

Recommendations for students exposed to someone with COVID-19 in a K-12 school.

Schools should notify students who spent more than a cumulative total of 15 minutes (within a 24-hour time period) in a shared indoor airspace (e.g., classroom) with someone with COVID-19 during their period of infectiousness.

- Notification should occur to "groups" of exposed students (e.g., classmates, teammates, cohorts, etc.) rather than contact tracing to identify individual "close contacts" (e.g., those within 6 feet).
- Notifications should be provided to all individuals considered exposed, including those who are vaccinated and/or recently infected. *For example, if a student in tenth grade is diagnosed with COVID-19, the school should notify groups with whom that student interacted as per the criteria above, such as those in the same classes, sports team, and/or other extracurricular cohorts.*

Exposed students, regardless of COVID-19 vaccination status or prior infection, should get tested for COVID-19 with at least one diagnostic test obtained within 3-5 days after last exposure.

- 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.*
- *Any FDA-approved antigen diagnostic test, PCR diagnostic test, or pooled PCR test is acceptable for evaluation of an individual's COVID-19 status. For individuals who have been recently infected (within the past 90 days), antigen testing is strongly recommended as PCR results may remain persistently positive and not be indicative of a new active infection.*

Exposed students who participate in testing may continue to take part in all aspects of K-12 schooling, including sports and extracurricular activities, unless they develop symptoms or test positive for COVID-19. They should test as recommended in Section (2), report positive test results to the school, and follow other components of this guidance, including wearing face-coverings as directed.

- Exposed students who develop symptoms should see Section 4 of the [K-12 Guidance](#).
- Exposed students who receive a positive test result should isolate in accordance with Section 10 of the [K-12 Guidance](#).

See the [K-12 Schools Guidance 2021-2022 Questions & Answers](#) for additional information.

THERE IS MORE TO THE SECTIONS BELOW, BUT I FOCUSED ON THE MOST RELEVANT.

YOU CAN VISIT THE WEBPAGE:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>

Safety Measures for K-12 Schools

Masks

- Masks are optional outdoors for all in K-12 school settings.
- K-12 students are required to mask indoors, with exemptions per [CDPH face mask guidance](#).
- Adults in K-12 school settings are required to mask when sharing indoor spaces with students.
- Persons exempted from wearing a face covering due to a medical condition, must wear a non-restrictive alternative, such as a face shield with a drape on the bottom edge, as condition permits.

Physical Distancing

- Recent evidence indicates that in-person instruction can occur safely without minimum physical distancing requirements when other mitigation strategies (e.g., masking) are implemented. This is consistent with [CDC K-12 School Guidance](#).

Recommendations for staying home when sick and getting tested.

- Follow the strategy for Staying Home when Sick and Getting Tested from the [CDC](#).
- **Getting tested for COVID-19 when symptoms are [consistent with COVID-19](#)** will help with rapid contact tracing and prevent possible spread at schools.
- **Advise staff members and students with symptoms of COVID-19 infection not to return for in-person instruction** until they have met CDPH criteria to return to school for those with symptoms:
 - At least 24 hours have passed since resolution of fever without the use of fever-reducing medications; and
 - Other symptoms have improved; and
 - They have a negative test for SARS-CoV-2, OR a healthcare provider has provided documentation that the symptoms are typical of their underlying chronic condition (e.g., allergies or asthma) OR a healthcare provider has confirmed an alternative named diagnosis (e.g., Streptococcal pharyngitis, Coxsackie virus), OR at least 10 days have passed since symptom onset.

****Note: K-12 Schools may consider following Quarantine Recommendations below (Sections 7-9) OR the [Group-Tracing Approach to Students Exposed to COVID-19 in a K-12 setting](#)****

Recommendations for student close contacts who have completed the [primary series](#) of COVID-19 vaccines OR were previously infected with (laboratory confirmed) SARS-CoV-2 within the last 90 days:

Quarantine is NOT recommended. *Students without symptoms may remain in school and participate in all school activities.* If symptoms develop, they should test and stay home; OR Schools may follow the recommendations provided in the [Group-Tracing Approach to Students Exposed to COVID-19 in a K-12 setting](#)

When both parties were wearing a mask in any school setting in which students are supervised by school staff (including indoor or outdoor school settings and school buses, including on buses operated by public and private school systems), students close contacts (more than 15 minutes over a 24-hour period within 0-6 feet) may undergo a modified quarantine as follows. They may continue to attend school for in-person instruction if they:

- Are asymptomatic;
- Continue to appropriately mask, as required;
- Undergo at least twice weekly testing during quarantine; and
- Continue to quarantine for all extracurricular activities at school, including sports, and activities within the community setting; OR

Schools may follow the recommendations provided in the [Group-Tracing Approach to Students Exposed to COVID-19 in a K-12 setting](#)

Quarantine duration recommendations for student close contacts who have NOT completed the [primary series](#) of COVID-19 vaccines NOR were previously infected with (laboratory confirmed) SARS-CoV-2 within the last 90 days in:

Standard quarantine (i.e., students who were not wearing masks or for whom the infected individual was not wearing a mask during the exposure); OR Modified quarantine.

Quarantine can end after day 5 if symptoms are not present and a diagnostic specimen collected on day 5 or later tests negative. If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10; OR

Schools may follow the recommendations provided in the [Group-Tracing Approach to Students Exposed to COVID-19 in a K-12 setting](#)

Isolation and Hand Hygiene Recommendations

- Everyone, regardless of vaccination status, previous infection or lack of symptoms, follow the recommendations listed in Table 1 (Isolation) of the [CDPH Guidance on Isolation and Quarantine for the General Public](#).
- Teach and reinforce washing hands, avoiding contact with one's eyes, nose, and mouth, and covering coughs and sneezes among students and staff.

Cleaning Recommendations

- In general, **cleaning once a day is usually enough to sufficiently remove potential virus that may be on surfaces.** (*SPVUSD has increased daily 360 spraying throughout district.*)
- If a facility has had a sick person with COVID-19 within the last 24 hours, **clean AND disinfect the spaces occupied by that person during that time.**

Food Service Recommendations

- **Maximize physical distance as much as possible while eating (especially indoors).** Using additional spaces outside of the cafeteria for mealtime seating such as classrooms or the gymnasium can help facilitate distancing. Arrange for eating outdoors as much as feasible.
- **Clean frequently touched surfaces.** Surfaces that come in contact with food should be washed, rinsed, and sanitized before and after meals.
- Given very low risk of transmission from surfaces and shared objects, **there is no need to limit food service approaches** to single use items and packaged meals.

School-Based Extracurricular Activities

The requirements and recommendations in this guidance apply to all extracurricular activities that are operated or supervised by schools, and all activities that occur on a school site, whether or not they occur during school hours, including, but not limited to, sports, band, chorus, and clubs.

Activities may be performed outdoors without masks. Indoor mask use remains a critical layer in protecting against COVID-19 infection and transmission, including during sports, music, and related activities. Accordingly:

- ***Masks are required indoors at all times*** for teachers, referees, officials, coaches, and other support staff.
- Masks are required ***indoors for all spectators and observers.***

- Masks are *required indoors at all times when participants are not actively practicing, conditioning, competing, or performing*. Masks are also required indoors while on the sidelines, in team meetings, and within locker rooms and weight rooms.
- 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, it is strongly recommended that individuals undergo screening testing at least once weekly. An FDA-approved antigen test, PCR test, or pooled PCR test is acceptable for evaluation of an individual's COVID-19 status.

Visitor Recommendations

Schools should review their rules for visitors and family engagement activities.

Schools should limit nonessential visitors, volunteers, and activities involving external groups or organizations with people who are not fully vaccinated, particularly in areas where there is moderate-to-high COVID-19 community transmission.

Schools should **not** limit access for direct service providers, but can ensure compliance with school visitor policies.

Schools should continue to emphasize the importance of staying home when sick. Anyone, including visitors, who have symptoms of infectious illness, such as flu or COVID-19, should stay home and seek testing and care.