
San Carlos School District

Health & Safety Plan

2021-2022

Posted August 25, 2021

SCSD will reevaluate and reassess this plan if a new health order or guidance is released that impacts school operations.

This document replaces the 2019-20 COVID-19 Safety Plan.



San Carlos School District

A summary of news about the SCSD for our community

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San Carlos School District

Health and Safety Plan

San Carlos School District (SCSD) is excited to welcome students, teachers, and staff back to school campuses for in-person teaching and learning for the 2021-2022 school year. Our primary focus is the health and safety of our students and staff, and we are prepared to adjust to the shifting guidance and recommendations in order to maximize educational opportunities.

The San Mateo County Office of Education (SMCOE) issued an updated [San Mateo County Coalition for Safe Schools and Communities' Pandemic Recovery Framework](#) to help guide all San Mateo County schools in the 2021-22 school year. The updated document addresses health and safety protocols in schools for 2021-22 and is aligned to the California Department of Public Health (CDPH) [COVID-19 Public Health Guidance for K-12 Schools in California, 2021-22 School Year](#) and to the Centers for Disease Control and Prevention (CDC). The public health guidelines address masks, hand washing, visitors on campus, and other proactive health and safety measures to allow for learning to safely continue in-person on school campuses.

This Health and Safety Plan highlights the protocols for our District in the upcoming school year. This safety plan will be updated throughout the year in accordance with the San Mateo County Office of Education and the California Department of Public Health.

Employees seeking Cal/OSHA guidelines can find it [here](#).

Last revision: August 25, 2021

Updates include:

- 1) Vaccination Verification (p. 4) updated: Pursuant to the [State Public Health Officer order](#) of August 11, 2021, school districts must document vaccination status of all employees and volunteers.
- 2) Exposure Outside of School (p. 13) added: Home Isolation and Quarantine Instructions for People with COVID-19 and Their Household or Close Contacts

Masks

On August 2, 2021, the San Mateo County Health Officer issued an order requiring masks to be worn regardless of vaccination status in all indoor public settings, venues, gatherings, and workplaces, including schools. This order is more restrictive than the CDPH mask guidance issued in July 2021.

Universal masking inside schools addresses concerns about variants and provides extra protection for students who are not vaccinated. Universal masking also makes it possible for CDPH to lift physical distancing requirements, which had been a key barrier to all students returning to in-person learning on a full-time basis last year. CDPH will continue to assess conditions and update its own mask requirements.

Masks Indoors

- All SCSD students are required to mask indoors except those who are exempt based on [CDPH face mask guidance](#).
- Adults in SCSD school settings are required to mask.
- Persons exempted from wearing a mask due to a medical condition, must wear a non-restrictive alternative, such as a face shield with a drape on the bottom edge, as long as their condition permits it.
- Schools must provide a mask to students who fail to bring one.
- No disciplinary action should be taken against a student who does not have a mask as described in the [U.S. Department of Education COVID-19 Handbook, Volume 1](#).

Masks Outdoors

- Masks are optional outdoors for all in SCSD school settings. However, particularly in areas of substantial to high transmission, CDC recommends that people who are not fully vaccinated wear a mask in crowded outdoor settings or during activities that involve sustained close contact with other people who are not fully vaccinated.

Masks on Buses

- Passengers and drivers must wear a mask on school buses and other forms of student transportation except when exempt from [CDPH face mask guidance](#).
- Masks should be provided to those students on school buses who need them.

Vaccination

Vaccination Verification

Pursuant to the [State Public Health Officer order](#) of August 11, 2021, school districts must document vaccination status of all employees and volunteers. In compliance with this requirement, vaccination status will be collected from all SCSD staff and volunteers with a Self-Certification of Vaccination Status form. Vaccination status information will be strictly confidential and maintained by the Human Resources Department and will comply with relevant statutory and regulatory requirements, including Family Education Rights and Privacy Act (FERPA) statutory and regulatory [requirements](#).

If staff or volunteers are not vaccinated or not fully vaccinated, they will be required to take weekly COVID-19 tests and provide the test result(s) to the Human Resources Department.

Physical Distancing

The CDPH does not include any recommendations concerning physical distancing in schools and reports that, “Recent evidence indicates that in-person instruction can occur safely without minimum physical distancing requirements when other mitigation strategies (e.g., masking) are implemented.”

CDPH’s universal masking requirement addresses [CDC recommendations](#) concerning physical distancing.

Schools that are able may include physical distancing as a layer of protection; however, it should not impact the school’s ability to have all students and teachers on campus for full in-person learning and instruction.

Physical distancing will be maximized as much as possible while eating (especially indoors). School sites will use additional spaces outside of the cafeteria for mealtime seating, and eat outdoors as much as possible, weather permitting.

Cal/OSHA has eliminated physical distancing requirements except where an employer determines there is a hazard and for certain employees during major outbreaks. Employers must implement physical distancing and barriers during a major outbreak (20 or more cases in an exposed group of employees).

Gatherings

CDPH does not address gatherings in its guidance. However, the San Mateo County Public Health Officer’s August 2nd universal mask requirement applies to indoor settings, venues, gatherings, and

workplaces. Schools should also consider how they might limit the size of gatherings, maintain distance among participants, and require masks even if events are outdoors and participants are vaccinated.

Ventilation

When outdoor air quality is satisfactory, staff are encouraged to open doors and windows to bring fresh outdoor air into the building and classroom to help keep virus particles from concentrating inside. In-room (portable) air purifiers have been provided in every classroom to reduce the risk of long-range airborne transmission by providing high-efficiency filtration. In the event that outdoor air quality is poor, doors and windows should be shut, and classes being held outside should be relocated inside. The supplied air purifiers will provide filtration of both virus particles and smoke or other airborne particles.

Classrooms and areas with HVAC systems have been provided with MERV rated filters that are changed quarterly. The majority of classrooms in the district do not have HVAC systems, and therefore rely on airflow from doors and windows and fans for cooling, and boilers or similar heating systems for heating.

For resources and guidance on air quality, visit the San Mateo County Office of Education's [Air Quality Resources webpage](#).

Stay Home When Sick and Get Tested

The CDPH notes that getting tested for COVID-19 when symptoms are consistent with COVID-19 will help with rapid contact tracing and prevent possible spread at schools. CDPH recommends the following:

- Staff members and students with symptoms of COVID-19 infection not to return for in-person instruction until they have met these criteria:
 - 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 COVID-19 test, **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.

Follow the CDC's guidelines for Staying Home when Sick and Getting Tested:

- Students, teachers, and staff who have symptoms of infectious illness, such as influenza (flu) or COVID-19, should stay home and be referred to their healthcare provider for testing and care.

- Parents and guardians should keep children home if they are showing signs and symptoms of COVID-19 and get them tested.

Common Symptoms of COVID-19 (CDPH)

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

When Students or Staff Are Sick at School

When a student or staff member is sick while on an SCSO campus, school staff will escort the individual to the school's isolation room. The sick student's parent or guardian will be contacted to pick-up the student as soon as possible, and sick staff members should leave campus immediately. After leaving campus, symptomatic students and staff members should seek a COVID-19 test from their healthcare provider or a community testing site as soon as possible, and stay home until they receive the results.

If the student or staff member tests positive for COVID-19, they will be directed to contact their healthcare provider for follow up response and monitoring.

If the student or staff member tests negative for COVID-19, they may return to school following the school's health policies, which is usually 24 hours after a fever subsides without the use of medication and symptoms have improved.

Hand Hygiene

- SCSO staff will teach and reinforce washing hands with soap and water for at least 20 seconds, avoiding contact with one's eyes, nose, and mouth, and covering coughs and sneezes among students and staff.
- SCSO will promote hand washing throughout the day, especially before and after eating, after using the toilet, and after handling garbage, or removing gloves.
- Adequate supplies will be provided to sites and staff to support healthy hygiene behaviors, including soap, tissues, no-touch trash cans, masks, and hand sanitizers with at least 60 percent ethyl alcohol for staff and children who can safely use hand sanitizer.
- Hand sanitizers should be used only with adult supervision for children under 6 years of age.

Cleaning

- In general, cleaning once a day is usually enough to sufficiently remove potential viruses that may be on surfaces.
- If a school or district site has had a sick person with COVID-19 within the last 24 hours, the space occupied by that person will be both cleaned and disinfected. Disinfecting (using disinfectants on the U.S. Environmental Protection Agency COVID-19 list) removes any remaining germs on surfaces, which further reduces any risk of spreading infection.

Food and Meals

- School sites will use additional spaces outside of the cafeteria for mealtime seating, and eat outdoors as much as possible, weather permitting.
- Frequently touched surfaces will be cleaned, and surfaces that come in contact with food should be washed, rinsed, and sanitized before and after meals.
- Given the 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.

Training

- SCSD will provide training for staff and students on the school's/district's safety plan.
- Per Cal/OSHA requirements, SCSD will provide training and instruction to employees on how COVID-19 is spread, infection prevention techniques, and information regarding COVID-19 related benefits that affected employees may be entitled to under applicable federal, state, or local laws.

Visitors

- SCSD school sites will develop protocols for visitors and family engagement activities.
- SCSD school sites will limit nonessential visitors, volunteers, and activities involving external groups or organizations with people who are not fully vaccinated, or whose vaccination status is unknown.
- Direct service providers are welcome on school sites but must follow SCSD school visitor policies and safety protocols.
- Anyone, including visitors, who have symptoms of infectious illness, such as flu or COVID-19, should stay home and seek testing and care.
- All visitors will be required to wear masks while indoors on campus.

SCSD schools will require visitors to complete a self-attestation form prior to entering campus regarding vaccination status. If visitors are not vaccinated or refuse or are unable to provide this information, they must follow all school policies related to not vaccinated individuals.

Extracurricular and Athletic Activities

CDPH will be providing additional guidance for other supervised settings for school-aged children and youth (including activities such as music and drama). SCSD will follow the CDPH guidance for these activities as they are released.

Travel

Please see the table below for CDC recommendations concerning travel. Schools may also want to share the [CDPH's flyer](#) concerning travel with families and staff.

Per the CDC recommendations concerning travel, SCSD will be using the guidelines in the table below for staff or students that travel domestically and internationally. This CDPH [link](#) has additional recommendations for guidelines for travel.

Domestic Travel	Not Vaccinated	Fully Vaccinated
Get tested 1-3 days before travel	✓	
Get tested 3-5 days after travel and self-quarantine for 7 days. Self-quarantine for 10 days if you don't get tested.	✓	
Self-monitor for symptoms	✓	✓
Wear a mask and take other precautions during travel	✓	✓
International Travel	Not Vaccinated	Fully Vaccinated
Get tested 1-3 days before traveling out of the US	✓	
Mandatory test required before flying to US	✓	✓
Get tested 3-5 days after travel	✓	✓
Self-quarantine after travel for 7 days with a negative test or 10 days without test	✓	
Self-monitor for symptoms	✓	✓
Wear a mask and take other precautions during travel	✓	✓

Response Testing and Quarantine Guidelines

Definitions

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

Close Contact: anyone who was within 0-6 feet indoors of a Case for more than 15 minutes over a 24-hour period.

Testing and Quarantine of Vaccinated Close Contacts

Recommendations for fully vaccinated individuals include:

- Fully vaccinated people should get tested if experiencing COVID-19 symptoms.
- If fully vaccinated people test positive for COVID-19, they should follow CDPH and local health department guidance regarding isolation and/or exclusion from high risk settings.
- Fully vaccinated students, teachers, and staff with no COVID-19 symptoms do not need to be tested following an exposure to someone with COVID-19.
- Following a known exposure at work, fully vaccinated workers do not need to quarantine if asymptomatic.
- Per Cal/OSHA, fully vaccinated employees do not need to be offered testing or excluded from work after close contact unless they have COVID-19 symptoms.
- The CDC now recommends that fully vaccinated people who have a known exposure to someone with suspected or confirmed COVID-19 be tested 3-5 days after exposure, and to wear a mask in public indoor settings for 14 days or until they receive a negative test result.

Testing of Those Who Previously Had COVID-19

People who have tested positive for COVID-19 within the past three months and recovered do not need to get tested following an exposure as long as they do not develop new symptoms.

Testing and Quarantine of Unvaccinated Close Contacts

When Both Parties Were Wearing a Mask

When both parties were wearing a mask in an indoor or outdoor school setting or school bus, **students who are unvaccinated** and are close contacts may undergo a modified 10-day quarantine and 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 the 10-day quarantine; and
- Continue to quarantine for all extracurricular activities at school, including sports, and activities within the community setting.

CDPH provides the following testing guidance for **students** in modified quarantine.

- Testing should begin immediately after being exposed to someone with COVID-19. Subsequent testing should occur at least 3 days apart.
- Quarantine can end after Day 7 if a diagnostic specimen is collected after Day 5 from the date of last exposure and tests negative.

According to CDPH, students in modified quarantine:

- Are strongly encouraged to wear masks when outdoors.
- May use school buses, including buses operated by public and private school systems.
- May participate in all required instructional components of the school day, except activities where a mask cannot be worn, such as while playing certain musical instruments.
- May eat meals on campus using food service recommendations provided in “Food and Meals” section on page 7.

Please note: modified quarantine applies only to students, not to teachers or other adults. As per the chart on Page 11, quarantine for asymptomatic **adult** close contacts who are not vaccinated, regardless of masking, is 10 days without testing, or 7 days if tested 5 days after exposure with a negative result. If the unvaccinated close contact is symptomatic, testing is recommended. If the test result is negative, individuals should quarantine for 14 days. If positive, the close contact would isolate until at least 10 days have passed since symptoms first appeared, and at least 24 hours have passed since the last fever without the use of fever-reducing medication, and symptoms have improved.

When One Party Was Not Wearing a Mask

When one party was not wearing a mask, those who remain asymptomatic may discontinue self-quarantine under the following conditions:

- Quarantine can end after Day 10 from the date of last exposure without testing; OR

- Quarantine can end after Day 7 if a diagnostic specimen is collected after Day 5 from the date of last exposure and tests negative.
- To discontinue quarantine before 14 days following last known exposure, asymptomatic close contacts must:
 - Continue daily self-monitoring for symptoms through Day 14 from last known exposure; AND
 - Follow all recommended non-pharmaceutical interventions (e.g., wearing a mask when around others, hand washing, avoiding crowds) through Day 14 from last known exposure.

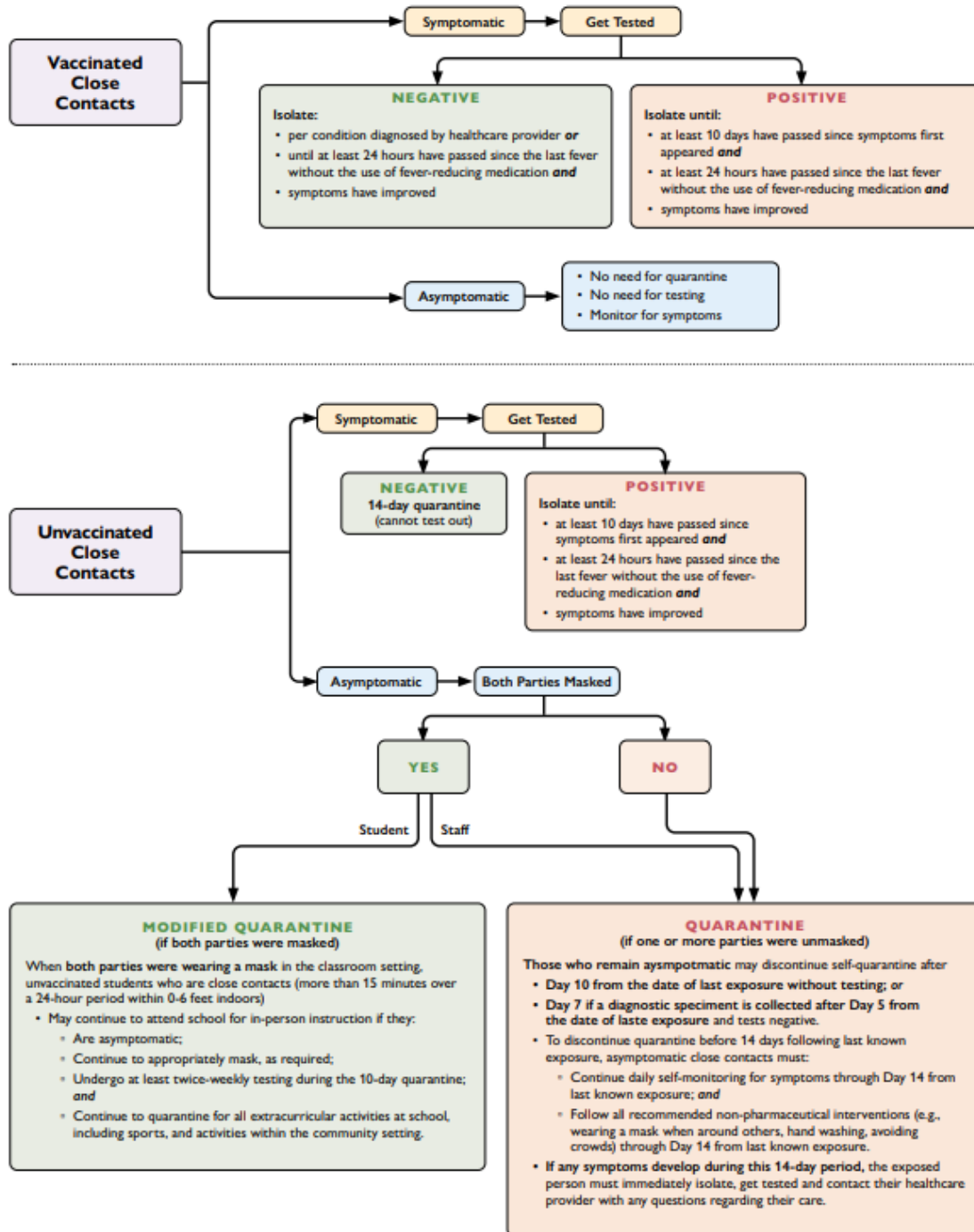
If any symptoms develop during this 14-day period, the exposed person must immediately isolate, get tested, and contact their healthcare provider with any questions regarding their care.

Additional Requirements Concerning Employees Who Are Not Vaccinated

Per Cal/OSHA, employers must:

- Exclude employees who have COVID-19 symptoms and/or are not fully vaccinated and have had a close contact from the workplace and, if that close contact is work related, ensure continued wages.
- Offer COVID-19 testing at no cost during paid time to their employees who are not fully vaccinated and had potential exposure to COVID-19 in the workplace, and provide them with information on benefits.

COVID-19 Exposure at School (CDPH)



Please note that the chart above only applies for exposure in school. If the exposure occurs outside of school, please notify your school site and follow the [San Mateo County Health Home Isolation and Quarantine Instructions for People with COVID-19 and Their Household or Close Contacts](#).

Tests to Assess Status during Quarantine or to Exit Quarantine

- Any FDA-approved diagnostic test is acceptable for evaluation of an individual's COVID-19 status. This includes antigen diagnostic tests and PCR diagnostic tests. PCR tests are preferred, but not required. See the CDPH school testing resources for more information.
- At this time, at-home testing is not recommended for evaluation of an individual's status during quarantine.
- For persons in quarantine who experience symptoms, a negative result from an antigen test or POC molecular test results should be confirmed with a laboratory-based PCR test.

Case Reporting and Contact Tracing

A school in San Mateo County with one or more confirmed cases of COVID-19 in their school community must complete the following steps as soon as possible:

- The District Nurse must report all COVID-19 cases and clusters of undiagnosed respiratory illness to SMC CD Control as soon as practicable (within 24 hours) at COVID19_SchoolTeam@smcgov.org.
- The School/District COVID-19 Point Person and the assigned San Mateo County Health investigator will be in daily contact Monday – Friday, unless instructed otherwise by SMC CD Control.
- The District COVID-19 Point Person collects data from all schools and must complete a daily report for all new cases (a line list) and submit it via secure email to SMC CD Control daily by 10:00 a.m.
- Schools should notify – to the extent allowable by applicable privacy laws – teachers, staff, and families of students who were close contacts as soon as possible (within the same day if possible) after they are notified that someone in the school has tested positive.
- The District COVID-19 Point Person or Superintendent/Private School Head should notify SMCOE at info@smcoe.org.

Additionally, per Cal/OSHA guidance, employers must:

- Contact the local health department immediately but no longer than 48 hours after learning of three or more COVID-19 cases to obtain guidance on preventing the further spread of COVID-19 within their workplace.
- Maintain accurate records and track all COVID-19 cases, while ensuring medical information remains confidential. These records must be made available to employees, authorized employee representatives, or as otherwise required by law, with personal identifying information removed.
- Report a COVID-19-related serious illness or death immediately to the nearest Cal/OSHA enforcement district office.
- Per Cal/OSHA and the district or school's CPP, provide written notice within one day of learning of a case to people at the worksite who may have been exposed to COVID-19. This notice must be provided to all employees (and their authorized representative), independent contractors and other employers at the worksite during the high-risk exposure period.

Outbreaks

Cal/OSHA provides the following guidance for employers in the case of an outbreak:

- Provide written notice of workplace outbreaks (three or more cases in an exposed workgroup in a 14-day period) and major outbreaks (20 or more cases within a 30-day period).
- During any outbreak, masks are required regardless of employee vaccination status both indoors and outdoors when employees are less than six feet from another person.
- During major outbreaks, six-feet physical distancing is required where feasible, both indoors and outdoors.
- [Amber to get clarification on 3%](#)