

# SAFE TOGETHER AT SCHOOL

UPDATED GUIDELINES FOR QUICK REFERENCE

DECEMBER 2021

The following material contains the Pacifica School District's common practical working protocols designed to prioritize in-person instruction and enable us to be safe together at school through the holiday season and into 2022. This document is informed by guidelines issued by the Centers for Disease Control (CDC), the California Department of Public Health (CDPH) and San Mateo County Health.

This material pertains to school-related activities and is designed to serve as a resource to supplement each school's individual protocols, and outlines specific requirements and actions to help us stay safe together at school. These guidelines will be updated as conditions warrant. Please see our FAQ for common questions, or visit these resources directly for complete guidance.

# CONTENTS



## AT HOME/OUTSIDE OF SCHOOL

Screening . . . . .	3
Returning to school. . . . .	4
Close contact exposure . . . . .	4
Positive COVID case . . . . .	4
Notification . . . . .	4
Travel. . . . .	5
Vaccination . . . . .	5
Testing. . . . .	5



## AT SCHOOL

Masks . . . . .	6
Sanitation protocols . . . . .	6
Testing. . . . .	6
Symptoms at school . . . . .	7
Returning to school. . . . .	8
Modified quarantine . . . . .	8
School work during quarantine. . . . .	8

<b>FREQUENTLY ASKED QUESTIONS . . . . .</b>	<b>9</b>
---	----------

## FORMS AND LINKS

Health questionnaire for students . . . . .	4
Checklist: Symptoms. . . . .	11
Checklist: Close contact exposure . . . . .	12
Checklist: Modified quarantine. . . . .	13
<u>Testing consent form for parents</u>	
<u>School work during quarantine form</u> . . . .	14

## SOURCES AND TERMS

Key Sources. . . . .	2
Terms Glossary . . . . .	2

## ADDITIONAL RESOURCES

General COVID quarantine guidelines . . .	10
San Mateo County Coalition for Safe Schools Pandemic Recovery Framework . . . . .	10

# SOURCES AND TERMS

## KEY SOURCES

**CDC** – The Centers for Disease Control gives nationwide guidance on COVID-19 prevention and is at the front lines of researching new information regarding COVID-19. Because the CDC is providing federal recommendations, they are often general rules that states use at their own discretion.

**CDPH** – The California Department of Public Health provides more specific COVID guidance for California residents. While CDPH guidelines more acutely apply to Pacifica, they are still somewhat general as they apply to the state as a whole.

**SMCH** – San Mateo County Health provides more applicable recommendations and requirements than the CDC and CDPH as it relies on county COVID data to provide guidance. In general, the Pacifica School District closely follows SMCH guidance, but depending on COVID-19 statistics within the Pacifica School District, different protocols may be set.

The Pacifica School District has its own set of COVID-19 protocols that are detailed throughout this document. Since students have been allowed to return to in-person learning, it has been the District's top priority to ensure students can attend school safely and as close to normally as possible.

## TERM GLOSSARY

**Close Contact:** anyone who was within 0-6 feet of a person infected with COVID for more than 15 minutes over a 24-hour period

**Contact Tracing:** the process of identifying, notifying, and assessing people who have been exposed to someone who has tested positive for COVID-19. Members of the Pacifica School District community who have been exposed to someone who has COVID-19 will be notified via email by the District.

**Fully vaccinated:** two weeks have passed since individual received their final dose of COVID-19 vaccine

**Pool Testing:** a COVID testing method that combines samples from multiple people into a "pool" and the collective sample is then tested for COVID-19. Pool testing is particularly useful in schools because it allows for multiple people to be tested at once, and retesting only occurs when a batch comes back positive.

**Positive case at school:** If a student tests positive for COVID, and was at school within two days of the positive test, the school must be notified.



## AT HOME/OUTSIDE OF SCHOOL

### SCREENING

Students, teachers and staff are expected to self-screen at home daily before coming to school. **Do not come to school** if you have any of these symptoms or any other unexplained symptoms, as they may be related to a possible COVID-19 infection.

Teachers and staff will use the same symptom list or any other unexplained symptom to identify a possible COVID-19 infection.

- Fever (99.9 degrees or higher)
- Headache
- Sore throat
- Hoarseness
- Runny nose or congestion
- Uncontrollable, persistent cough (new or change in baseline)
- Conjunctivitis or “pink eye”
- Malaise or fatigue
- Muscle pain (myalgias)
- New loss of taste or smell
- Loss of appetite
- Abdominal pain
- Nausea
- Vomiting
- Diarrhea
- Rash
- Chills
- Repeated shaking with chills (rigors)
- Chest pain with deep breathing
- Shortness of breath or difficulty breathing (new or change in baseline)
- Pneumonia (on clinical exam or imaging)
- Altered mental status (e.g., confusion)
- Painful purple or red lesions on the feet or swelling of the toes (“COVID toes”)

## RETURNING TO SCHOOL

Any student, teacher, or staff member with COVID symptoms should **stay home until:**

- Symptoms have improved over a 24 hour period, **and** they are fever-free for 24 hours without medication, **and one** of the below:
  - they have provided a negative COVID test within the past 72 hours, or
  - a health provider has confirmed a different diagnosis, or
  - a health provider has certified that the symptoms are typical, i.e. common cold and/or seasonal
- Students/families must complete and submit their school's health questionnaire to meet the above criteria, and complete their school site specific return protocols. All returning students must be cleared by the school office staff prior to returning to class.

**Select your school's health questionnaire. This form will also be provided to students and families as needed.**

[Cabrillo](#)

[Sunset Ridge](#)

[Ortega](#)

[Vallemar](#)

[Linda Mar](#)

[Ocean Shore](#)

[Ingrid B. Lacy MS](#)

## CLOSE CONTACT EXPOSURE

If a household family member tests positive, and the student is unvaccinated, the student will quarantine at home for 10 days. The student must be symptom free for 24 hours prior to returning to school.

If a non-household family member/non-school related close contact tests positive, and the student is unvaccinated, the student can return after day 7, provided the student remains asymptomatic, and provides a negative test result taken after day 5 following exposure. Continue to monitor symptoms for 14 days. Students who are deemed close contacts may not participate in extracurricular activities.

Vaccinated individuals can return to school, but must provide a negative COVID test 3 to 5 days after exposure. Continue to monitor symptoms for 14 days.

## POSITIVE COVID CASE

Any student, teacher or staff member who has tested positive for COVID must quarantine at home for a minimum of 10 days following the day of the test. Individuals who develop symptoms during quarantine time must 'restart the clock' from the first day of symptom.

**Example:** Exposure is Friday of week 1. First possible test date is the following Monday of week 2 (assuming no symptoms). The 10-day clock would start Tuesday of week 2; earliest return to school is the following Friday of week 3.

## NOTIFICATION

Students, teachers and staff members must notify the school and district immediately when a case is identified.

When a positive case is identified by the school district, contact tracing takes place immediately to determine close contacts. Close contact student families are then notified by the District via email and immediately begin modified quarantine protocols (see page 8), and school Principals will provide updates to the school community. Close contact teachers and staff are notified by the District and follow protocols regarding testing.

## TRAVEL

Pacifica School District understands that people want to see their families and travel during the holidays. The District is currently not requiring students, teachers, or staff to quarantine after returning from travel, including international travel. However, people are required to get tested 3-5 days after returning from travel. Testing may be done at home or at school, provided the individual has consented to be tested at school. If testing is done outside of school, test results should be submitted to the school site.

## VACCINATION

Pacifica School District does not require vaccination for students or teachers, including children ages 5-12 who are newly eligible for vaccination. Teachers and staff that are not vaccinated must be tested for COVID-19 each week. All school volunteers must be vaccinated or provide a negative COVID test taken within the past 72 hours. All vaccinated school workers, including paid and volunteer, are required to provide proof of vaccination.

COVID-19 vaccination is currently recommended for people 5 years of age and older per CDC, CDPH, and SMCH guidelines. Getting vaccinated against COVID-19 is one of the most important things people can do to avoid serious illness and hospitalization, to protect loved ones, and to help end the pandemic.

The Pacifica School District is beginning to collect student vaccination status in addition to teacher and staff vaccination tracking. Families are encouraged to supply student vaccination status to their school site or at the District.

If you would like to be vaccinated, please make an appointment as soon as you are eligible.

To learn more about the vaccine and how to sign up for an appointment, visit the San Mateo County Health COVID-19 Vaccination Program website at <https://www.smchealth.org/covid-19-vaccination-program-overview>.

## TESTING

Pacifica School District accepts both PCR and rapid test results from a certified health provider including doctor's office, community health clinic, pharmacy or school-provided test. At-home test kit results are also accepted with photo, name and date.

See this list of [free test sites](#) throughout San Mateo County.



# AT SCHOOL

## MASKS

- Masks are required indoors at Pacifica School District schools unless alone in a closed room, or eating or drinking, regardless of vaccination status. Students and staff are also strongly encouraged to use masks outdoors.
- Students unable to wear a mask due to medical, developmental or other conditions must provide supporting documentation, e.g. a doctor's note.
- Schools will provide a mask if a student does not have one, or needs a replacement.

## SANITATION PROTOCOLS

- Personal: Wash hands for at least 20 seconds with soap and water. Wash hands throughout the day, especially before and after eating, after using the toilet, and after handling garbage, or removing gloves. Avoid contact with eyes, nose, and mouth. Cover coughs and sneezes.
- Schools: Surfaces and class materials are cleaned and sanitized daily.
- If there is a confirmed COVID case at school, additional cleaning procedures including disinfecting of all affected areas takes place immediately and prior to the next school day.

## TESTING

Pacifica School District schools conduct weekly pool testing for all students, teachers and staff who have consented. Weekly testing is encouraged by the district as a significant preventative measure to prevent the spread of COVID and keep students safe together at school. If a pool test comes back positive, all students within the pool must be retested at school or submit a negative test result to the school. Students, teachers or staff who have tested positive for COVID within the past three months are exempt from testing for 90 days to avoid false positive results.

In addition to weekly pool testing, Pacifica School District is able to administer rapid tests on a situational basis.

If a student, teacher or staff member tests positive for COVID they must report their result to their school and follow COVID protocols. See this list of [free test sites](#) throughout San Mateo County.

Pacifica School District accepts both PCR and rapid test results from a certified health provider including doctor's office, community health clinic, pharmacy or school-provided test. At-home test kit results are also accepted with photo, name and date.



## SYMPTOMS AT SCHOOL

In order to keep the Pacifica School District students, staff, and community safe, teachers and school staff have the responsibility to send students home if they observe possible symptoms of COVID-19 infection.

Teachers and staff will use the same symptom list or any other unexplained symptom to identify a possible COVID-19 infection.

- Fever (99.9 degrees or higher)
- Headache
- Sore throat
- Hoarseness
- Runny nose or congestion
- Uncontrollable, persistent cough (new or change in baseline)
- Conjunctivitis or "pink eye"
- Malaise or fatigue
- Muscle pain (myalgias)
- New loss of taste or smell
- Loss of appetite
- Abdominal pain
- Nausea
- Vomiting
- Diarrhea
- Rash
- Chills
- Repeated shaking with chills (rigors)
- Chest pain with deep breathing
- Shortness of breath or difficulty breathing (new or change in baseline)
- Pneumonia (on clinical exam or imaging)
- Altered mental status (e.g., confusion)
- Painful purple or red lesions on the feet or swelling of the toes ("COVID toes")

Students, teachers and staff who are exhibiting symptoms according to the above are required to go home immediately. If a student is suspected to have COVID-19, they will wait in a ventilated, supervised isolation room at school until they can be picked up. Students may be tested immediately upon request, if parent consent is on file, but they will still be required to go home. Students sent home with COVID symptoms will be contacted by their school about missed work.



## RETURNING TO SCHOOL

Any student, teacher, or staff member with COVID **symptoms** should **stay home until**:

- Symptoms have improved over a 24 hour period, **and** they are fever-free for 24 hours without medication, **and one** of the below:
  - they have provided a negative COVID test within the past 72 hours, or
  - a health provider has confirmed a different diagnosis, or
  - a health provider has certified that the symptoms are typical, i.e. common cold and/or seasonal
- Students must complete and submit the health questionnaire (see page 4) to meet the above criteria, and complete their school site specific return protocols. All returning students must be cleared by the school office staff prior to returning to class.

## MODIFIED QUARANTINE

Modified quarantine helps us prioritize staying safely in school. Any unvaccinated student who has been identified as a close contact of someone who has tested positive at school while both individuals were wearing masks may continue attending in person at school under modified quarantine, provided they:

- Do not exhibit symptoms per the symptom chart
- Continue to mask appropriately
- Maintain social distance when unmasked, such as eating/drinking
- Undergo twice weekly testing for 7 days, either at school or outside of school. Test results must be provided to school in order to continue attending. Students who opt not to test must stay home for 10 days after exposure.
- Within the school setting, students may continue to attend recess and elective classes/activities, with the possible exception of Band if playing an instrument requires them to remove their mask or face covering.
- During rainy days, alternative eating arrangements may be necessary for students under modified quarantine.
- Under modified quarantine, students can continue to attend City of Pacifica operated child care only.

If an unvaccinated individual under modified quarantine tests negative for COVID after day 5 and remains asymptomatic, they may resume extracurricular activities after day 7. If a negative test result is not received after day 5, the modified quarantine period is 10 days.

Students who have been fully vaccinated are not subject to modified quarantine. However, they must provide a negative test 3-5 days following exposure.

## SCHOOL WORK DURING QUARANTINE AT HOME

While at home in quarantine, the goal is for students to be engaged in school material as much as possible while symptoms improve. Students and parents should be in close contact with teachers so that students can stay as up to date as possible with school work. District staff will check in with students and parents during the modified quarantine. See our optional [school work during quarantine form](#) to assist with staying up to date on school work while in quarantine.

# SAFE TOGETHER AT SCHOOL: FREQUENTLY ASKED QUESTIONS

## **Q: Will you eventually require vaccination at school? If so, when?**

**A:** Pacifica School District does not require vaccination for students or teachers, including children ages 5-12 who are newly eligible for vaccination. We encourage everyone who is eligible to consider getting vaccinated in accordance with the latest CDC, State and County health guidelines, and we provide vaccination clinics in support of this effort. We have extremely high vaccination rates in the County and within our staff, and expect this will continue to increase as vaccine eligibility broadens to school-age children. Unvaccinated staff are tested on a weekly basis and observe all required safety protocols at school. In October, Governor Gavin Newsom announced plans to require students to be vaccinated for in-person learning, starting the term following FDA full approval of the vaccine for their grade span (K-6 and 7-12). [Learn more here.](#)

## **Q: CDC recommends 7 days at home after you travel. Are you following this guidance?**

**A:** Our top priority is to help keep everyone safe together in person at school. Our school site protocols including daily health checks, masking, sanitation and testing pools provide strong preventative protection for our students and staff. For these reasons we allow students and teachers to return to class immediately after travel, including international travel. They must still report results from a COVID test taken 3-5 days after returning, and monitor symptoms for 14 days.

## **Q: Which tests are accepted by my school and/or the District?**

**A:** Pacifica School District accepts both PCR and rapid test results from a certified health provider including doctor's office, community health clinic, pharmacy or school-provided test, as well as at-home rapid tests (photo with date and student's name).

## **Q: Where can I go if I have more questions about COVID-related protocols or my specific situation?**

**A:** Please check with your school site office, or call Yolanda Pranza at the Pacifica School District, [ypranza@pacificasd.org](mailto:ypranza@pacificasd.org) or 650-738-6664. We are in the process of establishing a COVID Health Assistant at each school dedicated to assisting with COVID protocols.

## **Q: What about before and after school care I receive at school (select school sites only)?**

**A:** Please check with your care provider on specific protocols. Contact information is below:

- City of Pacifica Daycare: Mindy Tiet, [mtiet@pacificasd.org](mailto:mtiet@pacificasd.org) or 415-999-8948
- TTT Day Care - Sunset Ridge: Laura Barraza, [sunsetridge@temporarytattending.com](mailto:sunsetridge@temporarytattending.com)
- TTT Day Care - Ocean Shore: Amelia Dado, [oceanshore@temporarytattending.com](mailto:oceanshore@temporarytattending.com)
- TTT Day Care - Ortega: Leslie Granillo, [ortega@temporarytattending.com](mailto:ortega@temporarytattending.com)
- Boys and Girls Club: Kelly Venturi, [kventuri@theclubs.org](mailto:kventuri@theclubs.org) or 650-355-1334

# ADDITIONAL RESOURCES

## SAN MATEO COUNTY COALITION FOR SAFE SCHOOLS PANDEMIC RECOVERY FRAMEWORK

See the full guidance [here](#).

### GENERAL QUARANTINE CONSOLIDATED GUIDANCE

- Stay Home: People who are mildly ill or do not have any COVID-19 symptoms are able to recover at home.
- Do not leave your home, except to get necessary medical care. Avoid all public settings and gatherings of any size.
- Do not go to daycare, school, or work.
- Do not visit public areas such as parks, grocery stores, or other businesses.
- Do not travel.
- Separate Yourself
- Wear a Mask: If you cannot fully be separate from your household members at all times, then you and your household members 2 years and older should wear a face mask.
- Monitor Symptoms: If possible, record your temperature twice a day, once in the morning and once in the evening. See page 7 for a list of symptoms.
- Call your doctor if: your symptoms don't improve, worse, or if you develop difficulty breathing and/or shortness of breath. ***Urgent medical care is also needed for uncommon symptoms such as bluish lips or face, persistent pain or pressure in the chest, new confusion, slurred speech, weakness in one of your limbs, or inability to wake or stay awake.***

CHECKLIST:

## SYMPTOMS

Students, teachers and staff are expected to self-screen at home daily before coming to school. **Do not come to school** if you have any of these symptoms or any other unexplained symptoms, as they may be related to a possible COVID-19 infection.



Teachers and staff will use the same symptom list or any other unexplained symptom to identify a possible COVID-19 infection.

- Fever (99.9 degrees or higher)
- Headache
- Sore throat
- Hoarseness
- Runny nose or congestion
- Uncontrollable, persistent cough (new or change in baseline)
- Conjunctivitis or “pink eye”
- Malaise or fatigue
- Muscle pain (myalgias)
- New loss of taste or smell
- Loss of appetite
- Abdominal pain
- Nausea
- Vomiting
- Diarrhea
- Rash
- Chills
- Repeated shaking with chills (rigors)
- Chest pain with deep breathing
- Shortness of breath or difficulty breathing (new or change in baseline)
- Pneumonia (on clinical exam or imaging)
- Altered mental status (e.g., confusion)
- Painful purple or red lesions on the feet or swelling of the toes (“COVID toes”)

**CHECKLIST:**

# CLOSE CONTACT EXPOSURE

**Close Contact:** anyone who was within 0-6 feet of a person infected with COVID for more than 15 minutes over a 24-hour period.

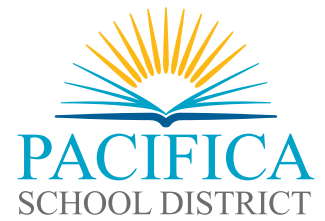
Exposure Location	 <b>At school</b>	 <b>At home</b>	<b>Outside school/home</b>
		Household family member tests positive	Non-household family member/ non-school related close contact tests positive
Student is <b>unvaccinated</b>	Student is in <b>modified quarantine at school.</b> <ul style="list-style-type: none"> <li>• Wear masks</li> <li>• Monitor symptoms for 14 days</li> <li>• Test twice weekly for 10 days</li> <li>• No extracurricular activity for 10 days</li> <li>• Can resume recess and extracurricular activity after day 7 if a negative test result taken after day 5 and no symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• Student must <b>quarantine at home</b> for 10 days, and be symptom free for 24 hours prior to return</li> <li>• Monitor symptoms for 14 days</li> </ul>	<ul style="list-style-type: none"> <li>• Student must <b>quarantine at home</b> for 7 days, and provide a negative test result taken after day 5 following exposure, <b>and</b> be symptom free for 24 hours prior to return</li> <li>• Monitor symptoms for 14 days</li> </ul>
Student is <b>vaccinated</b>	<ul style="list-style-type: none"> <li>• Student can return to school immediately. Provide proof of vaccination. Provide a negative test result taken 3-5 days after exposure.</li> <li>• Monitor symptoms for 14 days</li> </ul>	<ul style="list-style-type: none"> <li>• Can return to school immediately</li> <li>• Provide a negative test results taken 3-5 days after exposure</li> <li>• Monitor symptoms for 14 days</li> </ul>	<ul style="list-style-type: none"> <li>• Can return to school immediately</li> <li>• Provide a negative test results taken 3-5 days after exposure</li> <li>• Monitor symptoms for 14 days</li> </ul>

**CHECKLIST:**

# MODIFIED QUARANTINE AT SCHOOL

A student may be placed on modified quarantine if they are unvaccinated and have been exposed at school to someone who has tested positive. Vaccinated students are not placed on modified quarantine, but must provide a negative test taken 3-5 days after exposure. Teachers or staff under modified quarantine will follow protocols as directed by the District regarding required testing.

Unvaccinated Students	Vaccinated Students	Teachers	Office Staff/Covid Health Assistant
<ul style="list-style-type: none"> <li>• Monitor symptoms for 14 days</li> <li>• Wear your mask consistently, unless eating/ drinking</li> <li>• Maintain 6 feet social distance when eating/ drinking</li> <li>• Test twice weekly for 10 days, and submit test results to school (unless test taken at school)</li> <li>• No extracurricular activities for 10 days</li> <li>• If a negative test result after day 5 and no symptoms, ok to resume extracurricular activities after day 7</li> </ul>	<ul style="list-style-type: none"> <li>• Provide a negative test result taken 3-5 days after exposure</li> <li>• Monitor symptoms for 14 days</li> <li>• Provide proof of vaccination to your school</li> </ul>	<ul style="list-style-type: none"> <li>• Help ensure students are continually wearing masks</li> <li>• Help ensure students are maintaining social distance when unmasked (eating/ drinking)</li> <li>• Help ensure students are adhering to restrictions on extracurricular activities</li> <li>• Check in with office staff re: test results as necessary</li> <li>• Follow modified quarantine protocols as directed by the District regarding testing</li> </ul>	<ul style="list-style-type: none"> <li>• Track and confirm negative test result and timeframes</li> <li>• Update teachers as needed</li> </ul>



# MAINTAINING SCHOOL WORK WHILE IN QUARANTINE

While in quarantine, the goal is for students to be engaged in school material as much as possible while symptoms improve. Students and parents should be in close contact with teachers so that students can stay as up to date as possible with school work. District staff will check in with students and parents during the modified quarantine.

**Students:** Check in with the school office and your teachers daily so you can stay up to date with class work.

**Teachers:** Check in with the school office and with students to provide class work details.

## QUARANTINE WORK FORM

Feel free to use this optional form to stay in touch while in quarantine. You can [download this form here](#).

STUDENT NAME

---

TEACHER NAME

---

CLASS

DATE

---

### What we covered in class today:

### Classwork:

### Homework: