



Bear River High School Ghidotti Early College High School Nevada Union High School North Point Academy Silver Springs High School

Health and Safety Plan COVID-19 2022 – 2023 School Year

August 12, 2022

Updated: March 9, 2023

This guidance includes recommendations for students and mandatory requirements for staff. This guidance is intended to support safe, in-person learning in District schools and mitigate the spread of COVID-19. Disease management strategies in District schools are guided by the principle that safe, in-person learning is critical to student well-being and development. It is subject to change, as COVID-19 conditions can shift rapidly and our response in schools must remain nimble and responsive to dynamic challenges.

General Considerations:

1. The guidance is effective July 1, 2022, unless otherwise stated, and will continue to be reviewed regularly by the California Department of Public Health (CDPH).
2. For ease of reference, the guidance includes information about certain relevant requirements outside of CDPH authority. See the linked sources noted within Required Actions below for more details.
3. In workplaces, employers are subject to the Cal/OSHA COVID-19 Emergency Temporary Standards (ETS) or in some workplaces the Cal/OSHA Aerosol Transmissible Diseases Standard, and should consult those regulations for additional applicable requirements.

Face Coverings:

1. No person can be prevented from wearing a mask as a condition of participation in an activity or entry into a school, unless wearing a mask would pose a safety hazard (e.g., watersports).
2. Each school will have face masks available for staff and student use as requested.
3. Unless otherwise directed by local health departments or local educational agencies, students and staff should follow CDPH masking guidance for the general public, as well as masking guidance for specific situations referenced below (e.g., when having symptoms, being infected, or exposed).

Testing:

1. Testing remains a key mitigation layer to detect and curb transmission of COVID-19. Schools are encouraged to ensure access to COVID-19 testing for students and staff,

particularly for vulnerable communities. Schools should review support and resources offered by the California COVID-19 Testing Task Force, as well as those available through healthcare insurers, local, and federal sources.

2. Due to the increased travel and social interactions that often occur during school breaks, it is recommended that students and staff get tested for COVID-19 prior to returning to school following major breaks (e.g., summer, winter, spring).

Considerations for large events at District schools:

1. Particularly during surges of COVID-19, school dances, large assemblies, and other school-based crowded events, especially those held indoors, all have the potential to cause the substantial spread of COVID-19 within and beyond the school community.
2. Prior to hosting large events, schools are encouraged to review the [Safe and SMART Events Playbook](#) for mitigation strategies that should be considered.

Out of District Coaches/Long Term Volunteers:

For essential out of District Coaches, the following requirements apply:

1. Provide proof of full COVID-19 vaccination, or provide proof of a negative test that was done within 1 week of the event or weekly tests for ongoing volunteers. Antigen rapid tests are available free of charge for volunteers at all school sites, and can even be given the day of volunteering.

Managing Students with Symptoms:

Recommended Action:

1. In most situations, any student who develops new, unexplained symptoms should not return to campus until it is clear that symptoms are mild and improving or are due to a non-infectious cause (e.g., allergies). This includes being fever-free for 24 hours without medication.
2. Additionally, if symptoms are concerning for COVID-19, it is strongly recommended that students wear a mask and get tested immediately. Students should also follow CDPH recommendations for retesting and/or isolating if the results are positive.

Managing Students Diagnosed with COVID-19:

Students diagnosed with COVID-19 should do the following:

- Stay home for at least 5 days after the start of symptoms (or after the date of the first positive test if no symptoms).
- Per CDPH masking guidance, those diagnosed should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease (see masking section below for additional information).
- If unable to test, choosing not to test, or testing positive on Day 5 (or later), isolation can end on day 6 if fever-free for 24 hours without the use of fever-reducing medications.
- If fever is present, isolation should be continued until 24 hours after fever resolves.
- If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until day 6.

Managing Students Exposed to COVID-19:

All students with known exposure to persons with COVID-19 should do the following:

- Test within 3-5 days after the last exposure.
- Per CDPH masking guidance, close contacts should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease (see masking section below for additional information).
- If symptoms develop, test and stay home.

Per the Cal/OSHA COVID-19 Emergency Temporary Standards (ETS), the following requirements currently apply for all employees:

Table 1: Exclusion Requirements for Employees Who Test Positive for COVID-19

<p>Requirements apply to all employees, regardless of vaccination status, previous infection, or lack of symptoms.</p>	<ul style="list-style-type: none"> ○ Employees who test positive for COVID-19 must be excluded from the workplace for at least 5 days after start of symptoms or after date of first positive test if no symptoms. ○ Isolation can end and employees may return to the workplace after day 5 if symptoms are not present or are resolving, and a diagnostic specimen* collected on day 5 or later tests negative. ○ If an employee’s test on day 5 (or later) is positive, isolation can end and the employee may return to the workplace after day 5 if they are fever-free for 24 hours without the use of fever-reducing medications. ○ If an employee is unable to or choosing not to test¹, isolation can end, and the employee may return to the workplace after day 5 if they are fever-free for 24 hours without the use of fever-reducing medications. ○ If an employee has a fever**, isolation must continue and the employee may not return to work until 24 hours after the fever resolves without the use of fever-reducing medications. ○ If an employee’s symptoms other than fever are not resolving, they may not return to work until their symptoms are resolving or until after day 5.
---	---

- Employees must wear face coverings around others for a total of 10 days. Please refer the FAQs regarding [face coverings](#) for additional information

*Antigen test preferred.

**A fever is a measured body temperature of 100.4 degrees Fahrenheit or higher.

Requirement for Employees

Health Screening:

Passive (Self) Screening: Staff must self-screen for symptoms at home daily. This is called passive screening. If a person is sick or exhibits symptoms of COVID-19, they may not come to school and will follow the [Managing Individuals with Symptoms](#) guidelines. Signs of illness include fever or chills (100.4 degrees or higher), cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, the new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, and diarrhea per CDC guidelines.

Outbreaks:

Q. In an outbreak (three or more COVID-19 cases among employees in an "exposed group" within a 14-day period), what are an employer's obligations?

A: In addition to the requirements for non-outbreak settings, an employer must:

1. Exclude COVID-19 cases as well as employees who had close contacts but do not take a COVID-19 test. For more information on this topic, please see below and refer to [the section in this FAQ on CDPH's Isolation and Quarantine Guidance](#). Specifically, employers must take the following steps:
 - Exclude COVID-19 cases.
 - Immediately make COVID-19 testing available to its employees within the exposed group, and then again one week later; and continue to make tests available to employees at least weekly until the workplace no longer qualifies as an outbreak. However, an employer need not make testing available to employees who were absent from the workplace during the relevant 14-day period or who recently recovered from COVID-19 and do not have symptoms (returned cases).
 - Ensure all employees who had close contacts and remain at work take a COVID-19 test within three to five days after the close contact and exclude from the workplace employees who test positive for COVID-19 test. Exclude employees who do not take a COVID-19 test within three to five days after the close contact until the return to work requirements for COVID-19 cases are met. Please see [the CDPH Isolation & Quarantine section of this FAQ](#) for information on when COVID-19 cases may return to work.
2. Perform a review of potentially relevant COVID-19 policies, procedures, and

controls and implement changes as needed to prevent further spread of COVID-19.

3. Implement ventilation changes to mechanical ventilation systems including increasing filtration efficiency to at least MERV-13, or the highest efficiency compatible with the ventilation system. Evaluate whether HEPA air filtration units are needed.
4. All employees in the exposed group regardless of vaccination status must wear face coverings when indoors, or when outdoors and less than six feet from another person, unless an exception applies.

Q: What are an employer's requirements in a major outbreak (20 or more COVID-19 cases in an "exposed group" within a 30-day period)?

A: In addition to the requirements in FAQ 1 above, an employer must:

1. Exclude COVID-19 cases as well as employees in the exposed group who do not take a COVID-19 test. For more information on this topic, please see below and refer to [the CDPH Isolation & Quarantine section of this FAQ](#) for information on when COVID-19 cases may return to work. Specifically, employers must take the following steps:
 - Exclude COVID-19 cases.
 - Immediately ensure that all employees in the exposed group who remain at work are tested for COVID-19 at least twice weekly until there are no new cases detected for a 14-day period.
 - Exclude all employees in the exposed group who test positive for COVID-19. Exclude all employees in the exposed group who do not take a COVID-19 test until the return to work requirements for COVID-19 cases are met. Please see [the CDPH Isolation & Quarantine section of this FAQ](#) for information on when COVID-19 cases may return to work.
2. Provide respirators to all employees in the exposed group, regardless of vaccination status, to use on a voluntary basis. Employees who do not use a respirator voluntarily must continue to use a face covering.
3. Where respirators are not worn, separate employees in the exposed group from other persons by at least six feet except where it is not feasible and except for momentary exposure while persons are in movement.
4. Determine the need for a respiratory protection program (non-voluntary, with fit testing and medical evaluation requirements), or for changes to an existing respiratory protection program under section 5144, to address COVID-19 hazards.
5. Evaluate whether to halt all or part of operations to control the virus.