



COVID-19 HEALTH AND WELLNESS GUIDELINES FOR STUDENTS

The Vail School District is closely monitoring the changing circumstances of COVID-19 (SARS-CoV-2). The District's protocols and guidelines are based on guidance from the Centers for Disease Control and Prevention (CDC), the Arizona Department of Health, the Pima County Health Department (PCHD), and the District's COVID-19 related data from the 2020/2021 school year.

The COVID-19 protocols identified herein will be frequently reviewed and may be adjusted as new guidance becomes available. Please contact your child's school or the District's COVID Support Team if there are any questions or concerns.

Revised August 23, 2021

Daily Health Reminders

- Please do a self-health check at home BEFORE the student leaves for school:
 - Student must be fever free, no fever of 100 degrees or higher within most recent 24 hours, without the use of fever reducing medication.
 - Is anyone in the household waiting for a COVID test result or has anyone in the household tested positive for COVID-19 within the past 10 days? If yes, and student is not fully vaccinated please keep the student home and call the school.
- If your student is not feeling well and is experiencing new or unexplained symptoms please keep your student home until they are feeling better.
- Students who come to school while sick or become sick at school will be sent home, even if fully vaccinated and/or wearing a mask.
 - Exceptions:
 - If the student has health information on file with the school that confirms a diagnosis of asthma or other respiratory/medical condition, and the school staff observes that there are no other symptoms, the school may contact the parent to check the student's current symptoms and to find out if there has been a COVID-19 exposure in the home. If not, the student may return to class.

- If the student has a runny nose with/without sneezing and with/without an intermittent cough or watery eyes, and school staff observe that there are no other symptoms, the parent may be contacted to check the student's current symptoms and to find out if there has been a COVID-19 exposure in the home. If not, the student may return to class.
- Frequent handwashing is strongly encouraged... at home and during school. Cover coughs and sneezes with the inside of your elbow or use a tissue and wash hands or use hand sanitizer.
- Consider the COVID-19 vaccination as a preventive measure if your student is eligible. *Please note the COVID-19 vaccination is optional and will not be required to attend school or school functions.*
- Consider having your student wear a cloth face covering (mask) if your student is unable to be vaccinated. *Please note that wearing a mask is optional for all students, staff, and visitors.*

Face Coverings (Masks)

In March of 2021, Governor Doug Ducey lifted a number of previously mandated statewide mitigation requirements, including mandatory mask wearing and physical distancing. On May 14, 2021, the Pima County Board of Supervisors rescinded the local face mask mandate.

Beginning July 1, 2021, employees, students, and visitors may opt to wear or not wear a mask, regardless of vaccination status. Based on current COVID-19 transmission rates within Pima County, students and staff who are not fully vaccinated are strongly encouraged to wear a face mask while indoors on campus, especially when interacting with other students.

The decision to wear or not wear a mask will be respected by all parties. Students and families are reminded of the expectation to maintain respectful interactions with others while on school property or attending school functions and to follow the A.C.T. Statement.

Vaccinations

Information from the CDC is that the COVID-19 vaccinations have proven to be very effective in preventing COVID-19 infection and serious illness. Vaccinations are now widely available and free to eligible age groups. If you would like assistance in finding a vaccination site please contact your healthcare provider or you may contact the District's COVID Support Team at covidsupport@vailschooldistrict.org.

Students are NOT required to get vaccinated for COVID-19 and, if vaccinated, will not be required to show proof of vaccination status.

Fully Vaccinated Status

Per the CDC, people are considered fully vaccinated:

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.

If you don't meet these requirements, regardless of your age, you are NOT fully vaccinated and isolation and/or quarantine precautions may be imposed in the event of close contact with a COVID positive case.

Flu-like or COVID-like Symptoms

Your student must stay home if they have any of the following symptoms, AND the symptoms are new or unexplained.

- 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 or congestion or runny nose
- Vomiting or diarrhea

If the student becomes ill while at school, the parent/guardian will be contacted and the student must be picked up as soon as possible.

If the student is fully vaccinated, the student may return to school as soon as symptoms improve.

If the student is not fully vaccinated the student may return to school as soon as symptoms improve UNLESS the student has been in close contact with someone who is waiting for the results of a COVID test or who has tested positive for COVID-19 within the past 10 days.

Student Close Contact, if Not Fully Vaccinated

- Per CDC guidance an infected person can spread SARS-CoV-2 (COVID-19) starting from 2 days before they have any symptoms (or, for asymptomatic persons, 2 days before the positive specimen collection date), until they meet criteria for discontinuing home isolation.
- NEW from the Health Department: The CDC does provide an exception "in the K-12 indoor classroom setting, the close contact excludes students who were within 3 to 6 feet of a COVID-positive student if BOTH the infected student and the exposed student(s) correctly and consistently wore well-fitting masks the entire time. This exception does not apply to

teachers, staff, or other adults in the indoor classroom setting.” (CDC, August 5, 2021). *CDC guidance is subject to change.*

Otherwise, close contact is defined by the Health Department as:

- The student was within 6 feet of someone who has COVID-19 for a cumulative total of 15 or more minutes over a 24-hour period, mask or no mask.
- The student provided care at home to someone who is sick with COVID-19
- The student had direct physical contact with the positive person (hugged or kissed them)
- The student shared eating or drinking utensils
- The COVID positive person sneezed, coughed, or somehow got respiratory droplets on the student

Confidentiality and Privacy

Confidentiality requirements under Policy JHCC, and Regulation JHCC-R are applicable, with public health exceptions to the privacy rules under both the Family Educational Rights and Privacy Act (FERPA).

An enrolled student’s personal health information will not be released to others, except to report to the school point of contact, the District COVID Support Team, or to the applicable health service agency.

Reporting a Positive COVID-19 Test Result or Confirmed Case

Parents/Guardians will communicate a need for their student to be absent due to illness and 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 families and employees, as applicable.

The District will not require a follow-up negative COVID test or a doctor’s note for a student who has tested COVID positive before allowing the student to return to school.

Notification Letters for COVID-19 Positive Case

School principals will distribute a notice to staff and parents when there is a confirmed COVID-19 positive case on campus. The school administrator may use discretion to determine whether to send multiple individual notices during the week or to group the letters into weekly or bi-weekly notices. Parents may refer to the District’s COVID-19 dashboard at <https://vailschooldistrict.org/school-opening-and-covid-19-information/>.

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.

Protocol for School or Building Closures

The District will consult with and follow guidance from the PCHD. According to the health department, 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 steps will take place:

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

1. The student had close contact with someone who has COVID-19, and will not have further close contact:
 - If fully vaccinated and no symptoms, the student may return to school and no further steps are necessary.
 - If not fully vaccinated the student will stay home in quarantine until directions are provided by the health department, do not go to school.
 - Notify the school office of the student's absence and the reason for the absence.
 - For those who are not fully vaccinated, the quarantine period required by the health department is typically 10 days, starting on the day after the last close contact and ending after the 10th full day of quarantine.

- Alternate return to school on or after day 8 upon providing documentation of a valid negative COVID-19 test collected on or after day 5 of the quarantine period AND the student remained symptom free for the full 8 days.
2. The student lives with someone who has COVID-19 and cannot avoid continued close contact:
- If fully vaccinated and no symptoms, the student may return to school and no further steps are necessary.
 - The health department recommends fully vaccinated individuals test for COVID-19 between day 3 and day 5 of their exposure to someone who has been diagnosed with COVID-19, as well as mask for a 14-day period.
 - If not fully vaccinated the student will stay home in quarantine as directed by the health department, do not go to school.
 - Notify the school office of the student's absence and the reason for the absence.
 - Per the health department, the quarantine period is typically 10 days, starting on the day after the last close contact and ending after the 10th full day of quarantine.
 - Alternate return to school on or after day 8 upon providing documentation of a valid negative COVID-19 test collected on or after day 5 of the quarantine period AND the student remained symptom free for the full 8 days.
3. Someone in student's household has flu-like or COVID-like symptoms:
- If the household member is waiting for a COVID test result, the student who is not fully vaccinated should stay at home until the test results are known.
 - The student who is fully vaccinated may continue to attend school.
4. Student tested positive for COVID-19:
- Stay home in isolation, do not go to school.
 - Notify the school office of the student's absence and the reason for the absence.
 - Typically, the health department will direct an isolation period of 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.
 - Student may return to school after completing the 10-day isolation 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).
5. 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.
 - Wash hands/use hand sanitizer frequently & don't touch face.
 - Cover coughs and sneezes.
 - Consider wearing a cloth face covering.
 - Regularly clean and disinfect high-touch surfaces.
 - The health department recommends a COVID-19 test between day 3 and day 5 of the exposure, and mask for the 14-day period.
 - If the student or the person the student had close contact with begins to have symptoms you must contact the school office.

If your student or a family 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.