

WEST PORTAL LUTHERAN

Health and Safety Plan

Updated July 2022



Introduction

This guidance is intended to support safe, in-person learning and mitigate the spread of COVID-19. These strategies are guided by the principle that safe, in-person learning is critical to student well-being and development.

COVID-19 continue to be a part of our reality as we reopen the new school year, but we have learned methods and gained tools to decrease its impact on our health and well-being.

SFDPH no longer has separate local guidance for schools, childcare, and programs for children and youth. Our health and safety plan for our school references CDPH guidance as directed now by SFDPH.

Since new variants of COVID can spread more easily, SFDPH no longer tracks individual cases of COVID in schools.

In consideration of large events at our school that have the potential to cause substantial spread of COVID-19, West Portal Lutheran will review the [Safe and SMART Events Playbook](#) for mitigation strategies that should be considered.

This plan is based on COVID-19 Public Health Guidance for K-12 Schools in California, 2022-2023 School Year.

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2022-23-School-Year.aspx>

Strategies to Prevent the Spread of COVID-19

As part of West Portal Lutheran's strategies to prevent the spread of COVID-19, the school will do the following:

Vaccinations

- California strongly recommends that all eligible individuals get vaccinated against COVID-19 and remain up-to-date to protect oneself and reduce transmission of the virus.
- Additionally, children have fallen behind on receiving other vaccines over the course of pandemic, placing them and their communities at increased risk of falling ill from other vaccine-preventable illnesses.

Face Masks

- Strongly recommend masking indoors, even for people fully vaccinated for COVID-19.
- Unless otherwise directed by local health departments or local educational agencies, students and staff should follow CDPH masking guidance for the general public, as well as masking guidance for specific situations referenced below (e.g., when having symptoms, being infected, or exposed).
- Keep a supply of masks for students/staff who forget to bring their own.

Ventilation

- When possible, open windows to increase natural ventilation with outdoor air as health and safety allow.
- Use a portable air cleaner in the designated isolation room for students who are ill.
- In the event of wildfire smoke, prioritize maintaining healthy air quality indoors and using portable air cleaners as necessary.

Hand Hygiene

- Teach and reinforce washing of hands, avoiding contact with one's eyes, nose, and mouth, and covering coughs and sneezes among students/staff.
- Promote hand washing throughout the day, especially before and after eating, after using the toilet and after handling garbage, or removing gloves.
- Use hand sanitization stations before and after leaving the classroom as needed.

Cleaning and Disinfection

- Routinely clean surfaces and floors.
- Clean and disinfect the spaces occupied by a person who is confirmed as COVID-19 positive case.

Testing

- CDPH recommends that antigen tests be considered the primary option for detecting COVID-19 in schools, compared to PCR tests.
- Due to the increased travel and social interactions that often occurs during school-breaks, it is recommended that students and staff get tested for COVID-19 prior to returning to school following major breaks (e.g., summer, winter, spring).
- The school offices will keep a supply of antigen tests for students/faculty use.

Protocols for Illness or Positive Test Results

The school asks that both students/staff who are feeling sick to stay home.

When staff or students become sick at school:

- Staff will notify school administration and leave work as soon as they can.
- Parents/guardians will be notified to pick up his/her student. The student will be kept in a designated isolation space with their face mask on until parent/guardian arrives for pick up.

In the event that a student or staff member is confirmed to have COVID-19, West Portal Lutheran School will do the following:

- Provide a close contact advisory to staff and families of children through email within one business day.

What are isolation and quarantine?

Both isolation and quarantine refer to staying at home and away from other people, when you have or might have COVID-19. Isolation and quarantine are used to keep people who have or might have COVID-19 away from others, to keep the infection from spreading.

You quarantine when you have been exposed to COVID-19 through close contact with someone with COVID-19 and might be infected.

You isolate when you have been infected with the virus, even if you don't have symptoms. If you have symptoms that could be from COVID-19, you also must isolate until you know you are not infected, usually after you have a negative COVID-19 test.

All persons with COVID-19 symptoms, regardless of vaccination status or previous infection, should:

- Self-isolate and test as soon as possible to determine infection status. Knowing one is infected early during self-isolation enables (a) earlier access to treatment options, if indicated (especially for those that may be at risk for severe illness), and (b) notification of exposed persons (close contacts) who may also benefit by knowing if they are infected.
- For symptomatic persons who have tested positive within the previous 90 days, using an antigen test is preferred.
- Remain in isolation while waiting for testing results. If not tested, they should continue isolating for 10 days after the day of symptom onset, and if they cannot isolate, should wear a well-fitting mask for 10 days.
- Consider continuing self-isolation and retesting with an antigen or PCR test in 1-2 days

if testing negative with an antigen test, particularly if tested during the first 1-2 days of symptoms.

- Continue to self-isolate if test result is positive, follow recommended actions below (Table 1), and contact their healthcare provider about available treatments if symptoms are severe or they are at high risk for serious disease or if they have any questions concerning their care.

Persons Who Should Isolate

Persons Who Test Positive for COVID-19	Recommended Actions
<p>Everyone, regardless of vaccination status, previous infection or lack of symptoms.</p>	<ul style="list-style-type: none"> • Stay home for at least <u>5 days</u> after start of symptoms (or after date of first positive test if no symptoms). • Isolation can end after Day 5 if symptoms are not present or are resolving and a diagnostic specimen* collected on Day 5 or later tests negative. • If unable to test, choosing not to test, or testing positive on Day 5 (or later), isolation can end after Day 10 if fever-free for 24 hours without the use of fever-reducing medications. • If fever is present, isolation should be continued until 24 hours after fever resolves. • If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after Day 10. If symptoms are severe, or if the infected person is at high risk of serious disease, or if they have questions concerning care, infected persons should contact their healthcare provider for available treatments. • Per CDPH masking guidance, infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see masking section below for additional information). <p>*Antigen test preferred.</p>

Close Contacts - General Public (No Quarantine)

Asymptomatic Persons Who are Exposed to Someone with COVID-19 (No Quarantine)	Recommended Actions
<p>Everyone, regardless of vaccination status.</p> <p>Persons infected within the prior 90 days do not need to be tested, quarantined, or excluded from work unless symptoms develop.</p>	<ul style="list-style-type: none">• Test within 3-5 days after last exposure.• Per CDPH masking guidance, close contacts should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease (see masking section below for additional information).• Strongly encouraged to get vaccinated or boosted.• If symptoms develop, test and stay home (see earlier section on symptomatic persons), AND• If test result is positive, follow isolation recommendations in the previous page.