

STUDENT & FAMILY HANDBOOK COVID-19 SAFETY



Sonoma Valley Unified School District

Office of the
Superintendent

Overview

The goal of Sonoma Valley Unified School District (SVUSD) is to ensure a safer return to school for all students and staff. This handbook was developed in partnership with the Sonoma County Office of Education (SCOE) and reviewed by the Sonoma County Department of Health Services (SCDHS) to support a healthier school environment during the COVID-19 pandemic. We are implementing enhanced health and safety practices and protocols, which includes intensifying cleaning and disinfecting of common spaces, restrooms, and frequently touched surfaces throughout our schools, maintaining physical distancing and stable classroom cohorts, and increasing personal protective behaviors (e.g., handwashing and face covering) based on guidance from the Sonoma County Office of Education (SCOE), Sonoma County Department of Health Services (SCDHS), California Department of Education (CDE), the California Department of Public Health (CDPH), and the Centers for Disease Control (CDC).

Detailed instructions and procedures will be included in the return to school packet from your school site. The packet will come from your school site before the start of in-person instruction.

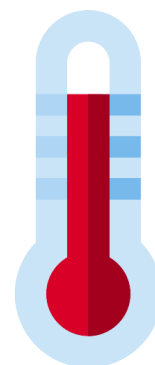
Please follow these guidelines to help us maintain a safe and healthy learning environment:

- ☐ Instruct your child / children in proper hand hygiene and respiratory etiquette.
- ☐ Limit travel and social activity to reduce possible exposure to COVID-19.
- ☐ Limit participation in group activities and gatherings with mixed households.
- ☐ Children should not participate in more than two (2) cohorts at this time.
 - ☐ What is a cohort? A cohort is a group of children who stay together to minimize COVID-19 exposure by limiting cross-over. Examples include elementary school class, aftercare, youth sports club, recreational class. Your household and transportation group (e.g., bus) are not considered cohorts.
- ☐ Maintain physical distance and wear face coverings.
 - ☐ Face coverings are required for all students and staff
 - ☐ Instruct your child in safely wearing and taking off face covers. Ensure your child arrives at school with a face covering daily (pack a back-up face covering in their backpack).
- ☐ Plan for possible cohort or school closures.
- ☐ Review your school's site-specific protection plan (SSSPP). Talk to your child about precautions to take at school.
- ☐ Instruct your child to visit the school health office only if they feel sick. It is a high-risk area.

To ensure that it is safe for all students to arrive at school each day, SVUSD will be utilizing the “**CrisisGo Safety iPass**” tool. Each school day AT 6:00 AM, families / guardians will receive an email asking them to screen their child(ren). A paper form will be provided at the school for families with no access to a cell phone or computer. A few simple questions like “Does the student have a temperature over 100.0 degrees, has the student been close to someone who has tested

positive, etc.” will need to be answered to ensure safety. This process will inform the school that your child is safe to be at school. If your student is not safe to be at school they will not be allowed on campus. If they arrive at school without pre-screening, they will remain in an isolated area until the family can arrange to screen their child.

- ❑ Do not pre-medicate your child with symptomatic relief medications (e.g., ibuprofen [Motrin], acetaminophen [Tylenol], pseudoephedrine / Sudafed, diphenhydramine [Benadryl]) *unless for known, chronic conditions; e.g., seasonal allergies; sinusitis*
- ❑ Do NOT send your child / children to school if they *or anyone in the household* (e.g., caregivers, siblings) exhibit any symptoms of COVID-19. Per [CDC](#), people with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus.
 - ❑ Contact your healthcare provider immediately to discuss testing for appropriate household members.
 - ❑ Students with the following more common symptoms of COVID-19 must be tested for COVID-19 *or* stay at home and isolate for at least 10 days:
 - Fever (100.0° or higher) or chills
 - Cough
 - Sore throat
 - Shortness of breath or difficulty breathing
 - Not being able to taste or smell
 - Headache
 - Diarrhea
 - Nausea or vomiting
 - Students may return to school after they test negative for COVID-19 with copy of a negative test and/or after their healthcare provider provides an alternate diagnosis - e.g., migraine, strep throat - *and* their symptoms are improving *and* they are fever-free for 24 hours without the use of fever-reducing medications.
 - ❑ Students who exhibit the following less common symptoms *must be evaluated* by a healthcare provider to determine if COVID-19 testing is required:
 - New onset of stuffy or runny nose (different from pre-existing allergies)
 - Body aches
 - Fatigue or lethargy.
 - School must receive communication from the healthcare provider that the student may return to school (e.g., doctor’s note, fax, phone call).



☐ Notify the school immediately if:

- If your child is being evaluated for COVID-19, they may return to school with a negative test or if they have received an alternate diagnosis made by their healthcare provider and followed any criteria for returning to school related to that diagnosis.
- If a household member is being evaluated for COVID-19, the household member must [isolate / quarantine](#) as appropriate.
 - ☐ Your child / children *must stay home* until the household member tests negative for COVID-19.
 - ☐ If the household member tests positive for COVID-19, your child / children must quarantine for 14 days from their last contact with the household member. They *may not* return to school even if they test negative for COVID-19. They must complete their quarantine.
- If a household member has a known COVID-19 exposure, the household member must [isolate / quarantine](#) as appropriate.
- If your child has had close contact with someone who has tested positive for COVID-19, *they should get tested 10-12 days after their last contact with the person who has COVID-19.*
 - ☐ Your child must stay at home and [quarantine](#) for 14 days after their last contact with the person who has COVID-19. They *may not* return to school even if they test negative for COVID-19. They must complete their quarantine.

More resources can be found at:

[Sonoma County Emergency and Preparedness Information](#) [Coronavirus Information for Schools and Families](#)

For questions about COVID-19, please call the Sonoma County Health and Human Services phone call center at (707) 565-4400.

Preventative Measures at School

When to Stay Home from School

- ❖ Students **must** stay home if they have a **fever of 100.0°F or higher or any symptoms of illness**.
 - Parents / guardians should check their child / children for symptoms of illness **every morning** before bringing them to school. If your child has any of the following more common symptoms of COVID-19, they must be tested for COVID-19 or stay at home and isolate for at least 10 days.
 - Fever at or greater than 100.0 degrees Fahrenheit
 - Chills
 - Cough
 - Shortness of breath or difficulties breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- ❖ Students **must** stay home if she / he has tested positive for COVID-19 within the last 10 days
- ❖ Students **must** stay home if she / he has had close contact (within 6 feet of an infected person for at least 15 minutes) with a COVID-19 positive case within the last 14 days. If your child has had close contact with someone who has tested positive for COVID-19, *your child should get tested 10-12 days after their last contact with the person who has COVID-19.* Your child must stay at home and quarantine for 14 days after their last contact with the person who has COVID-19. Your child *may not* return to school even if they test negative for COVID-19. She / he must complete her / his quarantine.
- ❖ She / he had close contact (within 6 feet of an infected person for at least 15 minutes) with a person under quarantine for possible exposure to COVID 19 within the last 14 days. If a household member is being evaluated for COVID-19, the household member must isolate / quarantine as appropriate. If the household member tests positive for COVID-19, your child / children must quarantine for 14 days from their last contact with the household member. They *may not* return to school even if they test negative for COVID-19. They must complete their quarantine.

- ❖ She / he has travelled outside of the State of California in the last 10 days. ([Please review this travel advisory from the California Department of Public Health](#)).
- ❖ Students with known underlying health conditions may be at increased risk of severe illness. These health conditions may include Diabetes (Type I and II), immune system deficiencies, or chronic respiratory conditions. If your child has a chronic health condition, please consult with your child's healthcare provider to determine if/when it is safe to attend school.

Any student or staff member who has tested positive for COVID-19 or who has been exposed to COVID-19 must stay home from school and follow Sonoma County Public Health's [At Home Quarantine & Isolation Safety Guidance](#). Parents / guardians must notify the school immediately if their child or household member tests positive for COVID-19 or if a household member may have been exposed to COVID-19. Please contact Charles Wilsonb, Director of Student Services at the 707-935-4660. All information provided will be kept confidential and is necessary so that the District can efficiently and safely conduct tracing.

- ❖ Your child / children *must stay home* until the household member tests negative for COVID-19.
- ❖ If a household member has a known COVID-19 exposure, the household member must [isolate / quarantine](#) as appropriate.

More resources can be found at:

[Sonoma County Emergency and Preparedness Information](#) [Coronavirus Information for Schools and Families](#)

For questions about COVID-19, please call the Sonoma County Health and Human Services phone call center at (707) 565-4400.

Arrival at School and Departure from School

Schedules for arrivals will be strategically coordinated to prevent mixing of classroom cohorts. There will be designated areas for entry to and exit from the school. Your school will provide information on their specific protocols for the drop-off and pick-up process.

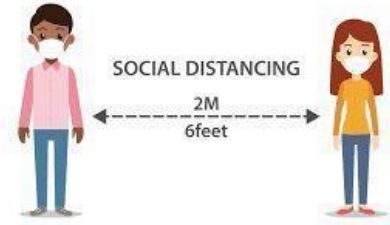
Arrival at school and departure from school is site-specific. Your particular school site will present their plan directly to you.

- Parents will need to stay in the car when they drop off their child / children.
- Students will need to go directly to their designated classroom or meeting location for daily student check in.
- Physical distancing protocols will be followed to minimize contact between students, families and staff.

Physical Distancing

Sonoma County Public Health recommends physical distancing of six feet is maintained between adults and students; four to six feet distance is permissible between students within a classroom or instructional area. SVUSD have the following measures in place to ensure students stay at least 6 feet apart while in lines, hallways, and at all other times:

- Tape on floors and sidewalks to indicate 6 feet distance
- Signs on walls to serve as a reminder to stay 6 feet away from others
- One-way routes in some hallways
- Classroom seating/desks spaced 6 ft apart
- Outdoor learning spaces utilized when practicable



Gatherings, Visitors, and Field Trips



Visitors (including parents) will not be allowed on campus. Student assemblies, parent meetings, field trips, special performances, and student assemblies will be conducted via a virtual platform whenever possible. Schools will promote distancing of at least 6 feet between people in person and limit the size of groups.

Shared Objects

The following guidelines will be followed regarding shared objects:

- Discourage students from sharing items that are difficult to clean, sanitize or disinfect.
- Keep each child's belongings separated from others' and in individually labeled containers, cubbies or other areas.
- Limit sharing of supplies between students and disinfect between uses if sharing is unavoidable.
- Ensure adequate supplies to minimize sharing of high touch materials to the extent possible (*e.g.*, assigning each student their own art supplies, equipment) or limit use of supplies and equipment by one group of children at a time and clean and disinfect between uses.



Restrooms

Students will have access to restrooms. Protocols for COVID safety will be followed to limit the number of students using the bathroom at the same time.

Water Access

Students should bring a **personal labeled water bottle of their own from home that they do not share**. Bottle filling stations have been installed at all sites.

Food Guidelines and Food Services

We will be offering free and reduced, as well as purchased, “grab and go” meals to take home for anyone who is interested.



Health & Hygiene Practices

Face Coverings

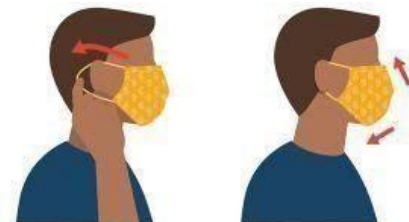
California has mandated that face coverings will be required in indoor settings for everyone over age two. This is part of a statewide effort

to help stop the spread of COVID-19. Face coverings are **required** to be worn by all staff and students unless exempted for medical reasons, **in which case a healthcare provider's note is required**, or as defined by Individual Education Plan (IEP). An exempt student may be encouraged to wear a plastic face shield if doing so is appropriate for their age and/or medical or mental health condition. If a student does not have a face covering or has lost theirs, one will be provided. Students who refuse to wear their face covering will be sent home. See the [CDPH Guidance for the Use of Face Coverings](#) for more information.



Face coverings should not be placed on:

- Children younger than 2 years old
- Anyone who has trouble breathing or is unconscious
- Anyone who is incapacitated or otherwise unable to remove the face-covering without assistance



Acceptable face coverings

A face covering means: a covering made of fabric that covers only the nose and mouth and surrounding areas of the lower

face. Early research shows a high thread-count cotton outperforms low thread-count and

synthetic materials. Examples include: a cloth face cover, homemade ear loop mask, or surgical mask.

Unacceptable face coverings

- Halloween or plastic masks, ski masks with holes for the nose or mouth, or masks that have a one-way valve designed for easier breathing (the valves are often a raised plastic disk about the size of a quarter, on the front or side of the mask)
- Face coverings worn by students must be appropriate and meet district dress code requirements (*e.g.* no inappropriate fabric patterns, no Halloween masks, no hate symbols, *etc.*)

Wearing face coverings correctly

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Avoid touching the face-covering while it is on. If you do need to touch or adjust the face covering, wash your hands right away.

Removing face coverings correctly

Be careful not to touch your eyes, nose, and mouth when removing. Wash hands immediately after removing. CDC How to Safely Wear and Take Off a Cloth Face Covering ([English](#)) ([Spanish](#))

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine (learn more about [how to wash face coverings.](#))

Hand Hygiene

Frequent hand hygiene is one of the most important preventative practices to help slow the spread of COVID-19 and will be encouraged at school. Hand hygiene stations will be accessible on campus.

Students and staff will be required to wash or sanitize their hands upon arrival to school each day before entering the classroom. Time for hand hygiene will be scheduled throughout the day including before eating and before returning to the classroom after recess.

Five steps to proper handwashing

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

We encourage you to review these guideline on hand washing from the CDC: [Handwashing is a Family Activity](#)



How to use hand sanitizer

- Apply the hand sanitizer to the palm of one hand (read the label to learn the correct amount).
- Rub the sanitizer over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Cough Etiquette and Other Important Health and Hygiene Practices

Please help us teach your child / children these important preventative measures to reduce the spread of COVID-19 and other illnesses.

- Cough and sneeze away from other people, and into a tissue or into the crook of the elbow, throw the tissue into the trash right away and wash hands.
- Avoid touching the eyes, nose, and mouth with unwashed hands.
- Avoid close contact with anyone who is sick.
- Maintain six (6) feet physical distance from others outside your home. Keeping distance from others is especially important for individuals at higher risk for severe illness.
- Please discuss the importance of physical distancing measures while not at school, including discouraging students from gathering elsewhere.
- Encourage your child to ask questions and express their feelings with you and their teachers. Remember that your child may have different reactions to stress; be patient and understanding. Prevent stigma by using facts and reminding students to be considerate of one another.



[We encourage you to explore these resources on social and emotional health from the Collaborative for Academic, Social, and Emotional Learning \(CASEL\)](#)

If you, your child / children or any other member of your family would like to receive additional physical, social or emotional support, [please visit our Wellness Resources page.](#)

Immunizations

Immunization requirements for admission to school remain unchanged for the 2020-2021 school year. According to the [California Department of Public Health's Shots for School website](#), "Even with current school closures, immunization requirements for admission to school or child care in California for the 2019-2020 and 2020-2021 school year remain in place."

Flu Vaccine

Sonoma County Public Health strongly recommends that all Sonoma County residents 6 months and older get their seasonal flu vaccine.

School Health Office

If a child develops symptoms related to COVID-19 at school, parents / guardians will be contacted to pick up their child within 30 minutes. If the school is unable to reach the child's parents within 5 minutes, the emergency contact will be called to pick up the child. The student cannot wait in an isolation area for the rest of the school day.

Parents / guardians, teachers, and staff should instruct students to visit the school health office **only** if they are sick or injured. The school health office is a high-risk area that should only be used if medical assistance is necessary. If the health concern is not urgent, teachers and staff will attempt to resolve the matter with first aid interventions before sending a student to the school health office.

Isolation Protocol: If a Student Develops Symptoms at School

If a student develops a fever of 100.0°F or higher and/or symptoms consistent with COVID-19, your child will be placed in an isolation area and observed until they are picked up. Students must be picked up within 30 minutes by you or your identified emergency contact.

- Parents / guardians must always have a plan for picking up their child. Siblings and/or other household members attending school must also be picked up.
- If a student starts exhibiting symptoms, staff will assure the student is wearing a mask. If not, the student will have a mask placed on them and will be isolated.
- Symptomatic students should be picked up **within 30 minutes** by their parent or guardian (or the emergency contact if the school is unable to reach the parent after 5 minutes). **The student cannot wait in an isolation area for the rest of the school day.**

- When the parent arrives to pick up their child, stay in the car, call the office, and wait for the child to be escorted outside. Parents and other visitors are not allowed on campus during this time. **Schools will provide you with the appropriate phone number directly.**
- Please contact your child's healthcare provider to schedule an appointment and/or schedule COVID-19 testing. Your child, their siblings, and other household members attending school will not be allowed to return to school until the symptomatic child has been without fever for at least 24 hours AND tests negative for COVID-19 or completes 10 days of isolation.
- Please **inform the point of contact (see "Designated COVID-19 Contacts" chart below)** at your school as soon as possible if your child / children is / are diagnosed with COVID-19.
- **Important Note:** Children who are quarantining or isolating at home **cannot** participate in in-person instruction or in any extracurricular activities (including youth sports).
 - **Quarantine:** (Staying home if exposed to COVID-19): People in quarantine should stay home, separate themselves from others, and monitor their health.
 - **Isolation:** (Separating from others if you have COVID-19): People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available).

Designated COVID-19 Contacts

The designated person at each site listed on the following page is responsible for:

- Maintaining communication systems that allow staff and families to self-report symptoms and receive prompt notifications of exposures and closures, while maintaining confidentiality
- Providing impacted individuals with family-student guidance documents, including materials in Spanish as needed
- Responding to COVID-19 concerns

Elementary Schools

School Site:	Contact:	Phone:	Email:
Dunbar	Linda Dehzad, Office Manager Jillian Beall, Principal	707-935-6070	ldehzad@sonomaschools.org jbeall@sonomaschools.org
El Verano	Laurie Salmas, Office Manager Maite Iturri, Principal	707-935-6050	lsalmas@sonomaschools.org miturri@sonomaschools.org
Flowery	Karina Rubio, Office Manager Esmeralda Sanchez Moseley, Principal	707-935-6060	krubio@sonomaschools.org emoseley@sonomaschools.org
Prestwood	Regina Webb, Office Manager Katie Larkin, Principal	707-935-6030	rwebb@sonomaschools.org clarkin@sonomaschools.org
Sassarini	Lida Pulido, Office Manager Stefanie Jordan, Principal	707-935-6040	lpulido@sonomaschools.org sjordan@sonomaschools.org

Middle School

School Site:	Contact:	Phone:	Email:
Adele Harrison	Gina Parisi, Office Manager Paul Tuohy, Principal	707-935-6080	gparisi@sonomaschools.org ptuohy@sonomaschools.org
Altimira	Kimberly Smith, Office Manager Chrissy Waters, Principal	707-935-6020	ksmith@sonomaschools.org cwaters@sonomaschools.org

High School

School Site:	Contact:	Phone:	Email:
SVHS	Kimberley Skaggs, Staff Secretary Jessica Hutchinson, Principal	707-935-4010	kskaggs@sonomaschools.org jhutchinson@sonomaschools.org

District Nurses

School Site:	Site:	Phone:	Email:
Daniela Ziemer	Altimira, Flowery, Prestwood	707-935-2220	dziemmer@sonomaschools.org
Emily Henke	Adele Harrison, Dunbar, Sassarini	707-935-2224	ehenke@sonomaschools.org
Erin Weaver	El Verano, SVHS	707-935-2225	eweaver@sonomaschools.org

Director of Student Services

School Site:	Contact:	Phone:	Email:
District Wide	Charles Wilson	707-935-4660	cwilson@sonomaschools.org

Multisystem Inflammatory Syndrome in Children (MIS-C)

Some children infected with COVID-19 develop an extremely rare condition called [Multisystem Inflammatory Syndrome in Children \(MIS-C\)](#). Children with MIS-C may have a fever and various symptoms, including abdominal (gut) pain, vomiting, diarrhea, neck pain, rash, bloodshot eyes, or fatigue. Contact your healthcare provider immediately if your child has any of these symptoms.

Community Clinics

You can find a list of community health centers and clinics in Sonoma County on the [Redwood Community Health Coalition's website](#). These health centers and clinics are dedicated to providing high quality, affordable health services to families and children and will serve uninsured/underinsured families

Attendance Policies

To report an illness or absence, please contact your school office.

- ❖ Parents / guardians should inform the school immediately if their child / children *or household member* (incl. caregiver):
 - is being evaluated for COVID-19; or,
 - if they test positive for COVID-19; or,
 - if they may have been exposed to COVID-19.

Contact the school principal. This information will be kept confidential.

- ❖ Protocols for excused and unexcused absences will continue as they have been used during a regular school year. If your child will miss school due to illness, we ask that you contact your school office and leave a message to inform the school of your child's absence. Your child will be considered excused from attendance and make up assignments may be provided.
- ❖ If your child attends school in person and must be absent from school due to exposure to COVID-19 that requires quarantine, please contact your school office to indicate the reason for your absence and the school will reach out to you regarding how to support your child during this time. Generally, only students who are excused from school due to quarantine or isolation will be asked to join the distance (remote) learning group for the duration of their quarantine or isolation.
- ❖ Student absences related to illness or quarantine are considered excused absences (Ed Code 48205).

When to Return to School

"My child tested positive for COVID-19 but had no symptoms."

If your child continues to have no symptoms, they can return to school after 10 days have passed since they had a positive viral test for COVID-19. Retesting is not required and not advised. If your child develops symptoms after testing positive, contact your healthcare provider.

"My child tested positive for COVID-19 and had symptoms."

A child who tested positive for COVID and had symptoms can return to school 10 days after their symptoms first appeared and their symptoms have been improving and they have been fever-free for 24 hours without the use of fever-reducing medications.

"My child stayed home or was sent home because of COVID-19 symptoms."

If your child stayed home or was sent home for COVID-19 symptoms, they may return to school after they test negative for COVID-19 and/or after their healthcare provider provides an alternate diagnosis - e.g., migraine, strep throat - and their symptoms are improving and they are fever-free for 24 hours without the use of fever-reducing medications.

"My child or a household member was exposed to COVID-19 (at school or at home)."

If your child or household member was exposed to COVID-19, they must stay at home and quarantine for 14 days after their last contact with the COVID positive person. Your child / children should be tested for COVID-19 10-12 days after their last exposure. They must complete a 14-day quarantine and may not return to school even if they test negative for COVID-19. Contact your healthcare provider to review isolation and quarantine orders.

If your child develops symptoms during quarantine, they may not return to school until 10 days after their symptoms first appeared and their symptoms have been improving and they have been fever-free for 24 hours without the use of fever-reducing medications.

"My child was diagnosed with another illness / communicable disease."

Depending upon the illness, a clearance from the student's healthcare provider may be required for return to school after illness.

Reference: Sonoma County Public Health At Home Quarantine & Isolation Safety Guidance

If students do not get tested or do not have an alternate diagnosis, they must isolate for at least 10 days and be fever-free for 24 hours without the use of fever-reducing medications before returning to school. Siblings and other household members attending school must also stay at home until the symptomatic child tests negative for COVID-19 or for at least 14 days after last contact with a symptomatic person. All household members must follow [Sonoma County Public Health's At Home Quarantine & Isolation Safety Guidance](#).

Communications

School Actions and Communications in Case of Possible Exposure at School

Families will be notified of school or cohort closures and any restrictions in place to prevent COVID-19 exposure (e.g., limited hours of operation) as soon as possible, per the charts outlined below.

Scenario-based COVID-19 Guidance for Schools, Childcare, and Programs for Children and Youth

Updated March 2021

Scenario	Action	Communication
Child or staff has symptoms of COVID-19	Send home and recommend testing ASAP. Cohort¹ remains OPEN.	Reinforce importance of social distancing, hand hygiene, facial coverings, and symptom checks.
Child or staff has had close contact ² with someone with confirmed COVID-19.	Send home, instruct to quarantine for 10 days starting the day after last exposure. Monitor for symptoms for 14 days total. Recommend testing prior to returning, at least 8-10 days after last exposure (ASAP if symptoms develop). ³ Cohort remains OPEN.	Consider notifying staff and families of children in the cohort. See "Contact of Contact Advisory" template
Child or staff has confirmed COVID-19 infection	Notify Sonoma County Public Health (complete "Site Information Gathering Tool" prior): <i>Call (707) 565-4566 or e-mail to: Phnurse@sonoma-county.org</i> <ul style="list-style-type: none"> Keep home with instructions to isolate at home for at least 10 days after the first symptoms occurred, they have been fever-free for >24 hours without using medication (such as Tylenol or Motrin), and symptoms have improved. <ul style="list-style-type: none"> If no symptoms, keep home for 10 days since the day they were tested. Identify close contacts, which likely includes the entire cohort of the person with COVID-19. <ul style="list-style-type: none"> Instruct to quarantine for 10 days after the last exposure. It is strongly recommended⁴ that exposed persons get tested for COVID-19 8-10 days after the last exposure, or sooner if symptoms develop. Clean and disinfect spaces where the person with COVID-19 spent significant time. Cohort should be CLOSED for 10 days after last exposure. Non-exposed cohorts may remain open.	Notify staff and families of children who are close contacts using the "Close Contact Advisory" template. Notify all other staff and families of children about the COVID-19 case using the "General Exposure Advisory" template.

¹ A cohort is defined as a stable group with fixed membership that stays together for all activities (e.g., lunch, recess) and avoids close contact with other persons or cohorts.

² See CDC definition of "close contact": <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#Key-Terms>

³ When possible, it is strongly advised to do an initial test for child or staff as soon as a close COVID contact is identified to prevent further spread within the cohort. If negative, testing needs to be repeated at Day 8-10 of 10d quarantine. A negative result on an early test does not exempt someone from testing on/after Day 8.

⁴ They must have no symptoms upon returning and test negative on/after Day 8. Students or staff who are tested too soon/not at all after an exposure are released from quarantine 14 days after the exposure given they have no symptoms of COVID-19. If symptoms develop and no test is completed, an additional 10 days of isolation must be completed.

Return-to-school criteria for children and staff in schools, childcares, and other programs serving youth after COVID-19 symptoms, close contact, or confirmed COVID-19

Scenario	Criteria
Child or staff has a negative test after symptoms of COVID-19 OR an alternate diagnosis has been made by a healthcare provider	<p>Follow facility illness policy for non-COVID illnesses, e.g.:</p> <ul style="list-style-type: none"> No fever for 24-72 hours without use of fever-reducing medication No nausea, vomiting, or diarrhea for 24-72 hours without the use of anti-nausea or anti-diarrhea medication Well enough to participate in routine activities Other criteria as determined by site <p>Follow any additional criteria determined by the patient's healthcare provider, if applicable</p>
Child or staff has symptoms of COVID-19, has not been tested for COVID-19, and has not received an alternate diagnosis from a medical provider	<p>Stay home until:</p> <ul style="list-style-type: none"> 10 days have passed since the onset of symptoms, AND The person has had no fever for 24 hours without the use of fever-reducing medications, AND Symptoms have improved
Child or staff has symptoms of COVID-19 and was tested but is still waiting for the test result	<p>Stay home until the person has received their test result and a determination can be made as to how to proceed.</p>
Child or staff had a positive test/confirmed COVID-19 (with or without symptoms)	<p>Stay home until:</p> <ul style="list-style-type: none"> 10 days have passed since the onset of symptoms, AND The person has had no fever for 24 hours without the use of fever-reducing medications, AND Symptoms have improved If no symptoms, stay home until 10 days have passed since the date of the test. <p>A doctor's note does <u>not</u> override these criteria.</p>
Child or staff had close contact with someone with confirmed COVID-19.	<p>Stay home for 10 days after last exposure. They must have no symptoms upon returning <u>and test negative on/after Day 8</u>. If not tested, must complete 14 day quarantine with no symptoms. If symptoms develop and no test is completed, an additional 10 days of isolation must be completed.</p> <p>If the person has ongoing close contact with the person with COVID-19 (ie: a parent or sibling), the person must quarantine for 10 days <u>after</u> the person with COVID-19 is no longer infectious. In most cases, this is a total of 20 days after the person with COVID-19 first developed symptoms or had a positive test.</p>

Adapted from San Francisco Department of Public Health



What does it mean to be isolated?



Stay at home except to get medical care.

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Do not use public transportation, ride-sharing, or taxis. You will need to make arrangements to have groceries and household items delivered to your home. If you need help with this, please let us know.

Separate yourself from other people in your home.

As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.



Wear a facemask.

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

Cover your coughs and sneezes.

Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.



Clean your hands.

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items.

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water.



Monitor your symptoms.

Seek prompt medical attention if your symptoms worsen. Before seeking care, call your healthcare provider and tell them that you have, or may have, novel coronavirus infection. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people from getting infected or exposed. Ask your healthcare provider to call the Sonoma County Public Health Department (707-565-4566). **If you need emergency medical care call 911** and tell them you have, or may have, novel coronavirus infection.

If you have questions or are having difficulty maintaining your isolation, please contact the Sonoma County Public Health Department at 707-565-4566.



What does it mean to be quarantined?



Stay at home except to get medical care.

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Do not use public transportation, ride-sharing, or taxis. You will need to make arrangements to have groceries and household items delivered to your home. If you need help with this, please let us know.

Monitor for symptoms.

Seek prompt medical attention if you develop symptoms including fever of 100.0° F or above, feeling feverish, cough, or difficulty breathing. Before seeking care, call your healthcare provider and tell them that you are under quarantine for potential exposure to novel coronavirus (COVID-19). Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people from getting infected or exposed. Ask your healthcare provider to call the Sonoma County Public Health Department (707) 565-4566. **If you need emergency medical care call 911** and be sure to tell them you may have been exposed to COVID-19.



Clean your hands.



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water are best if your hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items.

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water.



Cover your coughs and sneezes.



Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

If you have questions or are having difficulty maintaining your quarantine, please contact the Sonoma County Public Health Department at (707) 565-4566.

Orientación sobre exposición al COVID-19 basada en escenarios para escuelas, guarderías y programas para niños y Juventud

Marzo del 2021

Escenario	Acción	Comunicación
El niño(a) o un miembro del personal tiene síntomas del Covid-19	Mandele(s) a casa y recomiende que se realice(n) la prueba del Covid-19 lo más pronto posible. El grupo, o cohorte¹ permanece abierto	Reforzar la importancia del distanciamiento social, la higiene de manos, el uso de cubre-bocas y chequearse en caso de síntomas
El niño(a) o un miembro del personal ha tenido un contacto cercano ² con alguien que ha sido diagnosticado con Covid-19	Mandele (s) a casa con instrucciones de hacer cuarentena durante 10 días después de la última exposición. Observe por síntomas por 14 días. Recomiende (s) hacerse la prueba antes de volver, al menos 8-10 días después de la última exposición (antes si aparecen síntomas). ³ La cohorte, o grupo o aula, permanece ABIERTA.	Considere notificar al personal y a las familias de los niños en el grupo usando la carta-templete: "Advertencia de contacto"
El niño o un miembro del personal ha confirmado que tiene una infección por COVID-19	<i>Notifique a La Oficina de Salud Pública del Condado de Sonoma (antes de llamar complete la forma "herramienta de recolección") Llame al (707)-565-4566 o email Phnurse@sonoma-county.org</i> <ul style="list-style-type: none"> Manténgale en casa con instrucciones de que se aíse durante al menos 10 días después de que aparecieron los primeros síntomas. y que estén libres de fiebre por > 24 horas sin hacer uso de medicamentos (como Tylenol o Motrin), y que los síntomas hayan mejorado. <ul style="list-style-type: none"> Si no hay síntomas, haga que se quede(n) en casa por 10 días a partir del día en que se hicieron la prueba Identifique contactos cercanos, que probablemente incluye a todo el grupo de la persona con COVID-19 <ul style="list-style-type: none"> Indique que deben estar en cuarentena durante 10 días después de la última exposición. Se recomienda encarecidamente⁴ que las personas expuestas se hagan la prueba de COVID-19 a los 8-10 días después de la última exposición, o antes si se presentan síntomas. Limpie y desinfecten los lugares donde la persona con COVID-19 pasó un tiempo significativo. El grupo debe estar CERRADO al público durante 10 días después de la última exposición. Los grupos que no han sido expuestos pueden permanecer accesibles.	Notifique al personal y a las familias de los niños que son contactos cercanos utilizando la carta-templete "Advertencia de Contacto Cercano" Notifique al resto del personal y a las familias de los niños sobre el caso de COVID-19 utilizando la carta-templete: "Carta de advertencia de exposición general"

¹ Una cohorte se define como un grupo estable con una membresía fija que permanece unido para todas las actividades (por ejemplo, almuerzo, recreo) y evita el contacto cercano con otras personas o cohortes.

² Ver la definición de los CDC de "contacto cercano": <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#Key-Terms>

³ También se recomienda encarecidamente realizar una prueba inicial para el niño o el personal tan pronto como se identifique un contacto cercano de Covid-19 para evitar una mayor propagación dentro de la cohorte o grupo. Si es negativo, necesita repetirse los días 8-10 de la cuarentena de 10 días

⁴ No deben tener síntomas al regresar y deben tener una prueba con resultado negativo en o después del octavo día de haber sido expuestos al virus. Cuando los estudiantes o el personal hacen la prueba antes del octavo día, o no se hacen ninguna prueba, entonces, serán liberados de la cuarentena 14 días después de la exposición al virus, siempre y cuando no presenten síntomas de COVID-19. Si durante la cuarentena desarrollan síntomas y ni así se hacen la prueba, entonces tendrán que hacer 10 días adicionales de aislamiento.

Criterios de regreso a la escuela para los niños y el personal en escuelas, guarderías y otros programas sirviendo a los jóvenes, después de los síntomas de COVID-19, contacto cercano o caso de COVID-19 confirmado

Escenario	Criterio
El niño o el personal tiene una prueba negativa después de los síntomas del COVID-19 o se ha realizado un diagnóstico alternativo por un proveedor de atención médica	<p>Siga la política para enfermedades establecida en su institución para otras enfermedades (no COVID-necesariamente). Por ejemplo:</p> <ul style="list-style-type: none"> • Que no tenga fiebre durante 24 a 72 horas sin el uso de medicamentos para reducir la fiebre • Que no tenga náuseas, vómitos o diarrea durante 24 a 72 horas sin el uso de un medicamentos para las náuseas o la diarrea • Que esté lo suficientemente bien para participar en actividades rutinarias • Observe otros criterios determinados por el sitio. <p>Siga cualquier criterio adicional determinado por el proveedor de atención médica del paciente, si es aplicable.</p>
El niño o el personal tiene síntomas del COVID-19, no se ha hecho la prueba para el COVID-19, y no ha recibido un diagnóstico alternativo de un proveedor médico	<p>Quédese en casa hasta:</p> <ul style="list-style-type: none"> • Que hayan pasado 10 días desde la aparición de los síntomas, Y • Que la persona no haya tenido fiebre durante 24 horas sin el uso de medicamentos reductores de fiebre, Y • Que los síntomas hayan mejorado
El niño o el personal tiene síntomas del COVID-19 y se hizo la prueba, pero todavía está esperando el resultado de la prueba	<p>Quédese en casa hasta que la persona haya recibido el resultado de la prueba y se pueda determinar cómo proceder.</p>
El niño o el personal tuvieron una prueba positiva del COVID - 19, confirmado (con o sin síntomas)	<p>Quédese en casa hasta que:</p> <ul style="list-style-type: none"> • Hayan pasado 10 días desde la aparición de los síntomas, Y • Que la persona no haya tenido fiebre durante 24 horas sin el uso de medicamentos reductores de fiebre, Y • Que los síntomas hayan mejorado • Si no hay síntomas, quédese en casa hasta que hayan pasado 10 días desde de la fecha de la prueba. <p>Una carta del médico <u>no</u> anula estos criterios.</p>
El niño o el personal tuvieron contacto cercano con alguien con COVID-19 confirmado.	<p>Quédese en casa durante 10 días después de la última exposición. No debe tener síntomas al regresar y debe tener un resultado negativo al ó despues del octavo día. Si no se hizo la prueba, debe completar 14 días de cuarentena sin presentar síntomas. Si durante éste tiempo desarrolla síntomas y no se hace ninguna prueba, entonces tendrá que completar 10 días adicionales de aislamiento.</p> <p>Si una persona tiene contacto cercano continuo con alguna persona infectada con COVID-19 (por ejemplo: el papá o el hermano), entonces, dicha persona debe hacer 10 días adicionales de cuarentena luego de que la persona afectada for Covid-19 haya dejado se ser infeccioso(a). En la mayoría de los casos, esto resulta en un total de 20 días después de que la persona contagiada con COVID-19 comenzó con síntomas por primera vez o tuvo una prueba positiva.</p>



¿Qué significa estar en aislamiento en el hogar?

Quedarse en casa excepto para recibir atención médica.



Debe restringir las actividades fuera de su hogar, excepto para obtener atención médica. No vaya a trabajo, escuela o áreas públicas. No use transporte público, transporte compartido o taxis. Necesitará hacer arreglos para que le envíen comida y artículos para el hogar a su hogar. Si necesita ayuda con esto, por favor déjanos saber.

Manténgase alejado de otras personas en su casa.

Tanto como sea posible, debe permanecer en una habitación específica y lejos de otras personas en su casa. Además, debería usar un baño aparte, si está disponible.



Use una mascarilla.



Usted debería usar una mascarilla cuando esté cerca de otras personas (p. ej., compartiendo una habitación o un vehículo) y antes de entrar al consultorio de un proveedor de atención médica. Si no puede usar una mascarilla (por ejemplo, porque le causa dificultad para respirar), las personas que vivan con usted no deberían permanecer con usted en la misma habitación, o deberían ponerse una mascarilla si entran a su habitación.

Cubra su toses y estornudos.

Cúbrase la boca y la nariz con un pañuelo al toser o estornudar. Tire los pañuelos usados en un forrado bote de basura y lávese las manos con agua y jabón durante al menos 20 segundos. Si agua y jabón no están disponibles, lávese inmediatamente las manos con un desinfectante para manos a base de alcohol que contiene al menos 60% de alcohol, cubriendo todas las superficies de sus manos y frotándolas juntas hasta que sientan seco. El jabón y el agua deben usarse preferentemente si las manos están visiblemente sucias.



Lávese las manos.



Lávese las manos con frecuencia con agua y jabón durante al menos 20 segundos. Si no hay agua y jabón disponible, lávese las manos con un desinfectante para manos a base de alcohol que contenga al menos 60% de alcohol, cubriendo todas las superficies de sus manos y frotándolas hasta que se sientan secas. Jabón y agua son mejores si tus manos están visiblemente sucias. Evite tocarse los ojos, la nariz y la boca sin lavar manos.

Evite compartir artículos personales del hogar.

No debe compartir platos, vasos, utensilios para comer, toallas o artículos de cama con otras personas en su casa. Después de usar estos artículos, se deben lavar a fondo con agua y jabón.



Vigilar los síntomas.



Busque atención médica inmediata si los síntomas empeoran. Antes de buscar atención, llame a su proveedor de atención médica y dígame que tiene o que podría tener COVID-19. Póngase una máscara facial antes de ingresar a las instalaciones. Estos pasos ayudarán al consultorio del proveedor de atención médica para evitar que otras personas se infecten o se expongan. Pídale a su proveedor de atención médica que llame al Departamento de Salud Pública del Condado de Sonoma (707) 565-4566. Si necesita atención médica de emergencia llame al 911 y asegúrese de decirles que tiene o que podría tener COVID-19.

Si tiene preguntas o tiene dificultades para mantener su aislamiento comuníquese con el Departamento de Salud Pública del Condado de Sonoma al (707) 565-4566.



¿Qué significa estar en cuarentena?

Quedarse en casa excepto para recibir atención médica.



Debe restringir las actividades fuera de su hogar, excepto para obtener atención médica. No vaya a trabajo, escuela o áreas públicas. No use transporte público, transporte compartido o taxis. Necesitará hacer arreglos para que le envíen comida y artículos para el hogar a su hogar.

Vigilar los síntomas.

Busque atención médica inmediata si presenta síntomas que incluyen fiebre de 100.0° F o más, sensación de fiebre, tos o dificultad para respirar. Antes de buscar atención, llame a su proveedor de atención médica y dígales que está en cuarentena por exposición potencial a COVID-19. Póngase una máscara facial antes de ingresar a las instalaciones. Estos pasos ayudarán al consultorio del proveedor de atención médica para evitar que otras personas se infecten o se expongan. Pídale a su proveedor de atención médica que llame al Departamento de Salud Pública del Condado de Sonoma (707) 565-4566. **Si necesita atención médica de emergencia llame al 911** y asegúrese de decirles que puede haber estado expuesto a COVID-19.



Lávese las manos.



Lávese las manos con frecuencia con agua y jabón durante al menos 20 segundos. Si no hay agua y jabón disponible, lávese las manos con un desinfectante para manos a base de alcohol que contenga al menos 60% de alcohol, cubriendo todas las superficies de sus manos y frotándolas hasta que se sientan secas. Jabón y agua son mejores si tus manos están visiblemente sucias. Evite tocarse los ojos, la nariz y la boca sin lavar manos.

Evite compartir artículos personales del hogar.

No debe compartir platos, vasos, utensilios para comer, toallas o artículos de cama con otras personas en su casa. Después de usar estos artículos, se deben lavar a fondo con agua y jabón.



Cubra su toses y estornudos.



Cúbrase la boca y la nariz con un pañuelo cuando tosa o estornude. Tire los pañuelos usados en un forrado bote de basura y lávese las manos con agua y jabón durante al menos 20 segundos. Si hay agua y jabón no disponible, lávese inmediatamente las manos con un desinfectante para manos a base de alcohol que contiene al menos 60% de alcohol, cubriendo todas las superficies de sus manos y frotándolas juntas hasta que sientan seco. El jabón y el agua deben usarse preferentemente si las manos están visiblemente sucias.

Si tiene preguntas o tiene dificultades para mantener su cuarentena, comuníquese con el Departamento de Salud Pública del Condado de Sonoma al (707) 565-4566.

Please review and sign the Parent / Guardian Community Health Pledge below. The health and well being of our community is a shared responsibility, and we appreciate in advance your commitment to helping make our schools safe.

Sonoma Valley Unified School District
Parent / Guardian Community Health Pledge

In order to foster the safety of our students, staff, and parents in our school community, I pledge to:

- ❖ Conduct daily home symptom screening of my child/children.
- ❖ Abstain from pre-medicating my child/children with symptomatic relief medications.
- ❖ Keep my children home when they are sick or if a household member exhibits any symptoms of COVID-19.
- ❖ Schedule COVID-19 testing and/or visit with a healthcare provider if my child/children have any of the following more common symptoms of COVID-19:
 - Fever (100.0F or higher) or chills, cough, sore throat, shortness of breath or difficulty breathing, not being able to taste or smell, headache, diarrhea, nausea or vomiting
- ❖ Contact my health care provider if my child/children have any of the following less common symptoms of COVID-19:
 - New onset of stuffy or runny nose (different from pre-existing allergies), body aches, fatigue or lethargy
- ❖ Notify the school immediately if:
- ❖ My child/children or a household member has any symptoms of COVID-19.
- ❖ My child/children or a household member has a known COVID-19 exposure.
- ❖ My child/children or a household member is being tested for COVID-19.
- ❖ Pick up my child/children within 30 minutes if they are feeling sick at school.
- ❖ Follow Sonoma County Public Health's isolate/quarantine orders if indicated.
- ❖ Limit my family's travel and social activity to reduce possible exposure to COVID-19.
- ❖ Limit my child's/children's participation to two (2) cohorts (groups) outside of school.
- ❖ Limit my family's participation in group activities and gatherings with mixed households.
- ❖ Follow public health guidelines.
- ❖ Review and support my school(s)' School Site Specific Protection Plan (SSSPP).

Please complete this Google Form to indicate your agreement to the Parent / Guardian Community Health Pledge.