

COVID-19 HEALTH AND WELLNESS GUIDELINES FOR STUDENTS

These are based on guidelines from the Centers for Disease Control and Prevention (CDC), the Arizona Department of Health, and the Pima County Health Department (PCHD).

Revised December 1, 2020

These guidelines were written to align with the District's ACT Statement and to comply with CDC and PCHD guidelines. These guidelines are reviewed on a continual basis and may be updated as the COVID-19 situation changes. Please speak with your school administrator if there are any questions or concerns.

COVID-19 Daily Self-Health Check

Parents/guardians are asked to review the following self-health questions for students and any household members before the student leaves home for school or to attend any school event:

- Have you or has anyone in the household been in close contact with a confirmed case of COVID-19 within the past 14 days?
- Have you or has anyone in the household had a fever (100 or higher) in the last 72 hours?
- Are you or is anyone in the household experiencing any new or unexplained respiratory symptoms including a cough, sore throat, shortness of breath, or runny nose?
- Are you or is anyone in the household experiencing any new or unexplained muscle aches, headache, fatigue, nausea/vomiting, or diarrhea?
- Have you or has anyone in the household experienced any new or unexplained change in your sense of taste or smell?

If the student or any person in the household answers "yes" to any of the COVID-19 self-health check questions, the student must stay home and away from school.

COVID-19 Symptoms

Students must stay home if they OR anyone in the household OR anyone they have been in close contact with has any of the following symptoms AND the symptoms are new or unexplained. For students, please notify the school office to excuse the absence and report the symptom(s). These symptoms may appear 2-14 days after exposure (based on the incubation period).

- Fever of 100 degrees or higher 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
- Vomiting
- Diarrhea

If the student becomes ill during school, he/she will be made comfortable in an isolation room until the parent/guardian is able to pick up the child.

Health Screening Upon Arrival

Until further notice, health screenings in the form of a temperature check and visual observation will be conducted upon arrival each school day for students and staff.

A staff member will visually check each student for symptoms upon entering the school bus and/or school property.

Any student with visible symptoms of runny nose, cough, shortness of breath, or vomiting will be returned to the parent if the parent is present or taken directly to the school health office or isolation area. Parents will be contacted for pick-up with the following exceptions:

- If the student has a runny nose with/without sneezing and with/without an intermittent cough or watery eyes, and the health aide observes that there are no other symptoms, the health aide will contact the parent to inquire as to whether the student has had any other symptoms or there have been any COVID-19 exposures in the home. If not, the student may return to class.
- If the student has health information on file that confirms a diagnosis of asthma or other respiratory condition, and the health aide observes that there are no other symptoms, the health aide will contact the parent to inquire as to whether the student has had any other symptoms or there have been any COVID-19 exposures in the home. If not, the student may return to class.

Face Coverings (Masks)

Safety is our highest priority. In order to protect the safety of all, and to comply with Executive Order 2020-51, all students, staff, and visitors (excludes children under the age of two) are required to use a face covering while on District property or at a school function, using District provided-transportation, and at school bus stops unless an approved exception is granted.

Face coverings are required for students in Kindergarten through 12th grade. Students will wear a face covering unless one of the following exceptions apply:

- The student has trouble breathing
- The student is actively eating or drinking
- The student can physically distance as determined by a District staff member
- The student is outside on the playground or fields with physical distancing
- The student has been specifically permitted to remove the face covering on a case-by-case basis for specific instructional, medical, or other reasons as determined by an authorized staff member.

Face coverings must fully cover the mouth and nose and fit snugly against the sides of the face with no gaps but allow for breathing without restriction.

Students will be allowed breaks to remove their face covering throughout the day when physical distancing can be maintained.

(UPDATED) Per the countywide public health protection resolution issued by the Pima County Board of Supervisors, “face covering” does NOT include any mask that incorporates a one-way valve that is designed to facilitate easy exhaling.

Students, staff, and visitors who fail to or refuse to comply with the District’s face covering procedures may be directed to leave the premises. The District may take any other action deemed appropriate, including disciplinary measures or sanctions against staff or students, consistent with District policies.

To accommodate staff, students, parents, and visitors who are unable to use a face covering for a disability-related reason, the District has offered and continues to offer opportunities to participate in virtual meetings and/or other reasonable accommodations.

Please refer to the District’s face covering policy for details and possible exemptions.

Protections for Populations at Risk

The CDC and PCHD have identified categories of vulnerable populations who are at an increased risk for severe illness from COVID-19. Parents/guardians of students with specific pre-existing health conditions matching the PCHD “at risk” criteria are asked to speak to the school administration so that discussions can be initiated about remote or alternative learning environments where feasible.

(UPDATED) Adults age 65 or older and adults of any age with the following medical conditions are at an increased risk of severe illness from the virus that causes COVID-19:

- Cancer

- Chronic kidney disease
- COPD (chronic obstructive pulmonary disease)
- Immunocompromised state (weakened immune system) from solid organ transplant
- Obesity and severe obesity (BMI of 30 or higher)
- Serious heart conditions such as heart failure, coronary artery disease, or cardiomyopathies
- Sickle cell disease
- Smoking
- Type 2 diabetes mellitus

Confidentiality and Privacy

While there are public health exceptions to the privacy rules under both the Family Educational Rights and Privacy Act (FERPA), and, to the extent applicable, Health Insurance Portability and Accountability Act (HIPAA), and the Americans with Disabilities Act, as Amended (ADAAA), the confidentiality requirements under Policy GBGCB, Policy JHCC, and Regulation JHCC-R shall apply.

A student's personal health information will not be released to others unless there is a school-need to know (health aide, teacher, school attendance clerk, etc.) OR to make a report of any confirmed positive COVID-19 test result to the Pima County Health Department, as required.

Reporting a Positive COVID-19 Test Result or Confirmed Case

The parent/guardian will communicate a need for the student to be absent due to illness and must also communicate any COVID-19 test results to the school. The District will comply with requirements to report a confirmed case to the Pima County Health Department and will notify staff and families as applicable.

The school health aid or school point of contact may reassess a student who is excluded from school because of a COVID-19 diagnosis before the student may return to school. The District may require a physician's written medical release as a condition for the student's return to school.

Cleaning Procedures

Sanitizing and cleaning will be done with frequency at all District sites and expanded to include the following:

- Sanitizing will occur in high frequency areas at regular intervals throughout the day (sanitizing removes contaminants including germs and viruses).
- Cleaning will take place daily (cleaning removes dirt, grime, waste).

- Site and custodial staff are collaborating regarding site/department specific needs.

If there is a probable COVID-19 exposure or confirmed COVID-19 case, access to the classroom or workspace will be restricted for 24 hours, or as long as practical, and then deep cleaned and sanitized.

Protocol for School or Building Closures

The District will consult with and follow guidance from the PCHD. An outbreak is defined as two or more laboratory confirmed COVID-19 cases among students or staff within a 14-day period who are epidemiologically linked, do not share a household, and were not identified as close contacts of each other in another setting during standard case investigation or contact tracing.

If a school or department is partially or fully closed due to an outbreak, the following additional steps will also take place:

- A deep cleaning of the learning space(s) or school, as applicable.
- Transition to remote learning for continuity of education.
- Make appropriate notifications to employees and families through School Messenger, emails, and phone calls, as applicable.

For COVID-19 related details regarding Transportation, Playgrounds, Lunch Time, Student Belongings and Materials, Physical Distancing, Athletics, and other school day topics, please visit the District website.

COVID-19 Action Plans and Return to School Timeline

***(UPDATED)* Note from the CDC**

At this time, the CDC has limited information about reinfections with the virus that causes COVID-19. This is a new virus, and CDC is actively working to learn more. Data to date show that a person who has had and recovered from COVID-19 may have low levels of virus in their bodies for up to 90 days after diagnosis. This means that if the person who has recovered from COVID-19 is retested within 90 days of initial infection, they may continue to have a positive test result, even though they are not spreading COVID-19.

There are no confirmed reports to date of a person being reinfected with COVID-19 within 90 days of initial infection. However additional research is ongoing. Therefore, if a person who has recovered from COVID-19 has new symptoms of COVID-19, the person may need an evaluation for reinfection, especially if the person has had close contact with someone infected with COVID-19. The person should isolate and contact a healthcare provider to be evaluated for other causes of their symptoms, and possibly be retested.

The CDC recommends that all people, whether or not they have had COVID-19, take steps to prevent getting and spreading COVID-19. Wash hands regularly, stay at least 6 feet away from others whenever possible, and wear masks.

1. The student had close contact with someone who has COVID-19, and will not have further close contact:

- Stay home in quarantine, do not go to school.
- Report the absence, per the school's absence procedures.
- The quarantine period is 14 days, starting on the day after the last close contact and ending after the 14th full day of quarantine.
- IF everyone was wearing a mask appropriately 100% of the time during close contact the student may be able to test out of quarantine after completing 8 days – details will be provided if eligible.
- If student or anyone else in the household develops symptoms consider getting tested for COVID-19 and seek medical care if the illness becomes worse. Notify your student's school office of the change.

2. The student lives with someone who has COVID-19 and cannot avoid continued close contact:

- Stay home in quarantine, do not go to school.
- Report the absence, per the school's absence procedures.
- The person with COVID-19 must complete their home isolation of 10 days from date symptoms began or from date the test was taken AND then the student and other household members begin a 14-day quarantine period (per CDC guidelines).
- If symptoms develop consider getting tested for COVID-19 and seek medical care if the illness becomes worse. Please notify the school's office of any changes in student's health.

3. The student or household member has flu-like or COVID-like symptoms:

- Student stays home in isolation, do not go to school. Consider getting the unwell person tested for COVID-19.
- Report the absence, per the school's absence procedures.
- The quarantine period for the sick person is 10 days, starting on the day after the symptoms began and ending the day after the 10th full day of isolation.
- If anyone else in the household develops symptoms please contact the school's office or the District's COVID support team at COVIDsupport@vailschooldistrict.org for additional information.
- The student may return to school when:

- No fever for at least 24 hours without the use of medications to reduce a fever, **AND**
- Other symptoms have improved (for example, when the cough or shortness of breath have improved, no vomiting or diarrhea);
OR
- Is seen by a medical care provider who provides a written alternate diagnosis;
OR
- Is tested for COVID-19 and provides the school with a negative test result.

4. The student or household member tests positive for COVID-19:

- The student stays home in isolation, do not go to school.
- Report the absence, per the school's absence procedures.
- The quarantine period for the COVID positive person is 10 days, starting on the day after the symptoms began or the date after the test was taken and ending the day after the 10th full day of isolation.
- The household must complete an additional 14-day quarantine period after the person who has been sick ends their isolation period (per CDC guidelines).
- Do not return to school until the quarantine period is completed **AND**:
 - No fever for at least 24 hours without the use of medications to reduce a fever, **AND**
 - Other symptoms have improved (for example, when the cough or shortness of breath have improved, no vomiting or diarrhea).

5. The student had contact with someone who had close contact with a COVID positive person:

- Continue normal school/daily activities while following general recommendations of:
 - Daily self-health check for 14 days.
 - Physical distancing. Stay 6 feet apart.
 - Wash hands/use hand sanitizer frequently & don't touch face.
 - Cover coughs and sneezes.
 - Wear a cloth face covering.
 - Regularly clean and disinfect high-touch surfaces.
- If the student or the person you had close contact with begin to have symptoms contact the District's COVID support team @ COVIDsupport@vailschooldistrict.org.

If the student or other household member develops emergency warning signs for COVID-19, seek immediate medical attention.

Emergency warning signs include*:

- Difficulty getting enough air to breathe
- Chest pain
- Change in alertness or responsiveness
- Bluish lips or face
- Rapid breathing

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Definitions

- Close contact COVID positive – (UPDATED)
 - You were within 6 feet of someone who has COVID-19 for a cumulative total of 15 or more minutes within a 24-hour period, mask or no mask
 - You provided care at home to someone who is sick with COVID-19
 - You had direct physical contact with the person (hugged or kissed them)
 - You shared eating or drinking utensils
 - They sneezed, coughed, or somehow got respiratory droplets on you
- Close Contact COVID-like symptoms only (NEW) – You were within 6 feet of someone who has COVID-like symptoms (has not been lab confirmed positive for COVID-19) for a cumulative total of 15 or more minutes within a 24-hour period. If both parties were wearing a mask appropriately and consistently only the unwell person has to stay home and isolate. The person who is not sick may return to school but must do a self-health check for the next 14 days.
- Counting calendar days – the count begins on the 1st day after the date symptoms start or date of last exposure and continues through the last calendar day. The student may return to school on the next school day.
- Fever free – absence of a fever of 100 or higher for the most recent 24 hours without the use of fever reducing medication like aspirin or Tylenol.

- Infectious period (incubation period) – the period of time a person can infect others with COVID-19. This period is from two days BEFORE symptom onset through the 14th day from the last contact with the infected person.
- Isolation – **(NEW)** keeps someone who is sick or who has tested positive for COVID-19 (even without symptoms) away from others, even in their own home. If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if possible. Example: a person who is positive for COVID-19 is in isolation and should not mingle with others, even at home.
- Quarantine – **(NEW)** keeps someone who was in close contact with someone who has COVID-19 away from others. If possible, stay away from people who are at higher risk for getting very sick from COVID-19. Example: while the sick person is in isolation, others in the household are in quarantine and must avoid interacting with the sick person.
- Self check for symptoms – follow the “Daily Health Screening Checklist.” Perform the self-check each morning BEFORE leaving for school.
- Stay home and away from school – do not go to school and stay home. Contact the school attendance clerk from home. Do not return to school for any reason until notified by the school that you may do so.