

COVID-19 Safety Plan

Phase II: Elk Grove Unified School District School Reopening Plan for Safe and Successful In-Person Learning

Revised January 11, 2023

Elk Grove Unified School District

Student Support & Health Services

www.egusd.net/sshs

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MAINTENANCE OF HEALTH AND SAFETY

Efforts to Provide Vaccinations to School Communities

EGUSD collaborates with local health officials, community organizations and local health care providers to provide COVID-19 vaccination information and clinic opportunities to all EGUSD eligible students, families and community members at identified school location.

EGUSD maintains a COVID-19 Vaccination Clinic information webpage on the District's website.

EGUSD sends weekly Community Updates to all District staff, students and families to further promote and inform the public about area COVID-19 vaccination clinics and the importance of getting vaccinated to stop the spread of COVID-19.

Physical Distancing

According to California Department of Public Health (CDPH), recent evidence indicates that in-person instruction can occur safely without minimum physical distancing requirements when other mitigation strategies (e.g., masking) are implemented.

There will be no minimum physical distancing requirements on campus, but physical distance will be maximized as much as possible in all settings.

Masking

Face coverings will be used in accordance with California Department of Public Health (CDPH) guidelines.

Masks are strongly recommended outdoors in TK-12 school settings, but not required. Masks are recommended for unvaccinated employees outside.

Adults and students in TK-12 school settings and District buildings are strongly recommended to mask indoors, with consideration of exemptions per CDPH face mask guidance.

- If an individual chooses to mask when in school, face coverings should follow District dress code standards.
- Schools and District buildings will provide masks to students, staff and visitors who inadvertently fail to bring a face covering to a site and desire to wear one.
- Each school will continue to follow its Multi-Tiered Systems of Support and Positive Behavior Interventions and Supports to maintain safe school environments.

Masking Tips for Children

An effective mask has both good fit and filtration. Follow these tips to choose the best mask to protect children from COVID-19.

A good, well-fitting mask helps protect children from COVID-19 and is especially important at school.

An effective mask has both good fit and filtration. It should be snug to the face, cover the nose, and have no gaps around the edges. It should be made with material that filters air well enough to block viruses. Children should be encouraged to wear the best possible mask – one that fits and filters well.

However, the highest quality mask that will be comfortably worn is better than no mask at all.



Most Effective

- **KF94 / KN95**
- **Double Mask** (Cloth mask over a medical mask)
- **N95** for older children



Effective

- **Medical Mask (Surgical)**



Least Effective

- **Cloth Mask**
(Choose one with three or more fabric layers)



KF94, KN95 and N95 Respirator Masks

KF94 and **KN95** masks are available in kids' sizes and offer good fit and good filtration. Be sure ear loops are sized for a snug fit. Carefully check reviews before purchasing online, to avoid counterfeit masks on the market.

N95s also provide excellent fit and filtration but will not fit smaller faces. **N95s** in size "small" may fit older children.

Medical Masks (Including Surgical and Disposable Face Masks)

Kid-sized medical masks provide good filtration, but do not provide a tight fit. The fit of a medical mask can be improved with a simple [modification](#) by tying a knot on the ear loops to create a snug fit or using a [mask brace](#). To find a high-quality medical mask, search for "ASTM medical masks for kids."

Cloth Masks

A cloth mask is better than no mask at all and can help reduce the spread of COVID-19. However, many cloth masks fit and filter poorly. The best kid-sized fabric masks have:

- Two layers of tightly woven fabric with a third layer of non-woven fabric (such as polypropylene)
- A nose wire to reduce gaps around the nose
- Adjustable ear loops

All masks may be safely reused if the ear loops and nose clip provide a snug fit unless they become damaged or dirty.



Scan the QR code to see to see more information about this flyer.

Warning: Children younger than 2 years old should **NOT** wear masks due to suffocation risk.



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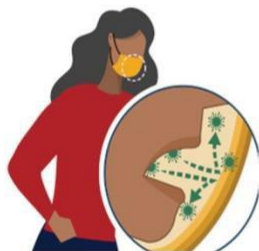


Face Shield Frequently Asked Questions



What are face shields, and how are they used for protection from COVID-19?

A face shield is a transparent barrier that covers the face and is typically open at the sides and bottom. A face shield is a form of personal protective equipment (PPE) primarily used by health care workers to protect their face (eyes, nose, and mouth) from splashes and sprays of body fluids. Face shields are not commonly used alone, but are often worn with other protective equipment, such as respirators or surgical masks, to protect the wearer from COVID-19. Examples include a nurse caring for a hospitalized COVID-19 patient or a health professional collecting a nasal sample from a person being tested for COVID-19.



In contrast, face coverings (cloth or surgical masks) that fit snugly over the nose and mouth are used to prevent the spread of COVID-19 to other people in the event that the wearer of the mask is infected with COVID-19 and doesn't know it, as well as to provide some protection for the wearer.

Can a face shield be used alone as a substitute for a face covering to prevent the spread of COVID-19?

No, a face shield alone cannot be substituted for a face covering under guidance of the California Department of Public Health (CDPH). Studies have found that SARS-cov-2 can spread through small, airborne particles known as “aerosols” that are emitted when people talk, cough, or sneeze. These aerosols have been shown to remain suspended in the air for varying periods of time, depending on their size and air flow in the area. We expect, based on what is known about how aerosols behave, that the aerosols exhaled through the nose and mouth of someone wearing a face shield can easily travel around the open sides of a face shield.



Source: MIT Medical



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Resource: <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Masks-for-Kids-Tips-and-Resources.aspx>

Face Shield FAQ

If these aerosols contain the virus that causes COVID-19, other people may become infected.

What if I cannot wear a face covering due to a medical condition or other exemption?

Face shields may be considered for members of the public who cannot wear a face covering due to a medical condition or other exemption, although they may not work as well as face coverings in their ability to prevent the spread of COVID-19 to others. A cloth “drape” should be attached to the bottom edge of the face shield and tucked into the shirt to minimize gaps between the face and face shield. The drape can be made using cloth material and taped to the bottom of the face shield; face shields with drapes are also available through some vendors. For situations in workplaces where a worker who is required to wear a face covering (other than a respirator) cannot comply, Cal/OSHA currently considers a face shield plus drape an acceptable alternative. To see the list of exemptions from wearing a cloth face covering, see the CDPH *Guidance on the Use of Cloth Face Coverings*.



What attributes should I look for in a face shield?

The following attributes are strongly recommended when purchasing or manufacturing a face shield:

- Extends down below the chin
- Extends around to the ears
- No gap between the forehead and the visor (or cover the gap)
- Addition of a cloth drape extending from the bottom edge of the shield and tucked into the shirt or collar, when a respirator, mask, or cloth face covering is not worn.



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School Bus

School buses serving K-12 populations are considered a school setting and are subject to TK-12 CDPH Guidance.

Hand sanitizer will be available for all staff and students as well.

Cleaning will occur after each run, or as frequent as possible.

A minimum of two windows will be kept open on school buses at all times while transporting students to improve airflow. If an installed ventilation system is used on a school bus, it will be set to maximize outdoor air and not set to recirculate air.

School-Based Extra Curricular Activities

Indoor mask use remains an effective layer in protecting against COVID-19 infection and transmission, including during sports, music, and related activities, especially activities with increased exertion and/or voice projection, or prolonged close face-face contact. Accordingly:

- Masks are strongly recommended indoors at all times for teachers, referees, officials, coaches, and other support staff.
- Masks are strongly recommended indoors for all spectators and observers.
- Masks are strongly recommended indoors at all times when participants are not actively practicing, conditioning, competing, or performing. Masks are also strongly recommended indoors while on the sidelines, in team meetings, and within locker rooms and weight rooms.
- When actively practicing, conditioning, performing, or competing indoors, masks are strongly recommended by participants even during heavy exertion, as practicable. Individuals using instruments indoors that cannot be played with a mask (e.g., wind instruments) are strongly recommended to use bell coverings and maintain a minimum of 3 feet of physical distancing between participants. If masks are not worn (or bell covers are not used) due to heavy exertion, it is strongly recommended that individuals undergo screening testing at least once weekly, unless they had COVID-19 in the past 90 days.

Events

School event planning will be in accordance with the [California Department of Public Health \(CDPH\) Safe and SMART](#) Playbook and any relevant venue protocols.

Healthy Hygiene Practice

Students and staff will be taught proper handwashing practices, Teaching may include:

- Return demonstration
- Video instructions
- Staff training will be created and process defined by Risk Management

Classrooms and offices have access to hand sanitizer and/or hand washing stations.

Students and staff should wash hands, or use hand sanitizer if soap and water is not available, at increased frequencies.

- Education will be provided on how to properly and safely use hand sanitizer for staff and students.

Handwashing times need to be built in the daily activities in classrooms for students, staff, and visitors when:

- Entering and exiting a classroom
- Before and after meals
- Before and after using the restroom
- After sneezing or coughing into a tissue
- Before and after using a shared item
- Before and after playground use

Provide continual reinforcement of proper hand hygiene practices throughout.

Continuity of Services

Student academic services and needs will continue to be provided in addition to students' social, emotional, mental health, and other needs such as student health and food and nutrition services.

The District offers an Independent Study program through the Las Flores Independent Study Program.

Support and resources for staff social, emotional and mental health needs will also continue through the EGUSD employee assistance program.

Appropriate accommodations for children with disabilities with respect to health and safety policies will continue to be provided through the EGUSD Special Education Department.

Health Screenings for Students and Staff

Screening:

Staff and students will be instructed to take their temperature and check for symptoms at home daily prior to coming to work or school:

- Families and staff must report fever/symptoms to their school and work site.
- Stay home if a student or staff has a fever, other symptoms, or have come in close contact with a person diagnosed with COVID-19.

Education and communication to staff and families on how to properly take temperatures and check for COVID-19 symptoms daily.

Training will be completed for staff on how to recognize COVID-19 symptoms in staff and students.

Symptoms on campus:

- Students who are symptomatic on campus will be sent to the health office to be assessed by a trained staff.
- Parents/guardians will be called to pick up student as soon as possible.
- Cleaning of health office will be done in-between students or as frequently as possible.
- Staff who are symptomatic on campus will be sent home by their supervisor.
- For all cases, it will be recommended that they to reach out to their physician and take a COVID-19 test if needed.
- All symptomatic students and staff will be offered an at-home, over-the-counter COVID-19 test to take at home.
- For students and staff who receive a negative COVID-19 test result may return to work or school after symptoms have significantly improved and have been at least 24 hours fever free without the use of medications or have received an alternatively named diagnosis from a health care provider.
- Rapid over-the-counter, at-home COVID-19 tests are acceptable to clear to return to work or school. Proof of test results via a picture or written verification of results submitted to supervisor or school site will be required.

Daily Home Screening for Students

Parent/Guardian: Please complete this short check for your child each morning before coming on campus. If any of the boxes are checked, please keep your child home and report to the school site.

Section 1: Symptoms

If your child has any of the following symptoms, that indicates a possible illness that may decrease the student's ability to learn and also put them at risk for spreading illness to others. Please check your child for these symptoms:

- | | |
|--------------------------|---|
| <input type="checkbox"/> | Temperature 100.4 degrees Fahrenheit or higher |
| <input type="checkbox"/> | Sore throat |
| <input type="checkbox"/> | New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline) |
| <input type="checkbox"/> | Diarrhea, vomiting, or abdominal pain |
| <input type="checkbox"/> | New onset of severe headache, especially with a fever |

Section 2: Close Contact/Potential Exposure

- | | |
|--------------------------|---|
| <input type="checkbox"/> | Had close contact (within 6 feet of an infected person for at least 15 minutes) with a person with confirmed COVID-19 |
| <input type="checkbox"/> | Anyone in the household has been confirmed with COVID-19 |

DAILY COVID -19 CHECKLIST FOR STAFF

- Review this COVID-19 Daily Self Checklist **each day before reporting to work.**
- If you reply YES to any of the questions below, STAY HOME and call your supervisor.
- If you start feeling sick during your shift, notify your supervisor and go home.

Do you have a fever (temperature over 100.3F) without having taken any fever reducing medications?

Yes

No

Loss of Smell or Taste?

Yes

No

Muscle Aches?

Yes

No

Sore Throat?

Yes

No

Cough?

Yes

No

Shortness of Breath?

Yes

No

Chills?

Yes

No

Headache?

Yes

No

Have you experienced any gastrointestinal symptoms such as nausea/vomiting, diarrhea, loss of appetite?

Yes

No

Have you, or anyone you have been in close contact with been diagnosed with COVID-19?

Yes

No

Have you been asked to self-isolate or quarantine by a medical professional or a local public health official?

Yes

No



Identification and Tracing of Contacts

Supervisor and administrators must be notified and they will inform their school nurse or health coordinator of any positive COVID-19 cases.

- Follow-up and confirm test results with the identified positive case and conduct in-district contact tracing.

Students/staff who test positive must self-isolate per the Sacramento County Public Health Decision Forest guidelines.

(Date)

Dear Parents/Guardians,

The public's health and safety is paramount to Elk Grove Unified School District (EGUSD) and Sacramento County Public Health (SCPH). On [DATE], EGUSD was notified of an individual in your child's classroom who tested positive for COVID-19. This individual was last on campus on [DATE]. EGUSD is working closely with SCPH for guidance on this situation.

All students in the classroom are considered exposed and are asked to follow the guidelines below. Your child may continue to attend school.

Your child should get tested for COVID-19 regardless of vaccination status within 3-5 days from the date the positive case was last on campus, date listed above, or sooner if your child starts to show symptoms. If you are receiving this letter and it has been past 5 days since the last on campus date, it would be recommended to test as soon as possible. You may get tested at testing locations listed below or by [clicking here to find a testing site near you](#). Over-the-counter (at-home) tests may also be used. If your child has tested positive within the last 90 days and remains symptoms free, testing is not necessary.

If your child develops [symptoms of COVID-19](#) or tests positive for COVID-19, please ensure they [isolate](#) at home immediately and notify your school right away. When you notify us, we can take additional steps to keep our school community safe.

Testing options for your student:

- **EGUSD COVID Clinic Testing (11) Locations M – F, 7:30 am – 5:00 pm**
[EGUSD COVID-19 Testing Locations Flyer](#)

In order to reduce wait times and long lines at EGUSD COVID Clinic Testing Sites, please go to <https://school.covidclinic.org> to register in advance and create an account (if you have not previously done so) and request an order number for your test. EGUSD Employees must register using their EGUSD email account.

- **Home Test Kit**
- **Medical Provider**
- **Community Testing Sites:** Access testing at one of the many community testing sites listed at the Sacramento County COVID-19 Symptom Screening Mobile Testing Sites.

As a reminder, if your child is experiencing symptoms of illness and/or if they test positive for COVID-19, keep them home from school, contact your school and follow isolation guidance. Those who are at school will be isolated and sent home.

Symptoms of COVID-19 may include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

We are sharing this information with you as part of our ongoing efforts to keep you informed about that affect our campus. For the latest information on COVID-19, families are encouraged to visit page with updates regarding COVID-19, SCPH webpage dedicated to COVID-19 (2019 Novel Coronavirus) at the CDC homepage.

Sincerely,
(Signature(s): Principal and/or School Nurse)

(Date)

Dear Staff,

On _____, we were notified of an individual who tested positive for COVID-19. The individual was last on site on _____. We have protocols in place for a situation such as this and we are following them with the assistance of our public health partners, who are closely guiding our response. We are working with Sacramento County Public Health (SCPH) to support contact tracing efforts. Any staff or student who may have had close contact with the individual will be contacted by EGUSD Health Services and provided with guidance related to any potential quarantining or testing.

In addition, we will take extra precautions to clean and disinfect ALL facilities visited and equipment utilized. We take these steps to ensure that our schools and facilities remain safe for all of our employees.

It is advised to watch for COVID-19 symptoms and contact your physician if you or a family member displays any [symptoms](#). Please contact your direct supervisor if you display COVID-19 symptoms and do not come to work if sick.

Symptoms of COVID-19 may include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

We will update you with any additional pertinent information when we receive it. It is our responsibility to keep the name of the individual confidential. As always, please remember to follow all protocols for your safety and the safety of others, and, most especially, thanks for all of the great work you are all doing in support of so many during these challenging times.

For any questions about leaves or absences, please contact Human Resources leaves desk at leaves@egusd.net.

If you would like to be testing for COVID-19, you may visit any EGUSD COVID Clinic testing location. You may register at this link and show your order number to walk-in to any location: <https://school.covidclinic.org/>. EGUSD COVID Clinic locations are at all nine high schools, Robert L. Trigg Center – District Office, or office on Gerber Road.

Sincerely,
(Office Administrator)

COVID-19 GUIDANCE FOR CHILDREN/STUDENTS AT CHILD CARE, PRE-SCHOOL, AND K-12 SCHOOLS

CHILD/STUDENT WITH NEW SYMPTOMS OF ILLNESS

Children/students with symptoms of illness should stay home and test for COVID-19.

- If test is negative, may return if at least 24 hours have passed since fever and symptoms have improved significantly.
- If test is positive, stay at home for 5 days. Isolation can end after Day 5 if symptoms are not present or are resolving and a diagnostic specimen collected on Day 5 or later tests negative. Consistent use of a well fitted face mask while indoors at child care/school is **strongly recommended** through Day 10. If unable to test or choosing not to test, and symptoms are not present or are resolving, isolation can end after Day 10.

CHILD/STUDENT EXPOSED TO PERSON WITH COVID-19 IN ANY SETTING

If potential exposure occurs at a school setting, parents/caregivers should be notified of the potential exposure.

Children/students with exposure to someone with COVID-19 may continue to take part in all aspects of child care or schooling, including sports and extracurricular activities, unless they develop symptoms or test positive for COVID-19. This includes children/students who have continuous household exposure (live with someone who has COVID-19). It is strongly recommended that exposed children/students wear a well-fitting mask indoors around others for at least 10 days following the date of last exposure, if not already doing so unless they are under age 2. It is recommended that the individual test for COVID-19 5 days after the exposure.

CHILDREN/STUDENTS WHO HAVE TESTED POSITIVE FOR COVID-19 IN THE PAST 90 DAYS

Asymptomatic children/students that have tested positive for COVID-19 within the past 90 days are not required to quarantine or test for COVID-19 in response to a new COVID-19 exposure. However, if a child develops new symptoms after being exposed to COVID-19, they should quarantine and test.

REPORTING OUTBREAKS TO SCPH

Elementary Schools, Pre-Schools, & Child Care (Single Classroom Cohort)

For schools/grades where students are primarily with the same classroom cohort (e.g. elementary school, pre-school, child care), schools should report outbreaks to SCPH using the [online outbreak reporting module](#) when:

- At least **3** students in a **classroom cohort** are suspected, probable, or confirmed to have COVID-19 within a 14-day period.
- OR**
- At least **10%** of the **school population** are suspected, probable, or confirmed to have COVID-19 within a 14-day period.

08/30/2022



Middle/High Schools (Multiple Classroom Cohorts)

For schools/grades where students are part of numerous classroom cohorts (e.g. middle and high school), schools should report outbreaks to SCPH using the [online outbreak reporting module](#) when:

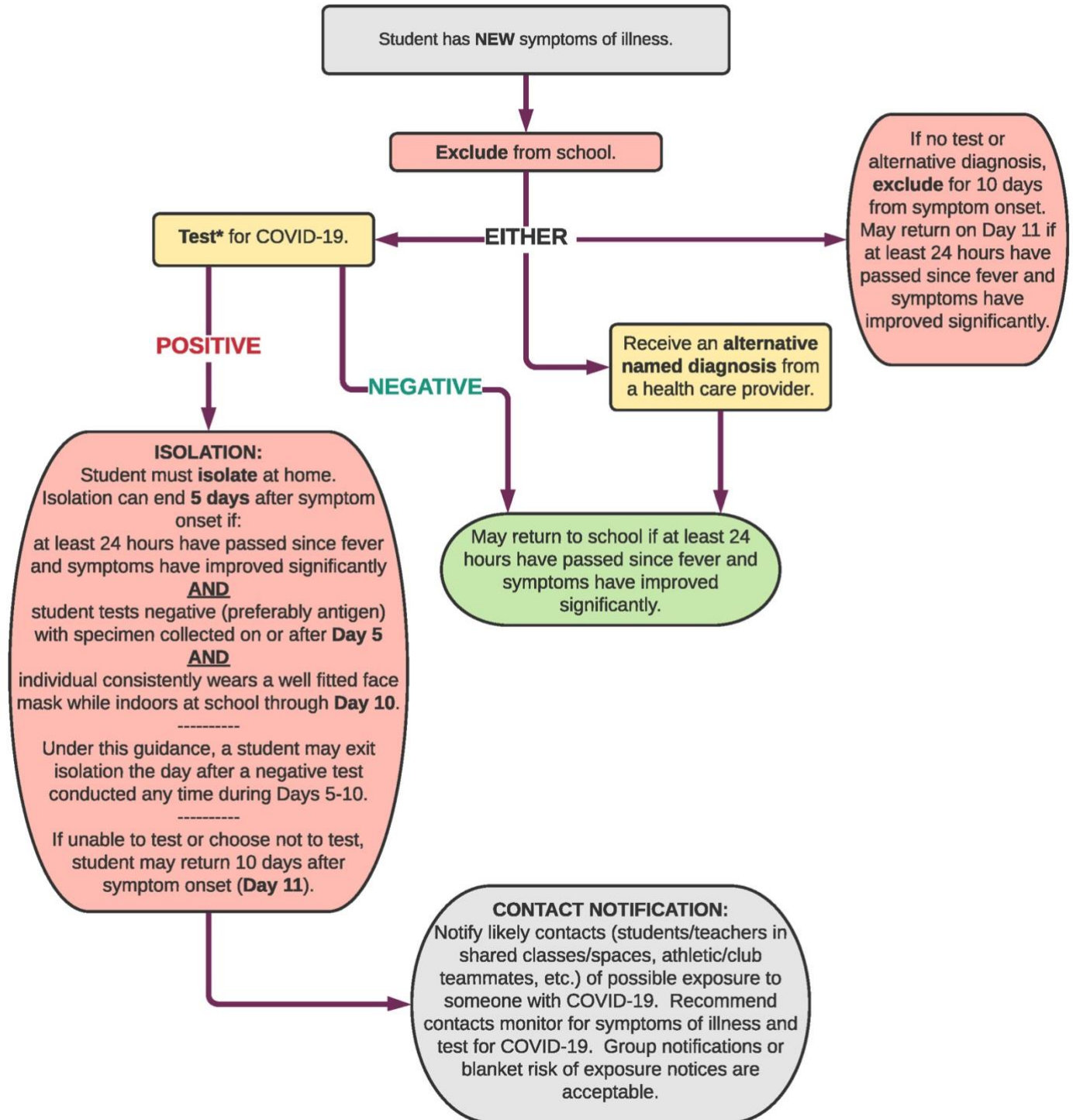
- At least **10%** of a **grade level** is suspected, probable, or confirmed to have COVID-19 within a 14-day period.
OR
- At least **10%** of the **school population** is suspected, probable, or confirmed to have COVID-19 within a 14-day period.

08/30/2022



COVID-19 Decision Tree for Children/Students at Child Care, Pre-School, & K-12 Schools

NOTE: This tree is for children/students only. For staff, child care facilities and schools are required to follow all isolation and notification requirements outlined in the [Cal/OSHA ETS](#).



* PCR or rapid antigen test are acceptable. Asymptomatic individuals who have tested positive for COVID-19 are not required to re-test for 90 days following their initial infection. However, if individuals develop new symptoms following a COVID-19 exposure, they should isolate and test.
August 30, 2022

Staff Training and Family Education

Training will be provided for all staff in illness prevention (including handwashing, social distance, face coverings, and proper cleaning and disinfecting), recognizing COVID-19 symptoms, etc.

Education provided to all students on illness prevention (including handwashing, and face coverings)—With clear guidance and directions, students in secondary and intermediate grades in elementary will be given the opportunity and means to clean their own work areas with cleaning technology that is safe for student use.

Public Feedback and Opportunity for Comment and Incorporation in Development of Plan

Accompanying the initial post of the revised EGUSD COVID-19 Safety Plan a.k.a “Safe Return to In-Person Instruction and Continuity of Services Plan” will be a notice for input and feedback whereby the community will have a defined time to provide input/feedback through an online survey.

Once the input/feedback window has closed, the survey will be analyzed for major themes that may have emerged. Those major themes will be brought forth for consideration of incorporation.

Communication Plans

Positive cases will be reported to the local health authorities and recorded and displayed on the district's COVID-19 Dashboard.

<http://www.egusd.net/covid-dashboard>



EGUSD COVID-19 Dashboard

This EGUSD COVID-19 Dashboard provides current EGUSD COVID-19 reported positive cases associated with schools and District office locations. The data reflects only staff and students who were present on an EGUSD school or work site. If a school is not listed in the COVID-19 Dashboard, they haven't had any reported positive cases on campus. Positive and quarantine cases for staff and students who were not on-site are not included in this data. Data will be updated every day by 10:30 a.m.

- If you have any questions about general COVID-19 exposure questions, visit our EGUSD COVID-19 Safety Plan and EGUSD COVID-19 Prevention Program (CPP) page.
- If you have any questions about the EGUSD COVID-19 Dashboard, please take a look at the FAQs below or email egusdcom@egusd.net.

Multiple Ways to View Dashboard Data

- Click on the SITE name below for focused data view of individual sites.
- Use the YEAR and MONTH menus to select historical data.
- Use the GROUP and/or SCHOOL TYPE sections to filter data.
- CTRL + click allows for multiple selections/filters.
- Use EGUSD's 7-Day Average Case Rate graph slider bar to view current and past case rate.
- Click the RESET VISUALS button to return to default data.



FAQs - EGUSD COVID-19 Dashboard

- + What happens if we do not want our child tested?
- + Can I test my child at home with a rapid test?
- + Can my child swab her own nose at the school site or does it have to be a nurse that does it?
- + How does EGUSD obtain COVID-19 case data?
- + When was my student exposed to COVID-19?
- + What should I do if my student has been exposed to COVID-19?
- + When will I receive a follow-up call regarding my student's exposure?
- + My student is fully vaccinated. Do I need to show proof of vaccination?
- + My student who was exposed to COVID-19 has siblings at other schools. Do they all need to quarantine? Will the other schools be notified?
- + Will the school or district let me know who my child came in contact with?