

# STUDENT & FAMILY HANDBOOK (updates in RED)

## 2021-22 COVID-19 SAFETY (updated 3-30-22)



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**More resources can be found at:**

[Sonoma County Emergency and Preparedness Information](#)  
[SCOE:Coronavirus Information for Schools and Families](#)

**For questions about COVID-19, please call the Sonoma County Health and Human Services phone call center at (707) 565-4400.**

# Overview

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*The goal of Santa Rosa City Schools is to ensure a safer return to school for all students and staff. This handbook was developed in partnership with the Sonoma County Office of Education (SCOE) and reviewed by the Sonoma County Department of Health Services (SCDHS) to support a healthier school environment during the COVID-19 pandemic. We are implementing enhanced health and safety practices and protocols, which includes intensifying cleaning and disinfecting of common spaces, restrooms, and frequently touched surfaces throughout our schools, maintaining physical distancing and stable classroom cohorts, and increasing personal protective behaviors (e.g., handwashing and face covering) based on guidance from the Sonoma County Office of Education (SCOE), Sonoma County Department of Health Services (SCDHS), California Department of Education (CDE), the California Department of Public Health (CDPH), and the Centers for Disease Control (CDC).*

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## Please follow these guidelines to help us maintain a safe and healthy learning environment:

- ❑ Instruct your child / children in proper hand washing and mask wearing.
- ❑ Limit travel and social activity to reduce possible exposure to COVID-19.
- ❑ Limit participation in group activities and gatherings with mixed households.
- ❑ Participation in multiple stable groups should be minimized. A stable group is a group of children who stay together to minimize COVID-19 exposure by limiting cross-over. Examples include elementary school classes, aftercare, youth sports club, recreational class. Your household and transportation group (e.g., bus) are not considered stable groups.
- ❑ Maintain physical distance and wear face coverings.
  - ❑ Face coverings are **strongly recommended** for all students, staff, and the public while in Santa Rosa City Schools offices and school campuses.
  - ❑ Instruct your child in safely wearing and taking off masks. **Encourage your child to arrive** at school with a face-covering daily (pack a back-up face covering in their backpack).
- ❑ Check your household and child/children each morning for signs of illness.
  - ❑ Do daily health self checks to ensure no COVID-19 symptoms are present.
  - ❑ Do not pre-medicate your child with symptomatic relief medications (e.g., ibuprofen [Motrin], acetaminophen [Tylenol], pseudoephedrine / Sudafed, diphenhydramine [Benadryl]) *unless for known, chronic conditions; such as seasonal allergies, sinusitis.*
  - ❑ Do NOT send your child/children to school if they *or anyone in the household* (e.g., caregivers, siblings) exhibit any symptoms of COVID-19. Per CDC, people with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.
- ❑ **Notify the school** immediately:
  - ❑ If your child has symptoms of COVID-19.
  - ❑ If your child has had close contact with someone who has tested positive for COVID-19.
  - ❑ If a household member has symptoms of COVID-19 or has a known exposure to COVID-19.

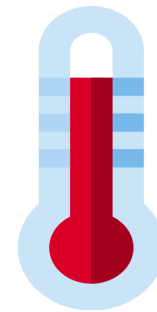
# Promoting Behaviors to Reduce the Spread of COVID-19 at School

*These are our expectations for overall safety for students, staff, parents, and the community. Together, we can lower the risk of the spread of COVID-19 and promote a positive and nurturing learning environment for our students.*

## When to Stay Home from School

1. **If your child has a fever of 100.4°F or higher or any symptoms of illness.** parents/guardians should check their child/children for symptoms of illness **every morning** before bringing them to school. If your child has any of the following symptoms of COVID-19, they must NOT come to school and you should consult your healthcare provider about testing.

- Fever (100.4 or greater)
- Dry cough
- Sore throat
- Shortness of breath
- Possible loss of taste or smell
- Headache
- Nausea, vomiting or diarrhea
- New onset of runny nose
- Muscle or body aches
- Fatigue or lethargy



## Isolation and Quarantine Guidance

As of **March 14, 2022**, there are changes for the K-12 guidance for Isolation and ~~but not for~~ Quarantine. Below are the active recommendations:

### For Students: (as of **March-14, 2022**)

**Isolation:** When someone needs to separate from others because they have been tested confirmed “positive” for COVID-19

Persons Who Test Positive for COVID-19 (Positive Cases)	Recommended Action
<p>Everyone, regardless of vaccination status, previous infection or lack of symptoms.</p>	<ul style="list-style-type: none"> <li>● <b>Stay home</b> (PDF) for at least 5 days.</li> <li>● Isolation can end after day 5 if symptoms are not present or are resolving <b>and</b> a diagnostic specimen* collected on day 5 or later tests negative.</li> <li>● If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10.</li> <li>● If fever is present, isolation should be continued until the fever resolves.</li> <li>● If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after day 10.</li> <li>● Per CDPH masking guidance, it is <b>strongly recommended</b> that persons wear a well-fitting mask around others for a total of 10 days, especially in indoor settings. (see Section below on masking for additional information)</li> </ul> <p>*Antigen test preferred.</p>

**Quarantine:** When someone has been exposed as close contact to a confirmed positive case

### New K-12 “Group Tracing”

K-12 Students Who are Exposed in K-12 setting	Recommended Action (option for Group-tracing approach) <a href="https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Group-Tracing-Approach-to-Students-Exposed-to-COVID-19.aspx">https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Group-Tracing-Approach-to-Students-Exposed-to-COVID-19.aspx</a>
<p>Any <b>K-12 student</b> (regardless of vaccination status, masking, prior infection, etc.) who</p> <ul style="list-style-type: none"> <li>● <b>Shared indoor air space for at least 15 minutes</b> (within 24hrs) with a positive COVID-19 Case in <b>K-12 setting</b></li> </ul>	<ul style="list-style-type: none"> <li>● Stay in school for in-person instruction.</li> <li>● May continue with extracurricular activities and don’t need to quarantine outside of school.</li> <li>● Should get tested for COVID-19 with at least one diagnostic test obtained within 3-5 days after last exposure (<b>unless the student tested positive for COVID-19 within the last 90 days</b>).</li> <li>● <b>Strongly recommended to wear a well-fitting face covering when around others.</b></li> <li>● <b>If symptoms develop, should stay home and test as soon as possible.</b> In the event of wide-scale and/or repeated exposures, broader (e.g., grade-wide or campus-wide) once weekly testing for COVID-19 may be considered until such time that exposure events become less frequent.</li> </ul>

### Traditional Student Quarantine

Persons Who are Exposed to Someone with COVID-19 (Un-protected Contacts) Non-school Setting	Recommended Action (Standard at-home Quarantine)
<ul style="list-style-type: none"> <li>● Unvaccinated staff, pre-K, college; OR</li> <li>● Unvaccinated K-12 student exposed <b>at home</b></li> <li>● Unvaccinated K-12 student exposed <b>unmasked</b> at school (<b>if taking Standard CT approach</b>)</li> <li>● Vaccinated and booster-eligible but have <b>not</b> yet received their booster dose (age 18 or older).*</li> </ul>	<ul style="list-style-type: none"> <li>● <b>Stay home</b> (PDF) for at least 5 days <b>after your last exposure to COVID-19</b>.</li> <li>● Test on day 5.</li> <li>● Quarantine can end after day 5 if symptoms are not present <b>and</b> a diagnostic specimen collected on day 5 or later tests negative.</li> <li>● If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10.</li> <li>● <b>Strongly recommended to wear a well-fitting face covering when around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information).</b></li> <li>● Strongly encouraged to get vaccinated (<b>and booster if eligible</b>).</li> <li>● If testing positive, follow isolation recommendations above.</li> <li>● If symptoms develop, test and isolate while awaiting results.</li> </ul>

## FOR STAFF ONLY

BELOW ARE THE MOST RECENT GUIDELINES FROM THE CALIFORNIA DEPARTMENT OF PUBLIC HEALTH AND CONFIRMED BY SONOMA COUNTY DEPARTMENT OF HEALTH SERVICES ([March 14, 2022](#))

CDPH Isolation and Quarantine Updates. Effective 3-3-22

### Isolation recommendations for the SRCS Staff

Persons Who Test Positive for COVID-19 (Isolation)	Recommended Action
<p>Everyone, regardless of vaccination status, previous infection or lack of symptoms.</p>	<ul style="list-style-type: none"> <li>● <b>Stay home</b> (PDF) for at least 5 days.</li> <li>● Isolation can end after day 5 if symptoms are not present or are resolving <b>and</b> a diagnostic specimen* collected on day 5 or later tests negative.</li> <li>● If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after day 10.</li> <li>● If fever is present, isolation should be continued until fever resolves.</li> <li>● If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after day 10.</li> <li>● <b>Strongly recommended to wear</b> a well-fitting <b>face covering when</b> around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information)</li> </ul> <p>*Antigen test preferred.</p>

### Quarantine recommendations for the SRCS Staff

Staff Who are Exposed to Someone with COVID-19 (No Quarantine)	Recommended Action
<ul style="list-style-type: none"> <li>● Boosted; OR</li> <li>● Vaccinated, but not yet booster-eligible.</li> </ul> <p>(See Appendix for definition of booster-eligible)</p>	<ul style="list-style-type: none"> <li>● Test on day 5.</li> <li>● <b>Strongly recommended to wear</b> a well-fitting <b>face covering when</b> around others for 10 days, especially in indoor settings (see Section below on masking for additional information)</li> <li>● If testing positive, follow isolation recommendations above.</li> <li>● If symptoms develop, test and stay home.</li> </ul>

[Booster Eligibility Table Link](#)

Staff Who are Exposed to Someone with COVID-19 (Quarantine)	Recommended Action
<ul style="list-style-type: none"> <li>Unvaccinated**; OR</li> <li>Vaccinated and booster-eligible** but have <b>not</b> yet received their booster dose.</li> </ul> <p>**Includes persons previously infected with SARS-CoV-2, including within the last 90 days.</p> <p>(See Appendix for definition of booster-eligible)</p>	<ul style="list-style-type: none"> <li><b>Stay home</b> (PDF) for at least 5 days, after your last contact with a person who has COVID-19.</li> <li>Test on day 5.</li> <li>Quarantine can end after day 5 if symptoms are not present <b>and</b> a diagnostic specimen collected on day 5 or later tests negative.</li> <li>If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10.</li> <li><b>Strongly recommended to wear</b> a well-fitting <b>face covering when</b> around others for a total of 10 days, especially in indoor settings (see Section below on masking for additional information)</li> <li>If testing positive, follow isolation recommendations above.</li> <li>If symptoms develop, test and stay home.</li> </ul>

**Parents/guardians must notify the school immediately if their child or household member tests positive for COVID-19 or if a household member may have been exposed to COVID-19.** This information will be kept confidential. School phone numbers are available on our website at [srcschools.org/ourschools](https://srcschools.org/ourschools).

### To report an illness or absence, please contact your school office

- Parents/guardians should keep their child home and inform the school immediately if their child *or a household member* (including a babysitter or caregiver):
  - is being evaluated for COVID-19; or,
  - has tested positive for COVID-19; or,
  - may have been exposed to COVID-19.
- This information will be kept confidential.
- Student absences related to illness or quarantine are considered excused absences (Ed Code 48205).
- School phone numbers are available at [srcschools.org/ourschools](https://srcschools.org/ourschools).



### Hand Hygiene

Frequent hand hygiene is one of the most important preventative practices to help slow the spread of COVID-19 and will be encouraged at school. Hand hygiene stations will be accessible on campus.

Students and staff will be required to wash or sanitize their hands upon arrival to school each day before entering the classroom. Time for hand hygiene will be scheduled throughout the day including before eating and before returning to the classroom after recess.



#### Five steps to proper handwashing

- Wet your hands with clean, running water (warm-cold), turn off the tap, and apply soap.
- Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

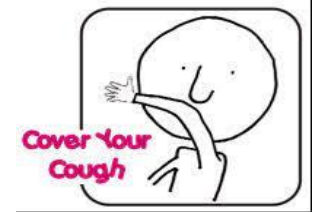
## How to use hand sanitizer

1. Apply the hand sanitizer to the palm of one hand (read the label to learn the correct amount).
2. Rub the sanitizer over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

## **Cough Etiquette and Other Important Health and Hygiene Practices**

**Please help us teach your child these important preventative measures to reduce the spread of COVID-19 and other illnesses.**

- Even while wearing a mask, cough and sneeze away from other people.
- Wash or sanitize your hands frequently.
- Avoid touching the eyes, nose, and mouth with unwashed hands.
- Avoid close contact with anyone who is sick.
- Maintain as much physical distance from others outside your home.
- Avoid touching drinking fountains with your lips or mouth
- Please discuss the importance of physical distancing measures while not at school, including discouraging students from gathering elsewhere.



*Encourage your child to ask questions and express their feelings with you and their teachers. Remember that your child may have different reactions to stress; be patient and understanding.*

## **Arrival at School and Departure from School**

Distance Limiting is a requirement of our Guidelines. Parents and families are asked to keep off campus as much as possible to ensure a lower capacity of individuals as possible. When on campus for school business, all parents and guardians are asked to:

- Mask (**strongly recommended**)
- Remain as distanced as possible from others ~~and~~,
- Check into the office

### **For Students**

- There will be designated areas for entry to and exit from the school. Your school will provide information on their specific protocols for the drop-off and pick-up process.
- Parents should stay in the car when they drop off their child/children. If parents walk their child to school, they should drop them off at the entrance to the school and not enter the school campus.
- Students will need to go directly to their designated classroom or meeting location.
- Physical distancing protocols will be followed to minimize contact between students, families and staff.

## **Student Vaccinations**

As of this guidance, COVID-19 vaccinations are NOT a requirement of enrollment. That may change in the future.

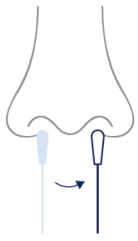
Students are strongly encouraged to be vaccinated as they become eligible. There is no requirement for vaccinations for students as a condition for in-person learning. Students that are vaccinated, if exposed, have far less severe symptoms. Also, vaccinated students are not required to leave school if they are exposed to "close contact" as long as they do not have any symptoms. Full vaccinations and now a "Booster" are considered the highest level of care. When available, Boosters are a recommended step for full student and staff safety from COVID-19. See [Booster Eligibility](#)



## **Student Testing**

Asymptomatic Testing (no symptoms)

Santa Rosa City Schools provides free PCR testing to students and family members, Weekly asymptomatic (no symptoms) testing is an additional safety measure to prevent the possible spread of COVID-19. Without symptoms, many people with COVID-19 infections aren't even aware they are carriers of the virus. As a result, they may not be taking the necessary precautions to isolate themselves and protect others.



- No out of pocket cost for anyone taking the test
- Pre-Registration is required (see links / QR codes below)
- Self-administered shallow nasal swab
- Results within 3 -4 days

**NOTE:** This is NOT for anyone with symptoms, please see these locations for anyone testing WITH symptoms below.

When: Every Monday - Thursday 2:30 pm - 5:00 pm

Where: Lewis Early Learning Academy  
2230 Lomitas Ave  
Santa Rosa, 95401



**To Pre-Register for testing, use the link below:**

<https://home.color.com/covid/sign-up?partner=4970920students>

<https://home.color.com/covid/sign-up?partner=4970920staff>

Rapid County Symptomatic and Asymptomatic Testing (sick with symptoms)

Students who are feeling sick or are sent home from the isolation tent can now receive a free no-appointment needed COVID-19 test through the County of Sonoma on Monday or Friday mornings 8:30 AM - 3:30 PM.

Testing for people with or without symptoms

When: Every Monday and Friday 8:30 AM - 3:30 PM

Where: Lewis Early Learning Academy  
2230 Lomitas Avenue  
Santa Rosa, 95401

For other testing sites in Sonoma County, please visit - [Sonoma County Testing Locations](#)

## Student On-Site Pool Voluntary Screen Testing

The framework for student testing should match the conditions in the community and if possible the conditions in the school. Rates of transmission and positivity rates are factors. As determined by the District in consultation with the Sonoma Department of Health Services (SDHS) student testing should occur in any of the following methods:

Based on the "Tier" of transmission of COVID-19 in our community, there will be increasing levels of interventions that are designed to keep students safe. They are outlined in Appendix A.

Voluntary Screen testing of students and staff will be provided at each school during this phase of COVID. This program is administered by the State of California under the "pooled" process of testing. Enrollment in this system is voluntary and **parents must actively give consent to be enrolled in the program.** To learn more about this "pool" testing program or to review the parental consent form, please visit the [Pool Testing Parent Consent](#) post in ParentSquare at: <https://www.parentsquare.com/feeds/10663342>

Students and staff found to be infectious with COVID-19 during these tests will be required to isolate and quarantine in accordance with the guidance above.

## Staff Vaccinations & Testing

Under County Order C19-33, All staff are ~~recommended~~ **required** to be **fully vaccinated (completed the primary series of COVID-19 vaccinations) as of April 1, 2022, and recommended to receive a booster, if eligible.** Staff that **have not completed the primary series of vaccinations (1 dose Johnson & Johnson [Janssen] or 2 doses Pfizer or Moderna)** are required to participate in **once-weekly** surveillance testing. ~~As of March 1, 2022, they must be tested twice per week.~~ Employees that miss the District provided testing at their work site are responsible for making up this test on their own. They are welcome to use the testing at **the Lewis Early Learning Academy, 2230 Lomitas Avenue** during their posted hours.



In addition, voluntary “pooled” surveillance testing described above for students will be made available to all staff at all **District sites.** **However “Pooled” testing is NOT available for employees that are required to test.**

## Masking

Effective March 28, 2022 masks are “strongly recommended” in all indoor SRCS settings.

~~Under current levels, masking for students and staff is required in all indoor public settings. Staff that is in a room or work space by themselves are not required to wear a mask but are to mask when they move to any public areas.~~

Masking **either indoors or** outdoors is not currently required but it is “strongly recommended”. However, as part of a tiered safety strategy, in **the instance of** higher level of community transmission, it may become a requirement, as noted in Appendix A.

Under recent guideline updates, the minimally acceptable type of mask that is recommended is a surgical or fabric mask with three or more layers. See chart below. These masks are made available and provided at each school location for students, staff, and visitors.

## Types of Face Coverings

Face coverings are **strongly recommended** to be worn by everyone on campus unless exempt for medical reasons. If a student does not have a face covering or has lost theirs, **one will be provided upon request.** ~~Students who refuse to wear their face covering will be sent home.~~ See the [CDPH Guidance for the Use of Face Coverings](#) for more information.

Face coverings should not be placed on:

- Children younger than 2 years old
- Anyone who has trouble breathing or is unconscious

- Anyone who is incapacitated or otherwise unable to remove the face-covering without assistance

A face covering should:

- be well-fitting (covers only the nose and mouth and surrounding areas of the lower face)
- have no valves
- if cloth, have at least two layers of fabric
- be appropriate and meet district dress code requirements (e.g. no inappropriate fabric patterns, no Halloween masks, no hate symbols, etc.)



When putting on or removing your mask, make sure your hands are clean and try not to touch the mask itself, but rather the earloops. For a demonstration, watch CDC How to Safely Wear and Take Off a Cloth Face Covering ([English](#)) ([Spanish](#)).

## Choosing your Mask

### Cloth Masks

Cloth masks can only work well if they are tight fitting and made of materials that filter out small particles. Good cloth masks have:

- Two layers of **tightly woven** cotton with a third layer of non-woven fabric. The third layer could be a mask filter insert, or a synthetic fabric such as polypropylene.
- Nose wires to reduce gaps from the nose.
- Adjustable ear loops or straps that go around the head to reduce gaps from the face.

Face coverings without these properties should not be used in higher risk situations if other options are available. Examples of less effective face coverings are two-layer cotton masks, bandanas, and gaiters.

The CDC provides a list of commercially available face coverings that meet minimum filtration and breathability requirements (ASTM F3502-21). If purchasing a mask that conforms with American Society for Testing and Materials standards, choose a mask rated as "Level 2" which will provide better filtration than a Level 1 mask. A Level 1 mask has a filtration efficiency of at least 20% while a Level 2 mask has a filtration efficiency of at least 50%. The optional leakage ratio test provides additional information on the likelihood the mask will fit to provide an adequate seal to the wearer's face. Higher leakage ratios indicate a better fit.

### Medical Masks (also called Surgical Masks or Disposable Face Masks)

Medical masks include various types of loose-fitting disposable masks. The fit of a medical mask can be improved with a simple [modification](#) or by using a [mask brace](#) (fitted). Look for the following when buying medical masks:

- Masks with three layers of non-woven material.
- An adjustable nose bridge.
- Surgical masks with ties may provide a closer fit than ear loops.
- Passed ASTM F2100; ASTM F2100 level 2 for higher filtration efficiency (American Society for Testing and Materials).

## Adult Vaccinations

All Staff of SRCS shall be fully vaccinated and as of March 1, 2022, fully Boosted.

- All volunteers including classrooms, chaperones, snack bar workers shall follow the current vaccination guidelines for staff.
- All vendors respective and prospective must follow the same vaccination guidelines for staff.

## Activities, Visitors, and Field Trips

**Parent volunteers are allowed on campus to supervise indoor and outdoor activities and are subject to the same safety guidelines (vaccine, masking, etc) as staff.** Parents that are coming for a “single” conference such as an SST, or an IEP may come on campus and follow all masking and sanitization protocols. However “volunteers and other parents that “work” (even without compensation) are required to follow the guidelines outlined by the Board and they are:

- They have been Fingerprint Cleared
- They have provided their TB clearance
- They are fully vaccinated and boosted as of April 1, 2022
- They maintain all other requirements of the SRCS COVID Safety Plan



Student activities such as dances and school events will be allowed under these guidelines:

- There is a fixed, reduced capacity (Effective April 1, 2022, under 1000 attendees indoors, under 10,000 attendees outdoors, per CDPH). As an example priority will be given to Seniors in order to promote their “senior experience” when possible.
- Events will be held outdoors when possible.
- All participants are strongly encouraged to wear masks at all times, even outdoors.
- Food, if provided, is to be served outdoors if possible, and in a manner that safely maintains social distancing. through a “grab and go” method that does not require masks to be taken off.
- All events must have the pre-approval of Education Services.

Field Trips will be allowed if all components of the CSP can be followed.

- For any Field Trip, masking at ALL times will be strongly recommended.
- Transportation for any event must ensure social distance at the maximum extent possible.
- ~~masks are worn at all times and~~
- Windows are to be open when possible.

**Students** participating in an overnight school field trip are recommended to be fully vaccinated and boosted if eligible. If not, then it is recommended that students need to be either fully vaccinated or submit a negative antigen COVID test taken within 24 hours prior to the trip.

**Staff that are chaperones** are recommended to be fully vaccinated and boosted if eligible. If not, then it is recommended that staff need to be either fully vaccinated or submit a negative antigen COVID test taken within 24 hours prior to the trip.

Volunteers are recommended to be fully vaccinated and boosted if eligible. If not, then it is recommended that volunteers submit a negative antigen COVID test taken within 24 hours prior to the day/week of volunteering.

Additional guidelines and best practices for field trips, overnight trips, activities, and social events will be reviewed on a case-by-case basis by District administration. Under higher levels of community transmission such activities and events ~~overnight field trips and athletic events~~ may be canceled as noted in Appendix A. ~~included in next~~

week's COVID Update to reflect current state recommendations. The state is currently reviewing its guidance related to graduation and grad night events.

## Student Athletics

### [Links to Athletic Guidance](#)

All students participating in wrestling or high school basketball regardless of vaccination status will be required to participate in weekly PCR based testing. Athletes not tested will be excluded from practice and games until proof of test.

### Indoor Sports

- Masks are **strongly recommended** for **all participants, coaches, personnel,** and **spectators** pursuant to existing state and local health orders.
- When actively practicing, conditioning, or competing in indoor sports, masks are required by participants even during heavy exertion, as practicable. If masks are not worn due to heavy exertion, individuals undergo screening testing at least once weekly.
- Capacity will be capped at, as of guidance effective 2-16, 1,000 attendees for an indoor event.
- Staff supervision at the entrance and bleachers monitoring the mask mandate.

If individual tests positive, they are to immediately quarantine whether they are vaccinated or not.

- Unvaccinated must be quarantined for a full 14 days and can test on day 5 or later and return on Day 7, if they have no symptoms.
- Vaccinated, must quarantine and test on day 5 or later and return on Day 7, if they have no symptoms.

Close Contacts:

- If you experience any symptoms, vaccinated or not, you must be quarantined for 14 days and can test on day 5 or later and return on Day 7 if you have no symptoms.
- Unvaccinated with NO symptoms, you must be quarantined for 14 days and can test on day 5 or later and return on Day 7, if you continue to have no symptoms.
- Vaccinated with NO symptoms, you can return to play but you must monitor yourself for any symptoms for 14 days.

### Outdoor Sports

- Strongly recommend that masks be worn outdoors by spectators while at a large event. Encourage social distancing of spectators as much as possible.
- ~~Students participating in PE classes outdoors may choose not to wear a mask, especially when engaging in rigorous outdoor activities.~~

### Locker Room

- Players should arrive dressed to play as much as possible.
- Avoid having different teams use a locker room at the same time.
- **Strongly recommend** mask use in locker rooms.
- Consider closing showers

## Transportation Recommendations

### Team Buses and Vans

- It is strongly recommended that all occupants keep masks on while traveling on school- events.
- Keep windows open. Turn the fan on high and set it to outdoor air.
- If more than one vehicle is used, have the same people ride together to and from the activity.

### Carpooling

- Encourage participants and staff who carpool to ride with the same people each time travel occurs
- Everyone in the vehicle is Strongly encouraged to wear a face mask.
- Keep windows open. Turn the fan on high and set it to outdoor air.

## Overnight Considerations

### The following Best Practices were released by Sonoma County Department of Health Services :

#### Registration:

- Strongly encourage up-to-date vaccination for all attendees
- Verify vaccination status for all students, staff, volunteers, and chaperones attending the trip
- If not fully-vaccinated, require negative diagnostic COVID-19 test (PCR collected within 3 days or antigen collected within 24 hours of trip)
- Preassign groups, roommates, and carpooling cohorts

#### Pre-screening:

- Assess students visually symptom check at time of arrival and departure for all students, staff, and volunteers
- Take known recent exposures into consideration for exclusion
- Maintain a log of all attendees

#### Masking:

- All attendees should follow current local and state guidelines for masking
- Masks are Strongly Recommended

#### Environment:

- Consider holding activities outside; if indoors, open doors and windows to increase ventilation and distance at least feet apart
- Increase airflow from central HVAC
- Have hand sanitizer readily available after activities and as needed

#### Miscellaneous:

- Consider shortening the length of the planned event (to limit the length of potential exposure)
- The school should be prepared to implement strategies for when someone gets sick, including an area to isolate symptomatic attendees and a plan to transport symptomatic individuals home
- Masks should be made available upon request

## **Guidelines from Sonoma Department of Public Health have not been revised as of 2-18. These guidelines below remain in effect for overnight considerations.**

Overnight Travel is not recommended by the Sonoma County Department of Health Services. SRCS has developed protocols that balance the risk and reward of allowing families to choose the activity in the best interests of their son or daughter.

### **Adult Volunteers**

Any adult that travels with any non-family student must be fully vaccinated and Boostered beginning February 1, 2022.

As a general setup, the coach or group leader should create the trip and event in as much of a "Family-pod" type structure that is they need to try to:

- Travel together
- Sleep amongst each other
- Eat with each other

The overall objective is to keep a possible spread of COVID to one "pod" and not the entire team or club.

### **Vaccinations**

- Currently, vaccination for students 12 and older is highly recommended by not required
- Unvaccinated students attending an overnight trip must test and be COVID-negative testing 72 hours prior to trip departure.
- Any group leaving the State must be tested and quarantined until receiving a negative result, regardless of vaccination status.
- Any student or staff traveling with an unvaccinated person must be informed and consent to be part of a "pod" with an unvaccinated person.

### **Team Buses and Vans**

- Masks are required pursuant to existing state and local orders.
- Keep windows open. Turn the fan on high and set it to outdoor air.
- If more than one vehicle is used, have the same people ride together to and from the activity.

### **Carpooling**

- Encourage participants and staff who carpool to ride with the same people each time travel occurs
- Everyone in the vehicle should wear a face mask.
- Keep windows open. Turn the fan on high and set it to outdoor air.

### **Locker Room**

- Limit congregating in locker rooms
- Players should arrive dressed to play as much as possible
- Avoid having different teams use a locker room at the same time.
- Ensure mask use in locker rooms.
- Consider closing showers

### **Hotels**

- Design the accommodations to be in the same travel pod. The same
- Pods can be in each other's rooms as appropriate, but not with another pod.
- Rooms don't have to be separated by floors, but mixing in the rooms should not happen
- All activities outside the room are required to be masked

## Eating

- ~~Travel and Sleeping pods need to be maintained while eating.~~
- ~~Site down restaurants are permitted as grouped by pods~~
- ~~NOTE: Some out of areas restaurants require full vaccination cards to eat indoors~~

## Activity

- ~~Whether indoor or outdoor, SRCS students must wear masks at all times~~
- ~~American Academy of Pediatrics — Orientación interina: Regreso al deportes y la actividad física~~

## Music and VAPA

Specific to wind and brass instruments if unable to wear a mask:

- Conduct activities outdoors, or...
- Use modified face coverings and bell coverings when playing, and maintain 36 feet of physical distancing, or...
- Perform at least weekly screening testing w/ either PCR testing or antigen testing of all individuals, including those fully vaccinated

### For choral:

- Students **are recommended to remain** masked while speaking, chanting, and/or singing. In cases **for which** the majority of the music activity will be continuous group singing, double masking or use of choral masks is strongly recommended
- It is recommended that students sing at least 3 feet apart when indoors, and 6 feet is strongly recommended
- It is recommended that students who are able to stand while singing do so to allow greater physical distancing
- Take breaks between singing to limit continuous periods of singing
- Consider singing outdoors

### Other music classrooms:

- Adhere to other masking requirements **or recommendations**.
- Wash/sanitize hands
- Spread out as much as possible

For more detailed information, visit our SRCS Music Safety Guidelines linked [HERE](#).

## Shared Objects

The following guidelines will be followed regarding shared objects:

- Discourage students from sharing items that are difficult to clean, sanitize or disinfect.
- Keep each child's belongings separated from others' and in individually labeled containers, cubbies or other areas.
- Limit sharing of supplies between students and disinfect between uses if sharing is unavoidable.



- Ensure adequate supplies to minimize sharing of high-touch materials to the extent possible (e.g., assigning each student their own art supplies, equipment) or limit the use of supplies and equipment by one group of children at a time and clean and disinfect between uses.

## Food Guidelines and Food Services

Santa Rosa City Schools plans to adhere to the following guidelines:



- Meals are served for breakfast and lunch and served in a grab and go manner to be taken outside when possible to eat.
- Breakfast bags will be served on campus to be eaten in a socially distanced manner.
- Students may bring snacks, but should not share them with other students.
- Students will be required to wash hands or use hand sanitizer before and after eating.
- Students are encouraged to wear a mask while eating, pull the mask down while taking a bite, and replace the mask after the bite.

## Water Access

When possible, students should bring **a personal labeled water bottle of their own from home that they do not share**. Refilling stations will be available. There will be bottled water for students who do not have a bottle. Drinking fountains may be disabled in order to reduce virus transmission.

## Passing Periods

Follow the directions for passing period safety that has been established at your school. Some schools might dismiss classrooms in a staggered manner to minimize contact. Hallways indoors might be one-way and students will always stay to the right side of outdoor breezeways and walking areas throughout school campuses. Maintain physical distance from others as you travel between classrooms.

## Student Parking Lots

Your school will provide information on specific protocols for student parking. In general, students ~~should~~ **are encouraged to** wear a mask, minimize their time in the parking lot, and maintain social distance from others.

# Health and Hygiene Practices

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*Everyone at school will be expected to follow good health and hygiene practices so that we can keep our campus safe. In addition to daily health screening, we can also promote safe and healthy schools by wearing a mask, keeping physical distance, practicing excellent hand hygiene and participating in asymptomatic testing.*

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## Physical Distancing

Sonoma County Public Health recommends physical distancing be maintained between adults and students. Santa Rosa City Schools have the following measures in place to ensure students will remain apart to the maximum extent possible while in lines, hallways, and at all other times since there are no minimum spacing guidelines.

## Immunizations

Immunization requirements for admission to school remain unchanged for the 2020-2021 school year.

According to the California Department of Public Health's Shots for School website:  
<https://www.shotsforschool.org>.

# Isolation Area

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*If a child develops symptoms at school, parents/guardians will be contacted to pick up their child within 30 minutes. If the school is unable to reach the child's parents within 5 minutes, the emergency contact will be called to pick up the child. **The student cannot wait in an isolation area for the rest of the school day.***

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If a student becomes ill or develops symptoms of COVID-19 while on campus, they will be required to wait in an isolation area until they can be transported home or to a healthcare facility, depending on the severity of symptoms.

The isolation area is separate from the regular health office on campus. Students with non COVID-19 health needs may continue to use the health office when necessary.

## Isolation Protocol: If a Student Develops Symptoms at School

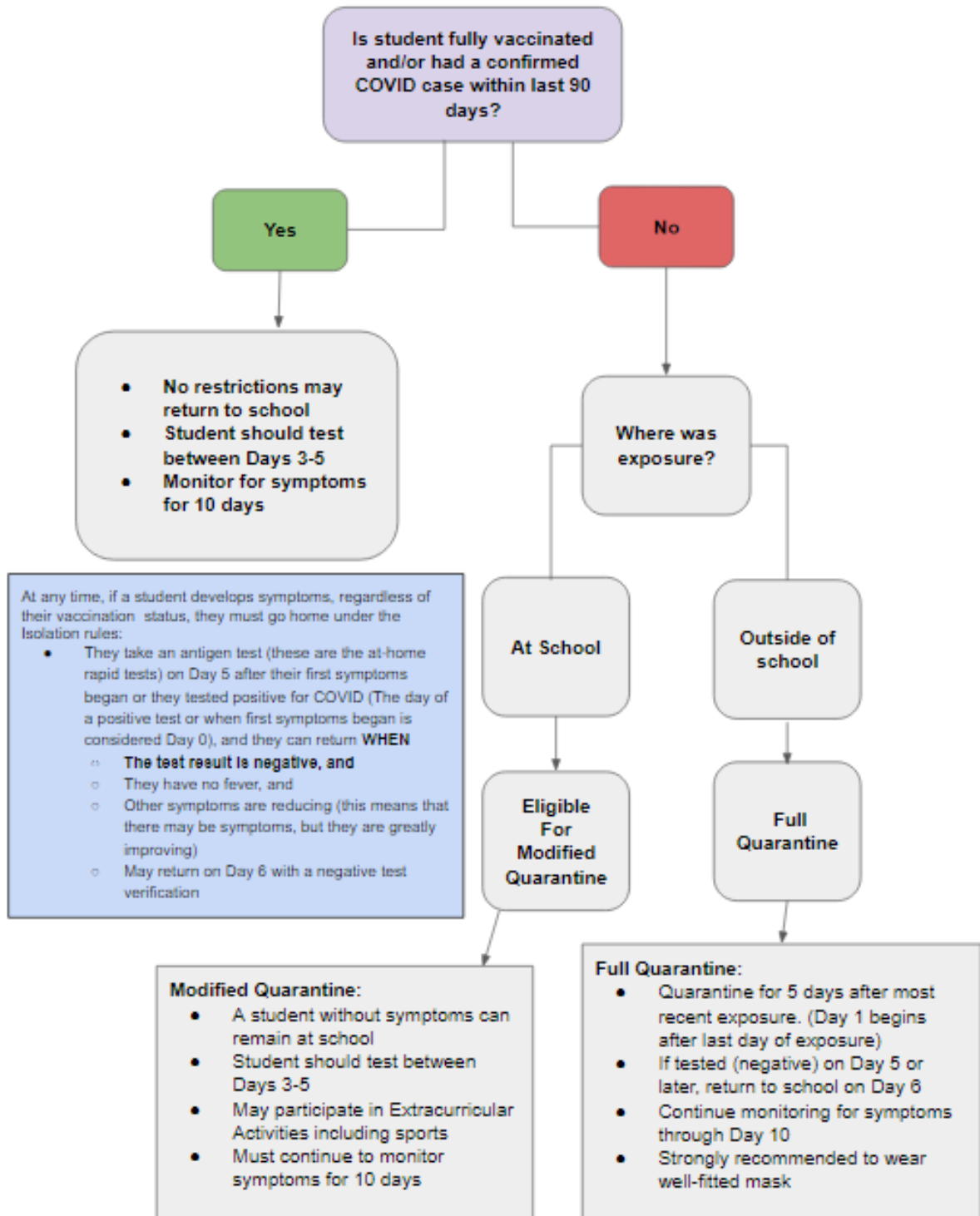
If a student develops a fever of 100.4°F or higher and/or symptoms consistent with COVID-19, the student will be placed in an isolation area and observed until they are picked up. **Students must be picked up within 30 minutes by a parent/guardian or an emergency contact.**

- Parents/guardians must always have a plan for picking up their children. **IMPORTANT: Siblings and/or other household members attending school must also be picked up at that time.**
- When the parent arrives to pick up their child(ren), stay in the car, call the office, and wait for the child to be escorted outside. Parents and other visitors are not allowed on campus during this time.
- Please contact your child's healthcare provider to schedule an appointment and/or schedule COVID-19 testing.
- **Your child, their siblings, and other household members attending school will not be allowed to return to school until the symptomatic child:**
  - has tested negative for COVID-19 and their symptoms are improving\* *and* they are fever-free for 24 hours without the use of fever-reducing medications.
  - has received an alternate diagnosis (migraine, strep throat, etc.) from a healthcare provider *and* their symptoms are improving\* *and* they are fever-free for 24 hours without the use of fever-reducing medications.
  - has tested positive for COVID-19 and has completed the 10 day isolation period *and* their symptoms are improving\* *and* they are fever-free for 24 hours without the use of fever-reducing medications.
- Per Public Health guidance, students who decline testing must complete a 10 day quarantine period, with day 1 starting the day after the symptoms first started, *and* be fever-free for 24 hours without the use of fever-reducing medications before returning to school.
- Please call your school as soon as possible if your child is diagnosed with COVID-19.

*\*Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation*

***IMPORTANT: Children who are isolated or quarantined at home cannot participate either in in-person instruction or in any extra-curricular activities (including child care, athletics, clubs, etc.).***

## Student exposed to positive COVID case



March 30, 2022

## ISOLATION and COVID-19 Case Definitions (all settings)

<b>COVID-19 "Case"</b>	<p>A <b>Case</b> is defined as a person who has tested positive for COVID-19, regardless of vaccination status, previous infection, or symptom status. <b>All Cases</b> should complete Isolation 1 (below).</p> <p><b>To Note:</b> If a person develops COVID-like symptoms but declines to get tested, current guidance recommends they also follow protocol for Isolation.</p>
<b>COVID-19 Infectious Period</b>	<p>The <b>Infectious period</b> for a COVID-19 Case begins <b>2 days prior to symptom onset</b> (or appx 2 days prior to the testing date, if no symptoms).</p> <p>COVID-19 Cases will continue to be infectious for an <i>additional</i> 5-10 days after symptom onset (or test date, if no symptoms), and they should complete Isolation during this period (see below).</p> <p>A Case's <b>last infectious day</b> is the day before they are released from Isolation.</p>
<b>Isolation (Cases)</b>	<p><b>Isolation</b> separates those infected with a contagious disease from people who are not infected.</p> <p><b>Day 0 of Isolation</b> is the day their first symptoms began (or the day their positive test was collected, if they develop no symptoms). The full isolation period lasts for <b>5-10 days</b>.</p> <p>Cases can be released from Isolation when they meet the <b>Isolation Release Criteria</b>.</p>
<b>Isolation Release Criteria</b>	<p>A Case can be released any time <b>after 5 days</b> of Isolation if:</p> <ul style="list-style-type: none"> <li>→ Fever has resolved, AND</li> <li>→ Other symptoms are resolving (or have resolved), AND</li> <li>→ They are tested (antigen preferred) <b>on Day 5</b> or later, and receive a negative result, AND</li> <li>→ They are <b>strongly recommended to wear a well-fitted mask</b> around others for remainder of 10 days (especially indoors). <del>If returning to extracurriculars, they must mask, otherwise they must be excluded for the remainder of the 10 days.</del></li> </ul> <p><b>OR:</b> Can be released <b>after 10 days</b> of Isolation, without a test if:</p> <ul style="list-style-type: none"> <li>→ Fever has resolved, AND</li> <li>→ Other symptoms are resolving (or have resolved)</li> </ul> <p>Once an individual is released from Isolation, they are considered "recovered."</p>

1 Positive COVID-19 Cases involved in any school, childcare, community, or youth settings should follow these Isolation guidelines. However, Quarantine guidelines may vary by setting and nature of exposure. Please refer to specific corresponding pages for Quarantine guidance.

2 People who are confirmed positive for COVID-19 (by diagnostic testing) are exempt from future quarantine if they are exposed to COVID-19 again in the 90 days following their infection. Without the positive diagnostic test, they are not considered confirmed, and are not exempted from future quarantine or testing (should either be required). Should recently confirmed cases be required to test during that 90-day window, they should test by antigen, as a PCR test may pick up a positive result, even after the individual is no longer infectious (due to dead viral genetic material still being present in the body).

3 In certain circumstances, it is strongly advised that Contacts to do an initial test immediately after learning of their exposure. If negative, testing should be repeated later in the quarantine period, based on current quarantine guidelines and recommendations. A negative result on an early test does not guarantee that they will not develop COVID-19 later in their quarantine period, and a test done too soon will not clear them from Quarantine any sooner.

## QUARANTINE & COVID-19 Contact Definitions (all settings)

<p><b>COVID-19 “Contact”</b></p>	<p>Someone is a <b>COVID-19 Contact</b> if they had close contact with an infectious COVID-19 Case.</p> <p><b>Close contact</b> is defined as being <b>within 6 feet</b> of an individual for a total of <b>15 minutes</b> (or more) over the course of a day – <b>OR</b> if they <i>briefly</i>:</p> <ul style="list-style-type: none"> <li>o Had direct physical contact with a COVID-19 Case (hugged, kissed, etc.)</li> <li>o Provided direct care for someone sick with COVID-19</li> <li>o Were sneezed/coughed on by a COVID-19 Case</li> <li>o Shared eating/drinking utensils with a COVID-19 Case</li> </ul>
<p><b>Quarantine (for Contacts)</b></p>	<p><b>Quarantine</b> restricts the movement of persons who were <u>exposed</u> to a contagious disease, in case they become infectious. When exposed people are in Quarantine, it breaks the chain of transmission.</p> <p><b>Day 0 of Quarantine</b> is the Contact’s date of <b>most recent exposure</b> to an infectious Case.</p> <p>The type and length of someone’s Quarantine may vary. Please see the following pages for <b>setting-based Quarantine guidance</b>, to determine the applicable guidelines for close contacts exposed in your setting (or elsewhere).</p> <p>If a close contact tests positive (or becomes symptomatic and does not test or get an alternate diagnosis), they should begin <b>isolation</b>.</p>
<p><b>“Unvaccinated”</b></p>	<p>People are considered <b>unvaccinated</b> until they meet the criteria of “fully-vaccinated.” This category includes <b>partially-vaccinated</b> individuals, and those who have <b>not yet</b> completed their primary series of vaccinations within the last 2 weeks.</p>
<p><b>“Fully- Vaccinated”</b></p>	<p>Someone is considered <b>fully-vaccinated</b> when it has been <b>at least 2 weeks since receiving the final dose</b> of their primary COVID-19 vaccine series (Pfizer or Moderna: 2 doses, J&amp;J: 1 dose). <del>This term may be phased out, as it is ambiguous as to whether or not they are due for a booster.</del></p>
<p><b>“Booster- Eligible”</b></p>	<p>Someone is considered <b>booster-eligible</b> when they are <b>due</b> for a booster after already receiving their primary series. Booster eligibility can be checked here: <a href="#">CDC Booster Eligibility timelines</a></p>
<p><b>“Up-to-Date”</b></p>	<p>Someone is considered <b>up-to-date</b> immediately after receiving their booster. People who are <b>not yet due</b> for a booster may be also considered “up-to-date” if fully-vaccinated.</p>
<p><b>Quarantine Exemptions</b></p>	<p>The following Close Contacts are <b>not</b> required to quarantine after an exposure:</p> <ul style="list-style-type: none"> <li>• <b>Fully-Vaccinated</b> (but not yet booster-eligible)</li> <li>• <b>Booster-eligible</b>, AND is under the age of 18 or a K-12 student of any age</li> <li>• <b>Up-to date</b> (“boosted,” or fully-vaccinated but not booster-eligible)</li> <li>• Recently diagnosed with COVID-19 within 90 days prior to exposure (&amp; already recovered)</li> </ul> <p><b>After being exposed, these individuals should:</b></p> <ul style="list-style-type: none"> <li>→ Test 5 days after exposure (or right away if symptoms develop)</li> <li>→ <b>Strongly recommended to wear a <a href="#">well-fitting mask</a></b> around others for 10 days, especially indoors</li> </ul>

## General Scenario-based Guidance (all settings)

Scenario	Actions	Considerations
<p><b>Scenario 1:</b></p> <p>Someone has symptoms of COVID-19</p>	<p>Should be tested ASAP and isolated while waiting for results, and until a determination can be made as to how to proceed.</p> <p>Tests can be <b>PCR</b> or <b>antigen</b>. Over-the-counter (OTC) tests are acceptable if they are <b>FDA approved</b> and if results are <b>verified</b>.</p> <p><b>Close contacts are <u>not</u> required to quarantine until a Case is confirmed positive by diagnostic testing.</b></p>	<p>Reinforce importance of <b>testing</b> to confirm COVID status <b>2</b></p> <p>FDA-approved <a href="#">PCR</a> &amp; <a href="#">Antigen</a> tests</p> <p><b>Result verification methods</b> are outlined in <a href="#">OTC Testing Guidance</a>.</p>
<p><b>Scenario 2:</b></p> <p>Someone tests negative after symptom onset</p>	<p>They may return when they meet the criteria of your site's <b>non-COVID illness policy</b>.</p> <p>Individual policies will vary by site/district, but <i>might include</i>:</p> <ul style="list-style-type: none"> <li>→ No fever for a certain number of hours</li> <li>→ No vomiting or diarrhea for a certain number of hours</li> </ul> <p><i>If new or differing symptoms develop after testing, test again.</i></p>	<p>If they have symptoms specific to COVID (ie: <b>loss of taste or smell</b>) and receive a negative antigen result, <b>consider testing by PCR</b> and/or again by antigen.</p>
<p><b>Scenario 3:</b></p> <p>Someone declines to get tested after symptom onset</p>	<p><b>Before returning, they must either:</b></p> <p>Provide proof of <b>alternate diagnosis</b> (from a HCP) and meet your site's non-COVID illness policy criteria (see above)</p> <p><b>OR:</b> May alternatively complete <a href="#">Isolation</a> and meet the <a href="#">Isolation Release Criteria</a> prior to returning.</p> <p>The COVID-19 Case <b>should be sent home</b> with instructions to complete <a href="#">Isolation</a>. The Case must meet the <a href="#">Isolation Release Criteria</a> prior to returning.</p> <p><b>If the Case was on-site during their infectious period</b>, use one of the following approaches for Contact Tracing (CT):</p> <ol style="list-style-type: none"> <li><b>1. Individual Contact Tracing approach</b> (all settings): Identify and notify those who were <b>Close Contacts</b> to the infectious Case while on-site, including students, staff, or visitors. <ul style="list-style-type: none"> <li>· See following pages to determine the applicable guidelines for close contacts in your specific setting.</li> </ul> </li> <li><b>2. Group-Tracing approach</b> (for K-12 students only): When individual CT cannot be completed, due to high volume of cases on campus - Identify and notify <b>exposed group</b> of students who shared indoor space an infectious Case on-site. <ul style="list-style-type: none"> <li>· See page on Group-Tracing for details.</li> </ul> </li> </ol> <p><b>If the Case is involved with an on-site exposure</b>, report the Case to Public Health by sending the completed <a href="#">Case Reporting form</a> to <a href="mailto:SoCo.schools@sonoma-county.org">SoCo.schools@sonoma-county.org</a>. Please complete all required fields, and as many of the optional ones as you can. This reporting may be done in batches, or one case at a time.</p> <p>Being "<b>involved with an on-site exposure</b>" includes:</p> <ul style="list-style-type: none"> <li>· The Case themselves caused an on-site exposure, OR</li> <li>· The Case may have resulted from an on-site exposure (they were initially a Contact exposed to COVID on-site, and then ended up becoming a Case within the following 14 days)</li> </ul>	<p><b>Encourage testing to confirm COVID-19 status</b>, so that they may be exempt from future quarantine if exposed again in the following 90 days.<b>2</b></p> <p>If an infectious Case was on-site within the last 24 hours, <b>clean and disinfect</b> spaces occupied by that person (desk, etc.)</p> <p>Provide all Cases with the <a href="#">Resource packet for Cases</a></p> <p>Provide Contacts with the <a href="#">Resource packet for Contacts</a></p> <p><b>Notifying Contacts:</b> In their notification, be sure to include their last date of exposure, as well as recommended testing timeline.</p> <p>If using the <b>Individual Tracing approach</b>, refer to the <a href="#">Exposure Advisory Templates</a></p> <p>For the <b>Group-Tracing approach</b> (K-12 students only), refer to the <a href="#">Group-Tracing Advisory templates</a></p>
<p><b>Scenario 4:</b></p> <p><b>(+) Positive COVID-19 CASE</b></p> <p>Someone has been confirmed positive for COVID-19</p>		

## Quarantine Guidance for Close Contacts who were

Exposed **outside of K-12 setting** (at home, preschool, college/IHE, or any other community setting)

Close Contacts Exempt from Quarantine	Guidelines
<ul style="list-style-type: none"> <li>· Up-to-date (boosted, or fully-vaccinated and not booster-eligible)</li> <li>· Booster-eligible K-12 students (any age, exposed anywhere)</li> <li>· Previously confirmed positive in the 90 days prior to exposure</li> </ul>	<p>Please refer to guidelines outlined in the <a href="#">Quarantine Exemptions</a> section on page 3.  <i>If being exposed at home, refer to FAQ Scenario F.</i></p>

Booster-Eligible Contacts	Guidelines
Staff member was exposed to COVID-19.	Staff Contact may opt for <b>Work Quarantine</b> . <i>If being exposed at home, refer to FAQ Scenario F.</i>
Student (non K-12) or other individual was exposed to COVID-19 in any setting, other than a K-12 site.	They must complete <b>Standard Quarantine</b> . <i>If being exposed at home, refer to FAQ Scenario F.</i>

Unvaccinated Contacts	Guidelines
Child, Student, Staff, or other individual was exposed to COVID-19 in any setting, other than a K-12 site.	<p>They must complete <b>Standard Quarantine</b>.</p> <p><b>NO Work quarantine option</b> for those who are considered unvaccinated.</p> <p><i>If contact is being exposed at home, refer to FAQ Scenario F for strategies to stop continual exposure and to reduce quarantine length.</i></p>

Type of Quarantine	Protocol
Standard (at-home) Quarantine	<p><b>Quarantine at home</b> for 5-10 days, Day zero being the date of <b>most recent exposure</b>.</p> <p><b>If they remain asymptomatic:</b></p> <ul style="list-style-type: none"> <li>· May discontinue quarantine after Day 5, <b>if tested negative on/after Day 5</b>. Strongly recommended to <b>wear a well-fitting mask</b> around others through Day 10, especially indoors. <del>If returning to extracurriculars, they must mask, otherwise they must be excluded for the remainder of the 10 days.</del></li> <li>· May discontinue quarantine after Day 10, if declined testing on/after Day 5</li> </ul> <p>➤ <b>If symptoms develop</b>, they should get tested and isolate in the meantime</p>
Work Quarantine	<p><b>Must quarantine at home for 5-10 days</b> (following protocol above).</p> <p><b>The worker may continue working on-site (in-person) during quarantine if they:</b></p> <ul style="list-style-type: none"> <li>→ ü Remain asymptomatic</li> <li>→ ü Get tested (PCR or antigen) within 3-5 days after last exposure to an infectious Case</li> <li>→ ü <b>Strongly recommended to</b> continue to <b>wear a well-fitting mask</b> around others through Day 10, especially indoors.</li> </ul>

## Quarantine Guidance for Close Contacts who were

### Exposed in a K-12 Setting - Individual Contact Tracing Approach (standard)

*Includes child-care sites operating under K-12 guidance. If someone was exposed outside of the K-12 setting, refer to previous page.*

Close Contacts Exempt from Quarantine	Guidelines
<ul style="list-style-type: none"> <li>· <b>Up-to-date</b> (boosted, or fully-vaccinated and not booster-eligible)</li> <li>· <b>Booster-eligible</b> K-12 students (any age)</li> <li>· <b>Previously confirmed positive</b> in the 90 days prior to exposure</li> </ul>	<p>Please refer to guidelines outlined in the <b>Quarantine Exemptions</b> section on page 3.</p>

Booster-Eligible Staff Contacts	Guidelines for Contact
Staff was in close contact to a COVID-19 Case.	<p>Staff Contact may opt for <b>Work Quarantine</b> (see previous page) OR may complete <b>Standard Quarantine</b></p>

Unvaccinated Contacts	Guidelines for Contact
Staff was in close contact to a COVID-19 Case	<p>Staff Contact must complete <b>Standard Quarantine</b>. <b>NO Work quarantine option</b> for those who are considered unvaccinated.</p>
Student was in close contact to a COVID-19 Case.	<p><b>Unmasked exposure:</b> student must complete <b>Standard Quarantine</b>.** <b>Mask-on-Mask exposure:</b> students may opt for <b>Modified Quarantine</b>.**</p>

Type of Quarantine	Protocol
<b>Standard (at-home) Quarantine</b>	<p><b>Quarantine at home</b> for 5-10 days, Day zero being the date of <b>most recent exposure</b>.</p> <p><b>If they remain asymptomatic:</b></p> <ul style="list-style-type: none"> <li>· May discontinue quarantine after Day 5, <b>if tested negative on/after Day 5</b>. <b>Strongly recommended to wear a <u>well-fitting mask</u></b> around others through Day 10, especially indoors.</li> <li>· May discontinue quarantine after Day 10, if declined testing on/after Day 5</li> </ul> <p>➤ <b>If symptoms develop</b>, they should get tested and isolate in the meantime</p>
<b>Modified Quarantine (K-12 students only)</b>	<p><b>Must quarantine at home for 5-10 days</b> (following standard protocol above).</p> <p><b>The student may continue to attend in-person activities during quarantine if they:</b></p> <ul style="list-style-type: none"> <li>➔ Remain asymptomatic</li> <li>➔ Are excluded from all community and extracurricular activities until cleared</li> <li>➔ Get tested 2x (PCR or antigen), or once if on Day 5 or later to clear early on Day 6</li> <li>➔ <b>Strongly recommended to continue to wear a <u>well-fitting mask</u> around others through Day 10, especially indoors.</b></li> <li>➔ <del>Continue to appropriately mask, as required. If returning to extracurriculars before Day 11, they must mask, otherwise they must be excluded for the remainder of the 10 days.</del></li> </ul>

\*\* Schools who cannot realistically conduct individual contact tracing (due to high volume of cases on campus) should opt for the [Group-Tracing approach](#) for exposed students. See next page for details.

### Quarantine Guidance for **K-12 STUDENTS** who were **Exposed in a K-12 Setting - Group Tracing Approach**

*This approach may **not** be used for exposed staff, or for students exposed outside of the K-12 setting.*

*This approach is intended for when prompt and accurate Individual CT for students exposed in K-12 settings (as outlined on the previous page) is not feasible. It can be utilized in place of, or alongside Individual CT of students. It is not intended to retroactively “release” individuals from quarantine if the school was able to complete Individual CT.*

Exposed Group of Students	Guidelines
<p>Exposed group of K-12 students who shared indoor space with an infectious Case in a K-12 setting, for 15 minutes (or more) over the course of 24 hours.</p> <p>All of the exposed students are included in this group, regardless of:</p> <ul style="list-style-type: none"> <li>· their vaccination status</li> <li>· recent infection, or</li> <li>· mask status during exposure</li> </ul> <p>The intent of this approach is to minimize the time it takes to identify and notify the exposed individuals (considering the context of Omicron, which has a much shorter incubation period)</p>	<ul style="list-style-type: none"> <li>· Should be notified of the exposure (<a href="#">Group-Tracing Advisory templates</a>)</li> <li>· Do <b>not</b> need to quarantine</li> <li>· May stay in school for in-person instruction after exposure</li> <li>· <b>Strongly recommended to wear a well-fitting mask around others.</b></li> <li>· <del>Should wear a face covering as directed</del></li> <li>· May continue with extracurricular activities</li> <li>· Should get tested for COVID-19 within 3-5 days after last exposure (unless recently positive). Testing more often is always an option.</li> <li>· Should stay home and test ASAP if symptoms develop</li> </ul> <p><b>In the event of wide-scale and/or repeated exposures (ie: in one classroom, grade-wide or campus-wide), weekly testing may be considered until such time that exposure events on-site become less frequent.</b></p> <p>For more details on this approach, please refer to: <a href="#">CDPH K-12 Q&amp;A / FAQ</a> and <a href="#">CDPH Group-Tracing Approach for K-12 Students</a></p>

### **STAFF QUARANTINE GUIDELINES:** *(do not differ from Individual CT approach)*

Staff Contacts Exempt from Quarantine	Guidelines
<p><b>Staff Close Contacts who are: Up-to-date</b> (boosted, or fully-vaccinated and not yet booster-eligible), <b>Booster-eligible</b> AND under the age of 18, or recently confirmed positive in the 90 days prior to exposure (&amp; recovered).</p>	<p>Please refer to guidelines outlined in the <a href="#">Quarantine Exemptions</a> section (page 3).</p>

Booster-Eligible Staff Contacts	Guideline
<p>Staff was in close contact to a COVID-19 Case</p>	<p>Staff Contact may opt for <b>Work Quarantine</b></p> <p>OR may complete <b>Standard Quarantine</b></p>

Unvaccinated Staff Contacts	Guidelines

Staff was in close contact to a COVID-19 Case

Staff Contact must complete **Standard Quarantine**. **NO Work quarantine option** for those who are considered unvaccinated.

### Scenario-based FAQ (all settings)

FAQ - Scenario	Recommendation
<p><b>Scenario A:</b> Household Contact of Contact</p> <p>A student at our school has a sibling who has been exposed to COVID-19 and is in quarantine.</p> <p>Can our student continue coming to school?</p>	<p>It is best for the exposed sibling (Sibling A) to <b>separate</b> from others in the home, in case they become infectious during their quarantine. Regardless of whether or not they are able to separate, the student who is <b>not</b> quarantining (Sibling B) may continue coming to school.</p> <p><b>If Sibling A begins developing symptoms</b>, they should be tested <b>as soon as possible</b>. <del>ASAP</del>. If Sibling A tests positive and has been in close contact with Sibling B (starting 2 days prior to their symptom onset, or starting 2 days prior to their positive test date if they had no symptoms), Sibling B must stay home and not return to school until after completing their <b>at-home quarantine</b> (if not exempt).</p>
<p><b>Scenario B:</b> A student at our school tested positive for COVID-19, and they were in multiple classes during their infectious period.</p> <p>Do all of the students in those classes need to quarantine?</p>	<p>Only the individuals who were in <b>close contact</b> to the COVID-19 case will be required to quarantine (if not exempt). This may not be the entire classroom if strict classroom seating charts have been maintained (including at lunch tables, when 6-foot spacing cannot be maintained).</p> <p>The COVID Coordinator should work with the school to determine if they can <b>confidently confirm</b> who may have been a close contact. If this level of individual contact tracing cannot be completed, the school should opt for the Group-Tracing approach.</p>
<p><b>Scenario C:</b> A student received their 2nd vaccine dose one week ago but was just exposed to a positive case. Do they need to quarantine?</p>	<p>People are considered fully-vaccinated when it has been two full weeks since they received their final dose of their COVID-19 vaccine series (1st dose for J&amp;J, 2nd dose for Pfizer or Moderna).</p> <p>If they are exposed before they reach the two-week mark, they are still considered <b>unvaccinated</b> and they must quarantine as directed.</p>
<p><b>Scenario D:</b> Sports Exposure</p> <p>An athlete at our school tested positive for COVID-19, and was at sports practice all week.</p> <p>Does their entire team need to quarantine?</p>	<p><b>Not necessarily.</b> Schools should consider the full definition of a "close contact" when determining who needs to quarantine. Exposure can occur very quickly during direct physical contact. Therefore, some activities don't require the 15 minutes to be considered close contact.</p> <p>Different sports carry different levels of risk depending on if they are played indoors or outdoors, and whether they are low-contact or moderate/high- contact activities.</p> <p>In moderate or high-contact activities, such as football or basketball, the entire team may have had direct physical contact during play, and therefore are considered exposed. When investigating exposure, schools should consider if players congregated on sidelines, in locker rooms, or before/after practice.</p> <p>Any player(s) who meet the criteria to be considered a close contact should quarantine (at home if unmasked) unless exempt and asymptomatic.</p>

K-12 schools *may* opt for the **Group-Tracing approach** in this scenario.

## Scenario-based FAQ (2) (all settings)

FAQ - Scenario	Recommendation
<p>Scenario E: Preschool exposure</p> <p>A COVID-19 positive child at our preschool was present while infectious. Do all of the kids in their cohort need to quarantine?</p>	<p>In the preschool setting, safe mitigation measures (vaccination, masking, distancing, etc.) and strict classroom seating charts are not always possible.</p> <p>Because of the nature of the setting, it is not common for daycare/preschool sites to be able to confidently confirm who was and was not in close contact with the infectious case, unless the case is an infant or someone who was known to have minimal contact with others during the day. As a precaution, it may be best to consider the entire stable group as potentially exposed, especially indoors.</p>
<p>Scenario F: Household Exposure</p> <p>Someone from our school/program has a household member who is positive for COVID-19.</p> <p>When can they come back?</p>	<p>Even if someone is <b>exempt</b> from quarantine, they should make best efforts to completely separate from the infectious household member, to reduce risk of becoming sick. Complete separation is not required, but is still highly recommended. See “complete separation” criteria below.</p> <p>If someone is <b>not</b> exempt from quarantine, and have had <b>close contact</b> at home, they must do <b>standard (at home) quarantine</b>. If they can <b>completely separate</b> from the infectious person, then their quarantine clock begins right away. Day 0 of their Quarantine would be the day they made <b>complete separation</b>.</p> <p><b>Complete separation in the home includes ALL of the following:</b></p> <ul style="list-style-type: none"><li>→ <b>Separate bedroom</b> – OR: heads of beds at opposite ends, 6+ feet apart</li><li>→ <b>Separate bathroom</b> – OR: showering at separate times of day, wiping down high-touch surfaces, keeping toothbrushes separated, etc.</li><li>→ Keeping at least <b>6 feet of distance</b> from the positive Case at all times</li><li>→ <b>AND</b> wearing <b>masks is strongly recommended</b> when sharing common spaces (both the positive Case and the other household members)</li></ul> <p>If they <b>cannot</b> completely separate (they are being <b>continually exposed</b>), their quarantine “clock” may not begin until after their <b>final exposure</b> to an infectious Case. Final exposure (Day 0 of Quarantine) may end up being the Case's last day of their <b>Isolation / infectious</b> period.</p>

### Scenario G: Allergy Symptoms

A student at our site has sniffles  
(mild allergy-like symptoms).

Do they need to be tested?

When can they come back?

An informed decision about what warrants testing should be made on a **case-by-case basis**. This decision can be made by the school nurse, or by COVID liaison in conjunction with Public Health as needed. Schools should consider if the child in question has a **documented health history of allergies (alternate diagnosis)**, and be sure their current symptoms match their typical baseline symptoms for the diagnosis. If there is a change from their baseline symptoms, this would require follow-up (and possibly testing).

However, if the person has any other COVID-19 symptoms, recent exposure to COVID-19, or if the nasal discharge is not clear - then it would be indicated that they **test right away**, and be isolated while waiting for results.

**Those who test negative** after symptom onset can return to the site when they meet the criteria of your site's non-COVID illness policy.

**Please note** that other certain infectious diseases (like **Norovirus**) still need to be reported to the Sonoma County Department of Public Health.

**Please report all non-COVID infectious diseases to:**  
[PHNurse@sonoma-county.org](mailto:PHNurse@sonoma-county.org)

## Communication Plans

*Communication will play a vital role as we return to in-person learning. The primary communication platform will continue to be ParentSquare. All staff and families are encouraged to activate their account to receive timely and important information. The district and school sites will communicate with students, staff, and parents about cases and exposures at the school, consistent with privacy requirements such as FERPA and HIPAA.*

### ParentSquare

Santa Rosa City Schools uses ParentSquare for school communication, primarily with email, text and app notifications. ParentSquare automatically generates an account for each parent, using their preferred email address and phone number originating in the student information system. For email or cell phone number changes, please contact your student's school. ParentSquare can only recognize you as a parent/guardian if your school has the same email and/or textable cell phone information for you in our system.



We encourage parents to access their accounts so they can download the mobile app and update their preferences on when and how they are notified. Log into [ParentSquare](#) today. To learn more, visit our [ParentSquare webpage](#).

### School Actions and Communications in Case of Possible Exposure at School

The district and school sites will continue to communicate with students, staff, and parents about cases and exposures at the school, consistent with privacy requirements such as FERPA and HIPAA. Families will be notified of school or cohort closures and any restrictions in place to prevent COVID-19 exposure (*for example*: limited hours of operation) as soon as possible, via ParentSquare.

In the event that an individual at school has a confirmed case of COVID-19, SRCS will:

- Contact Sonoma County Public Health Department.
- In consultation with the Sonoma County Health Department, school officials will decide if closure of a stable group/classroom or the entire school is required.

- in consultation with Public Health, we will consider closing a class/stable group if one or more students or staff members are confirmed to have COVID-19
- in consultation with Public Health, we will close our entire school if multiple cohorts or classes/stable groups have confirmed cases of COVID-19 OR 5% of all students/staff have confirmed cases
- We will reopen in consultation with Public Health, typically after 10 days have passed and:
  - we have cleaned and disinfected all classrooms
  - we have consulted with Sonoma County Health Department
- We will communicate in writing with parents/guardians and staff to notify of any exposure or confirmed case(s) of COVID-19, maintaining the privacy of the individual(s). You can read our [sample letters](#) for communicating with parents/guardians of a class or school closure as well as notification when a student or staff member has been exposed to COVID-19.

## Resources for Families

### Tool Kits for Families

Get the Most out of Masking →

Appendix A: Tiered Interventions

#### Responses for COVID **Transmission Rate Changes** increases

For a comprehensive review of CDC guidelines for tiered interventions in response to COVID-19 transmission rates categorized as **Low, Medium, or High**.

Please see the **"COVID-19 Community Level and COVID-19 Prevention"** chart (revised 3-17-2022) at: [https://www.cdc.gov/coronavirus/2019-ncov/science/community-levels.html#anchor\\_47145](https://www.cdc.gov/coronavirus/2019-ncov/science/community-levels.html#anchor_47145)

As a Tiered response to lower ~~transitions~~ **transmission** rates in the community the following recommendations are being "rolled-back".

Effective 3/28

- Universal mask requirement changed to "strongly recommended" regardless of vaccination status
- Voluntary student "pool" testing schedule reduced to twice-monthly
- Mandated testing of "unvaccinated" staff reduced to once-weekly by April 1, 2022
- Booster requirement removed as qualifying exemption for staff enrollment for mandated weekly testing

Effective 2/24

- Remove Daily health screener through Parent Square for students and employees
- Remove Temperature taking for Indoor sports events
- Allow In-person meetings that maintain other precautions e.g. Masking, Ventilation, Spacing when possible

~~In conjunction with lower COVID-19 Community Rates effective March 28th to begin to twice-monthly voluntary student "pool" testing.~~

~~Phase 1 For "Moderate Transmission"~~

~~1. Begin Weekly Voluntary pooled Testing for Students and Staff.~~

- a. ~~Principals and Departments modified previous Documents for pooled distribution~~
- b. ~~By 1/11 Begin to send out Consent to pool test forms to families~~
- c. ~~Effective 1/24 begin first pooled testing~~
- 2. ~~1-17-22 begin Daily health screener through Parent Square for students and employees~~
- 3. ~~Middle School sports except wrestling must wear masks at all times.~~
- 4. ~~Limit Capacity for indoor events to 500~~
- 5. ~~Begin Temperature checking for indoor sports events~~
- 6. ~~No eating or drinking (mask off) in the gym~~
- 7. ~~Move all January meetings to Virtual including 1-27 Professional Development~~
- 8. ~~Reduced Rainy Day Elementary Lunch schedules~~
- 9. ~~Provide Rapid tests to all families when received by the County~~
- 10. ~~Begin enforcement with employee consequences for non-weekly testing~~

Phase 2 ~~"Substantial Transmission rates"~~ In addition to the above add:

- 1. ~~Student and employee daily temperature checks.~~
- 2. ~~Reduce / Restrict student recess/playground based on "color" codes.~~
- 3. ~~Students will be required to wear a mask while eating, pull the mask down while taking a bite and replace the mask after the bite.~~
- 4. ~~Reduce indoor sports activity capacity to athletes and family only.~~
- 5. ~~Require outdoor mask wearing for students and staff.~~
- 6. ~~Move IEPs and 504/SST to mandatory virtual.~~
- 7. ~~Consider canceling all overnight activities, sports, and extracurricular.~~