child tested?

Testing can be done by your child's healthcare provider or at a free COVID-19 testing site - find one here: [sccfreetest.org](https://www.sccfreetest.org).

If you need assistance with housing, transportation, meals, etc. while your child is isolating or quarantining at home, call 408-885-3980.



Who is a “Close Contact”

(6-15-48 rule)

A close contact of a COVID-19 positive person is someone who was within 6 feet of the infected person for at least 15 minutes at any time, beginning 2 days before the infected person had symptoms or tested positive.

Close contacts include people who had 15 minutes of continuous contact with the infected person, as well, as people who had repeated short duration interactions with the infected person.

Being a considered a close contact does not depend on whether the contact or the infected person was wearing a face covering during their interaction.

Preschool-5th grade

PK-5 stable cohorts will be considered a close contact if exposed to a COVID-19 case.

- Students and Staff in the cohort will be sent home or asked to stay home
- Quarantine for 10 days and monitor themselves for symptoms
- Symptomatic individuals test immediately
- Non-symptomatic individuals test on day 6
- Students will have access to distance learning
- Teachers can work from home

Returning to Campus

You may return to campus after 10 days of quarantine.

- Day 11 (earliest)
- A negative test
- No symptoms

Sixth-Eighth grade

Contact Tracing will be done following the Close Contact definition.

- Students and Staff identified as close contacts will be sent home or asked to stay home
- Quarantine for 10 days and monitor themselves for symptoms
- Symptomatic individuals test immediately
- Non-symptomatic individuals test on day 6
- Students will have access to distance learning
- Teachers can work from home

Returning to Campus

You may return to campus after 10 days of quarantine.

- Day 11 (earliest)
- A negative test
- No symptoms

Close Contact Protocols

If you are identified as a close contact you will be contacted by either your supervisor, a school health clerk, or someone from the Personnel Office. HIPPA laws will be followed and all names will be kept confidential.

- Stay home for 10 days
- Monitor yourself/child for COVID symptoms
- If you become symptomatic- test immediately
- If no symptoms- test on day 6
- Test results are given to the school

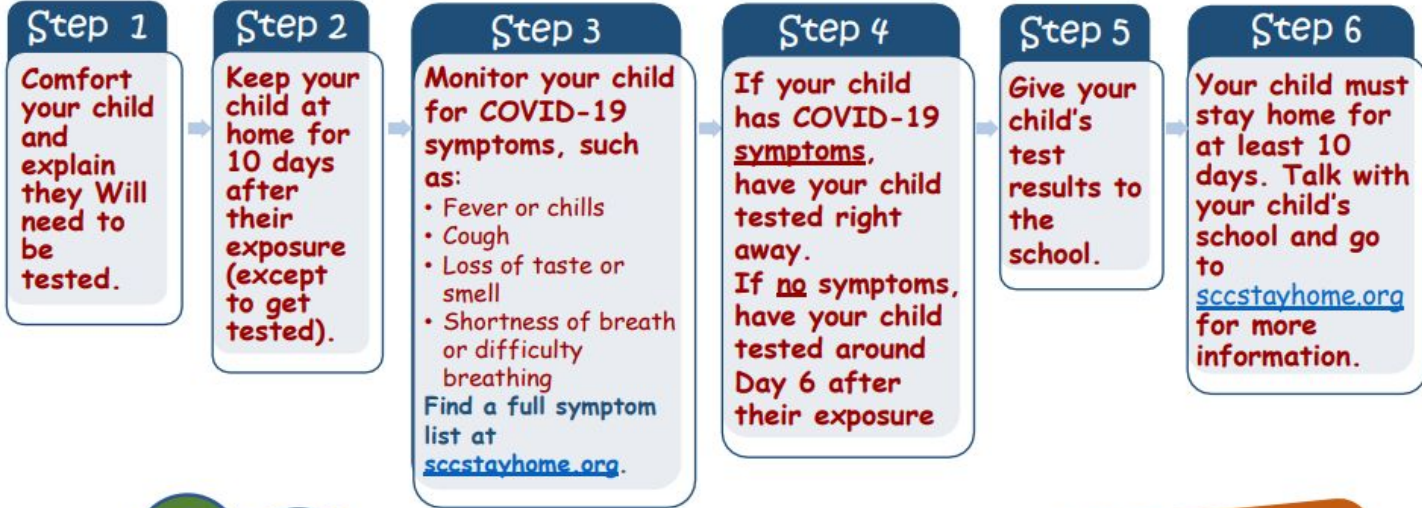
Returning to Campus

You may return to campus after 10 days of quarantine.

- Day 11 (earliest)
- A negative test
- No symptoms

What do I do if my child was a “close contact”* of someone who tested positive for COVID-19?

*A Close Contact is someone who has been within 6 feet- for 15 minutes or more- of someone who tested positive for COVID-19.



Where can I get my child tested?
Testing can be done by your child's healthcare provider or at a free COVID-19 testing site - find one here: sccfreetest.org.

If you need assistance with housing, transportation, meals, etc. while your child is isolating or quarantining at home, call 408-885-3980.



COVID-19 Positive Cases

COVID Positive individuals will need to isolate for 10 days

- Staff/student will be asked to remain home for 10 days from the onset of symptoms or positive test and 24 hour with no fever or symptoms
- Contact Tracing will begin, close contacts will be contacted and required to follow testing and quarantine guidelines
- County Health Department will be contacted within 4 hours
- Students will have access to their education through zoom

Returning to Campus

You may return to campus after 10 days of isolation.

- Day 11 (earliest)
- A negative test
- No symptoms

What do I do if my child has a positive COVID-19 test?

Step 1

Immediately notify the school about your child's positive test result.



Step 2

Keep your child at home.
If your child has COVID-19 symptoms:
Isolate for 10 days since symptoms began AND 24 hours with no fever AND symptoms are better.
If no symptoms:
Isolate for 10 days since their positive test was collected.



Step 3

Monitor your child for new or worsening COVID-19 symptoms, such as:

- Fever or chills
- Cough
- Loss of taste or smell
- Shortness of breath or difficulty breathing

Find a full symptom list at [sccstayhome.org](https://www.sccstayhome.org).



Step 4

If you follow these steps, there is no need to get a "negative test" or a doctor's note to clear your child to return to school.



Where can I get my child tested?

Testing can be done by your child's healthcare provider or at a free COVID-19 testing site - find one here: [sccfreetest.org](https://www.sccfreetest.org).

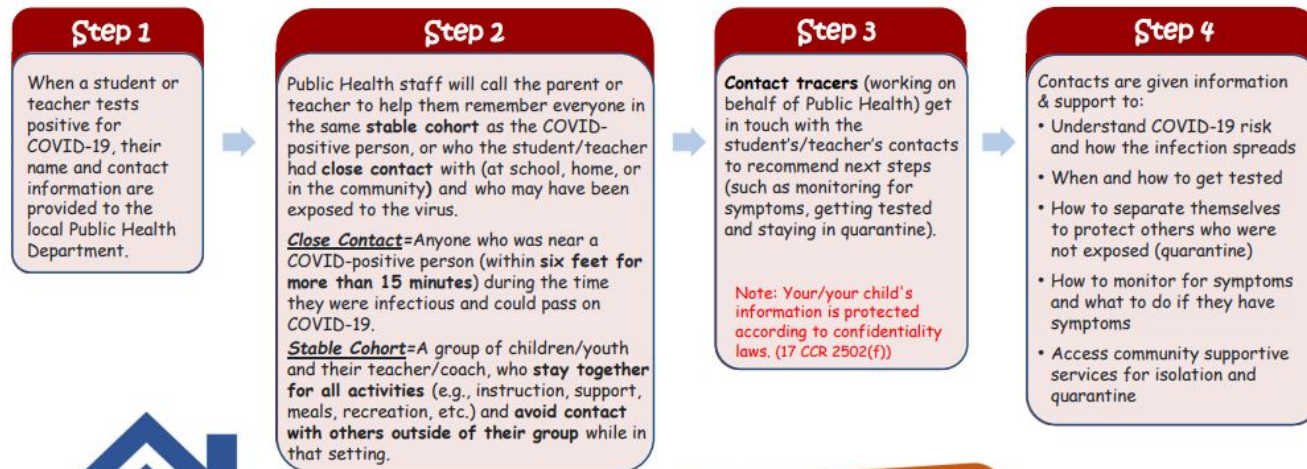
If you need assistance with housing, transportation, meals, etc. while your child is isolating or quarantining at home, call 408-885-3980.



A Parent's Guide to Contact Tracing – What to Expect

What is contact tracing? How does it help stop the spread of COVID-19?

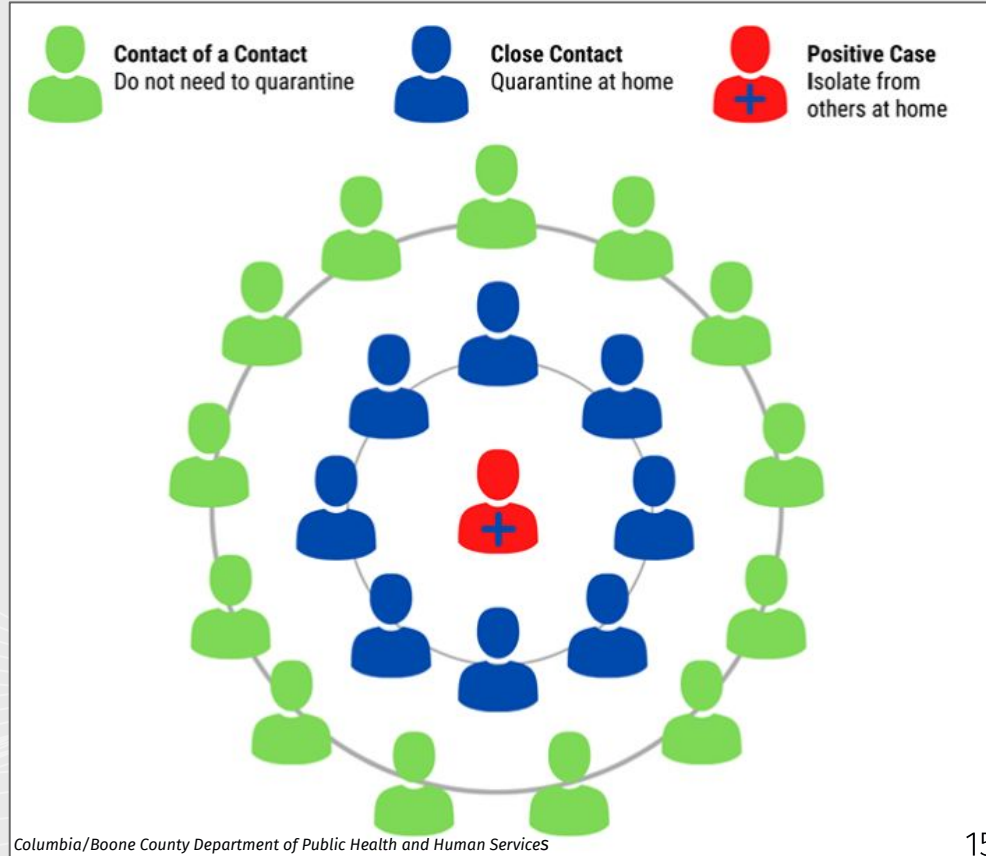
- Contact tracing has been used in Santa Clara County and around the world for a long time to prevent the spread of infections.
- It is a way to identify people who came into contact with someone who tested positive for a disease (such as measles, tuberculosis, or COVID-19) that can be transmitted to others.
- By finding people who were in close contact with someone who tested positive for COVID-19, they can be notified before they show any signs of being sick. If they quarantine at home right away, they are not out in the community spreading the virus to others.



Commonly Asked Questions

If someone in our home or our child is sent home as a close contact, do we all need to quarantine?

- No, if someone in the home is identified as a close contact the rest of the family is a close contact to the close contact. All other members of the family can continue to come to school while the family member who was identified as a close contact quarantines and is tested. The close contact and other household members should monitor themselves for symptoms. The close contact should be tested on day six of last exposure to the COVID positive person. If someone in the family becomes COVID positive then the members living in the household would be considered close contacts and follow the quarantine and testing protocols. If the close contact becomes positive then the rest of the family must test and quarantine according to the guidelines.



Commonly Asked Questions Cont.

As a close contact, can I return to work or school if I receive a negative test result and do not have any symptoms?

- A close contact needs to complete their 10 day quarantine and monitor themselves for 14 days for symptoms even if they receive a negative test result.

What happens if someone in my household is determined COVID-19 Positive?

- If a member of a household is determined COVID-19 Positive and can not isolate away from the other members of a household then, all other members of that household need to start their 10 day quarantine, AFTER the 10 day isolation period of the COVID-19 Positive household member regardless of a negative test. (20 DAYS)

Can I continue to work or go to school while I am waiting for a routine COVID-19 screening test?

- Yes, there is no need to quarantine when waiting for screening test results.

Does school count as one of the two stable cohorts my child can be part of?

- Yes, your child's classroom cohort and daycare cohort both count.

If my child needs to quarantine or isolate due to any COVID-19 reason, will they still have access to their education?

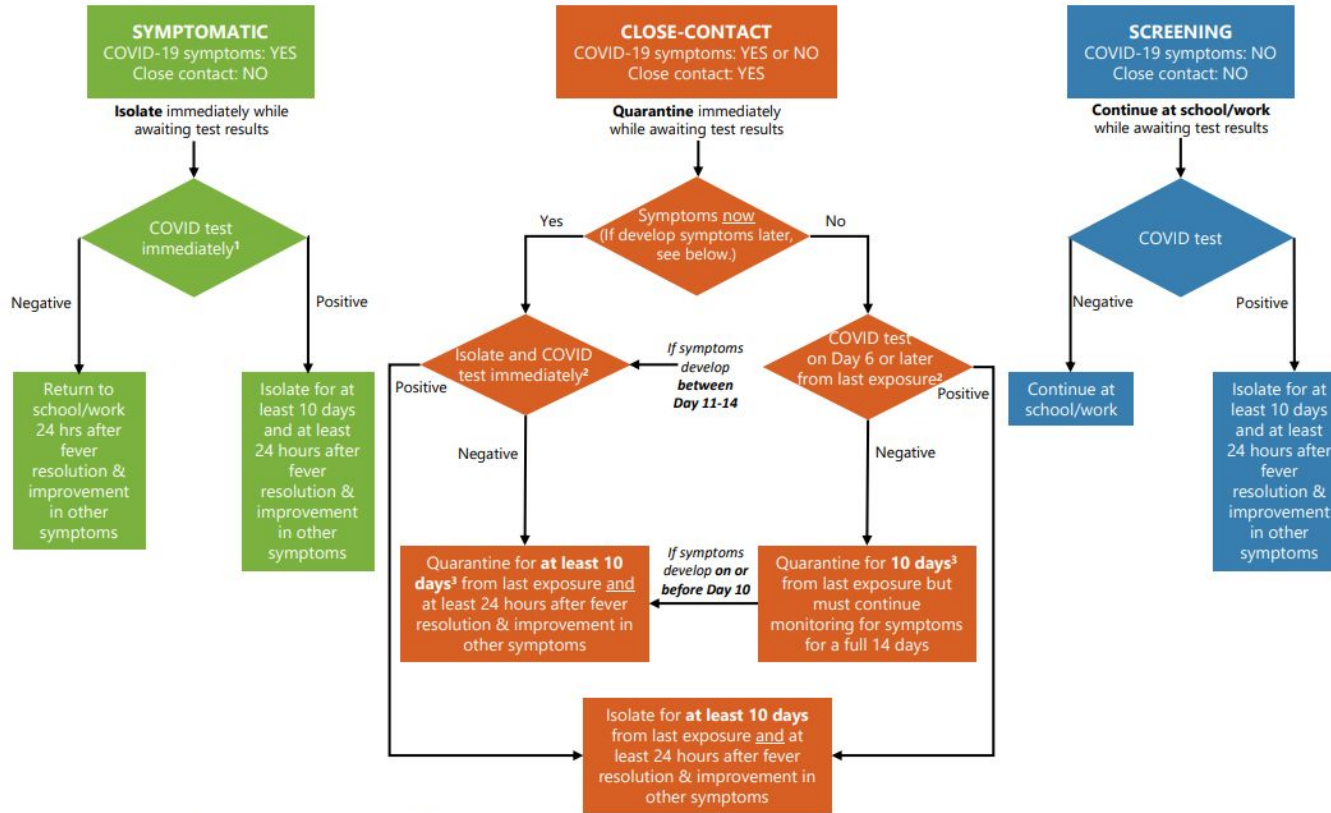
- Yes, your child will have access to their classroom through zoom during their quarantine.



Resources

TEST RESULT DECISION TREE

Isolation and Quarantine Recommendations While Awaiting and After Receiving COVID-19 Test Results



1. If not tested, obtain medical note (explaining why not tested) OR follow instructions for positive case.
 2. If test done earlier than 6 days after last exposure to case, repeat testing towards the end of the quarantine period. If not tested, quarantine for 10 days.
 3. If person is a household contact and is continuously exposed, quarantine starts once the case's isolation period ends and continues as directed above.

Steps to Take in Response to Confirmed or Suspected COVID-19 Cases and Close Contacts

Scenario	Immediate Steps	Interpreting Results	Return to School/Work
<p><u>Scenario 1:</u> Individual exhibits one or more COVID-19 symptoms</p>	<ul style="list-style-type: none"> Send student/staff home. Recommend immediate testing. Notify school administration and COVID-19 Designee. Classroom remains open. If student/staff is <i>not tested</i>, must obtain medical note (explaining why not tested) OR follow instructions for positive case. 	<ul style="list-style-type: none"> If test is <u>negative</u>, stay at home until 24 hours after resolution of fever and other symptoms improve. If test is <u>positive</u>, isolate at home for at least 10 days after the first symptoms started and at least 24 hours after resolution of fever and other symptoms improve. Send out letters. 	<ul style="list-style-type: none"> If <u>negative</u>, return to school 24 hours after resolution of fever and improvement in other symptoms; provide evidence of negative test <u>or</u> medical note explaining why testing was not performed. If <u>positive</u>, can return once full isolation period is completed.
<p><u>Scenario 2:</u> Student or staff identified as a Close Contact* to a person who has tested positive for COVID-19</p> <p>A close contact is someone who was within 6 feet of the infected person for at least 15 minutes at any time beginning 2 days before the infected person had symptoms or tested positive.*</p>	<ul style="list-style-type: none"> Send home with instructions to quarantine for 10 days after last exposure. Recommend testing around day 6 after last exposure or, if symptomatic, test immediately. If test done earlier than day 6, repeat test towards end of quarantine. Notify school administration and COVID-19 Designee. Send out appropriate letters. Classroom remains open. All test results should be reported to the school. 	<ul style="list-style-type: none"> If test is <u>negative</u>, quarantine for 10 days and monitor symptoms for 14 days after last exposure to COVID-19 case. If continuously exposed to a case during the case's isolation (e.g. household member), quarantine ends 10 days after the case's isolation period ends. If test is <u>positive</u>, isolate for at least 10 days after symptom onset AND at least 24 hours after resolution of fever AND other symptoms improve. (If <u>never symptomatic</u>, isolate for 10 days after date of positive test.) 	<ul style="list-style-type: none"> Return to school/work once full 10-day quarantine is completed (or if contact became positive, full isolation period is completed). No medical note is needed. NOTE: Contacts must <u>self-monitor for symptoms for a full 14 days</u> from last exposure to case. If <u>symptoms develop</u> during the 14-day monitoring period, see Test Result Decision Tree for guidance.
<p><u>Scenario 3:</u> A student or staff member tests positive for COVID-19 in a cohort or non-cohort setting</p>	<p style="text-align: center;">COHORT – Classroom closes</p> <p><u>Case:</u></p> <ul style="list-style-type: none"> Send home with instructions to isolate. <p><u>Contact:</u></p> <ul style="list-style-type: none"> Send home all members of the class cohort and any other campus close contacts. Then follow SCENARIO 2. Notify school administration and COVID-19 Designee Notify Public Health Department <p style="text-align: center;">NON-COHORT – Classroom remains open</p> <p><u>Case:</u></p> <ul style="list-style-type: none"> Send home with instructions to isolate. <p><u>Contact:</u></p> <ul style="list-style-type: none"> Use seating chart/roster & staff/student input to determine close contacts to send home. Then follow SCENARIO 2. 	<p><u>Case:</u></p> <ul style="list-style-type: none"> For student/staff whose test is <u>positive</u>, isolate for at least 10 days after symptom onset AND at least 24 hours after resolution of fever AND other symptoms improve. (If <u>never symptomatic</u>, isolate for 10 days after date of positive test.) <p><u>Contact:</u> FOLLOW SCENARIO 2</p>	<p><u>Case:</u></p> <ul style="list-style-type: none"> Return to school/work once full isolation period is completed. No medical note needed. <p><u>Contact:</u> FOLLOW SCENARIO 2</p>
<p><u>Scenario 4:</u> Routine COVID-19 screening (no symptoms, not a close contact)</p>	<ul style="list-style-type: none"> Continue at school/work until results are available. 	<ul style="list-style-type: none"> If <u>negative</u>, no action needed. If <u>positive</u>, FOLLOW SCENARIO 3. 	<ul style="list-style-type: none"> If <u>negative</u>, continue at school/work. No documentation needed. If <u>positive</u>, FOLLOW SCENARIO 3.

*Close contact can be 15 minutes of continuous contact OR repeated short-duration interactions with the infected person. Being considered a close contact does not depend on whether the contact or the infected person was wearing a face covering during their interaction.

Home Isolation & Quarantine Guidelines

Isolation and Quarantine Steps for People Before and After COVID-19 Diagnostic Test Results

There are a number of reasons why you may need to be tested for COVID-19: (1) because you have symptoms of possible infection, (2) because you were in close contact with someone who was infectious with COVID-19, or (3) because you are in a job that recommends or requires testing. The directions below will help you to determine what you should do while you are waiting for your diagnostic test results, and what to do after your test results are available.

What to do while you're waiting for test results:

(1) If you have any COVID-19 symptoms*, follow the Isolation Steps while you are waiting for results.

*COVID-19 symptoms include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Sore throat
- Muscle or body aches
- Fatigue
- Nausea, vomiting, or diarrhea
- Headache
- Loss of taste or smell

(2) If you have no symptoms but were in CLOSE CONTACT with a person who was infectious with COVID-19, follow the Quarantine Steps while you are waiting for your test results.

(3) If you do not have COVID-19 symptoms and are not a close contact, you just need to wait for your test results. You do not need to follow Isolation or Quarantine Steps.

What to do after you get your test results:

If you test COVID-19 positive, follow the Isolation Steps.

If you test negative AND:

1. You were a close contact of a COVID-19 positive person ⇒ continue to **follow the Quarantine Steps**.
2. You have COVID-19 symptoms* but are not a Close Contact ⇒ **follow Isolation Steps** until 24 hours after resolution of fever and improvement of other symptoms (unless otherwise directed by the Public Health Department or a physician to stay home for longer)
3. You were not a close contact and have no COVID-19 symptoms ⇒ **you can resume your regular activities**.

CLOSE CONTACT of a COVID-19 positive person – someone who was within 6 feet of the infected person for at least 15 minutes at any time beginning 2 days before the infected person had symptoms or tested positive. Close contacts include people who had 15 minutes of continuous contact with the infected person, as well as people who had repeated short-duration interactions with the infected person. Being considered a close contact does not depend on whether the contact or the infected person was wearing a face covering during their interaction.

Restrictions & Information that Apply to BOTH Home Isolation & Home Quarantine:

Separate yourself from others:

- Stay at home except to seek medical care.
- Do not prepare or serve food to others.
- Do not use public transportation.
- Limit contact with pets.
- Separate yourself from others in your home.
- Do not allow visitors.
- Do not go to work, school, or public areas.

If you cannot meet the requirements for Isolation or Quarantine, you can call the COVID-19 Support Team at 408-885-3980 to request assistance with housing, food, or other needs.

Prevent the spread:

- Wear a mask and cover your coughs and sneezes.
- Wash your hands often.
- Clean and disinfect all "high-touch" surfaces every day.
- Do not share household items.

Practice homecare:

- Rest and drink plenty of fluids.
- Seek medical care if you develop symptoms or your symptoms get worse.
- Seek medical care if you experience: difficulty breathing, inability to keep fluids down, dehydration, or confusion.
- Call ahead before seeking medical care, notify the provider you are under isolation, and wear a mask at all times.

Home Isolation Steps	Home Quarantine Steps
<p>If you have been diagnosed with COVID-19 or you are awaiting COVID-19 test results, you must follow the Home Isolation Steps to prevent the spread of disease.</p> <p>Stay home until you have recovered and are not infectious</p> <ul style="list-style-type: none">• Most people with COVID-19 have mild illness and can recover at home.• Monitor your symptoms closely and seek medical care if symptoms worsen, especially if you are at a higher risk of serious illness¹.• If you have symptoms, you can be with others after:<ul style="list-style-type: none">○ At least 10 days since symptoms first appeared, AND○ 24 hours with no fever (without use of fever-reducing medication) AND○ Improvement in symptoms• If you have no symptoms, you can be with others after:<ul style="list-style-type: none">○ 10 days have passed since your first positive test was collected <p>Note: If you are severely immunocompromised or ill, your doctor may recommend a longer isolation period.</p> <p>Close Contacts</p> <ul style="list-style-type: none">• If you have a test confirmation or doctor's diagnosis of COVID-19, then everyone who you had close contact with from 48 hours before your symptoms began until you self-isolated should follow the Home Quarantine Steps. Please share this document with them. To request help in notifying your Close Contacts without revealing your identity to them, please call 408-970-2870.<p>What if you cannot separate yourself from others?</p><ul style="list-style-type: none">• Anyone who continues to be in close contact with you will need to extend their quarantine until 10 days from the day you finish isolating.	<p>If you live in a household with or had close contact with someone diagnosed with COVID-19, you must follow these Home Quarantine Steps. It can take up to 14 days to become infected with COVID-19. You must stay home and monitor your own health during this time to prevent passing infection to anyone else.</p> <p>Stay home to see if you develop symptoms</p> <ul style="list-style-type: none">• You must stay home, even if you test negative, and continue to quarantine for the full 10 day period.• If you do not have symptoms, you may end quarantine after Day 10 but should continue monitoring symptoms for a full 14 days.• If you are unable to avoid close contact with the person with COVID-19, you must stay in quarantine for 10 full days after the case's isolation period. This could mean quarantine for 20 days.• If you do not have symptoms, get tested 6 or more days after last exposure to a case. If you are tested before that, get tested again 6 or more days after last exposure to a case. <p>What if you develop symptoms?</p> <ul style="list-style-type: none">• If you develop any COVID-19 symptoms, and they are new symptoms that you do not usually have in daily life, then you may have COVID-19, and you must follow the Home Isolation Steps (to the left).• Get tested immediately.<ul style="list-style-type: none">○ If positive, continue to follow Home Isolation Steps○ If negative and the test was earlier than 6 days after last exposure to case, get tested again towards the end of your quarantine period.○ If negative and the test was done 6 or more days from the last exposure to the case, no additional testing is needed, but you must remain in quarantine for a full 10 days. <p>Which groups should seek additional information on the period of their quarantine?</p> <ul style="list-style-type: none">• Certain workers² should consult with their employer, who may contact the Public Health Department for additional guidance.
<p>¹If you are 60 years or older or have a condition such as heart, lung, or kidney disease, diabetes, high blood pressure, or a weakened immune system, you are at higher risk of getting more seriously ill.</p> <p>²Workers with special quarantine considerations: Consult your employer if you are considered a first responder or healthcare worker and compliance with the Public Health Department's isolation and quarantine guidance would compromise the continuity of service of your operation or department. See COVID-19 Quarantine Guidance for Healthcare Workers During Critical Staffing Shortages.</p>	

Home
Isolation &
Quarantine
Guidelines
Link