



STUDENT AND FAMILY HANDBOOK FOR

COVID-19 HEALTH & SAFETY

(Tier 2)

Ross Valley School District

Updated November 17, 2020

(Effective November 23, 2020)

Marin County Public Health will update guidance as additional
evidence-based research and information becomes available

Overview

The goal of Ross Valley School District is to ensure a safer return to school for all students and staff. This handbook was developed in partnership with the Marin School Nurses Organization (MSNO) 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 Marin County Office of Education (MCOE), Marin County Health and Human Services (MCHHS), California Department of Education (CDE), the California Department of Public Health (CDPH), and the Centers for Disease Control (CDC).

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.
- [Restrict non-essential travel](#) and social activity to reduce possible exposure to COVID-19.
- Limit participation in group activities and [do not gather](#) with more than 3 households.
- Follow Marin County Public Health's [Holiday Travel and Gatherings Guidance](#).
- Follow [CDPH November 13, 2020 Travel Advisory](#). Your family should self-quarantine for 14 days if you travel out-of-state.
- Children should not participate in more than three (3) cohorts.
 - 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
 - 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.
- Check your household and child / children each morning for signs of illness.
 - ***Anyone who has engaged in a high-risk activity (e.g., private gatherings > 3 households, non-essential travel) should self-quarantine for 14 days and get tested for COVID-19 if they develop any symptoms, incl. runny nose / congestion. Most people who become sick develop symptoms 5 to 7 days after exposure and can be contagious 2 days before becoming sick.
 - 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.

☐ **Test or 10:**

- If a student has key symptoms of COVID-19 (cough, shortness of breath / difficulty breathing, loss of taste or smell) or any of the following symptoms: fever (100.4°F/38°C or higher) or chills, sore throat, headache, nausea or vomiting, diarrhea, fatigue, congestion / runny nose, they must be tested for COVID-19 or evaluated by healthcare provider. If not, they must stay at home and isolate for at least 10 days.
- Students may return to school:
 - after they test negative for COVID-19 with copy of a negative test;
 - *or*, after school receives clearance from a healthcare provider;
 - *and*, their symptoms are improving;
 - *and*, they are fever-free for 24 hours without the use of fever-reducing medications.
- Siblings and other household contacts must stay home until a negative COVID-19 test is confirmed or a healthcare provider provides an alternate diagnosis.
- If a student has body ache, fatigue, or congestion / runny nose, they may return to school after symptoms improved. Siblings and other household contacts do not need to stay home **Important: A school nurse may require a healthcare provider evaluation if they suspect COVID-19.**

☐ **Notify the school** immediately if:

- If your child is being evaluated for COVID-19, they may return to school if they test negative with a copy of a negative test.
- 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 5 – 7 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:

[Marin County Health and Human Services Coronavirus Information](#)
[Marin County Health and Human Services Coronavirus Information - Schools](#)
[CDC Back to School Planning for In-Person Classes](#)
[Marin County Office of Education \(MCOE\) website](#)
[MCOE Rethinking Schools](#)

For questions about COVID-19, please call the Marin Health and Human Services phone call center at: (415) 473-7191 [9:30 a.m. to noon and 1 to 5 p.m. weekdays]
 Interpreter services are available.

Parent / Guardian Community Health Pledge

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

- Self-quarantine my child / children for 14 days if they engage in a high-risk activity (e.g., private gatherings > 3 households, non-essential travel) and have them tested for COVID-19 if they develop any symptoms, incl. runny nose / congestion. Most people who become sick develop symptoms 5 to 7 days after exposure and can be contagious 2 days before becoming sick.
- Abstain from pre-medicating my child / children with symptomatic relief medications unless for known, chronic conditions; e.g., seasonal allergies; sinusitis.
- Conduct daily home symptom screening of my child / children.
 - Keep my children home when they are sick *or* if a household member exhibits any of the following symptoms: cough, shortness of breath / difficulty breathing, loss of taste or smell, fever [100.4°F/38°C or greater], chills, sore throat, headache, nausea or vomiting, diarrhea, fatigue, congestion / runny nose) [Effective November 23, 2020].
 - Schedule COVID-19 testing and/or visit with a healthcare provider if my child / children have any of the key symptoms of COVID-19 (cough, shortness of breath / difficulty breathing, loss of taste or smell) or any of the following symptoms (fever [100.4°F/38°C or greater], chills, sore throat, headache, nausea or vomiting, diarrhea.
 - A student (**under 18 years old**) who has any of the following symptoms (body ache, fatigue, congestion / runny nose) may return to school when symptoms improved. COVID-19 testing and/or healthcare provider evaluation are not necessary unless required by a school nurse who suspects COVID-19 [Effective November 23, 2020].
 - *Students / staff who present with these symptoms but have tested positive for COVID-19 in the past 3 months, should not have repeat COVID-19 testing. They should be evaluated by a healthcare provider.
- 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.
- Follow Marin County Public Health's [isolate / quarantine](#) orders if indicated.
- Abstain from [gathering](#) with more than 3 households.
- Limit my family's [travel](#) and [social activity](#) to reduce possible exposure to COVID-19.
- Limit my child's / children's participation to three (3) cohorts.
- Read and agree to follow the School Site Specific Protection Plan (SSSPP), this COVID-19 Safety Student and Family Handbook, and other policies that my school may adopt throughout the school year, and I agree to use my best efforts to have my child(ren) comply with the policies. I understand that the plans and policies may be updated through the year as public health information develops, and I agree to review and comply with updates.

Parent / Guardian Name

Parent / Guardian Signature

Date

Parents / guardians must be available, or have an emergency contact available, to pick up their child / children within 30 minutes from school if they develop COVID-19 symptoms at school. 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.

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

Brookside	Judith Barry, Principal Beth DeFrance, Admin Asst	415-453-2948	jbarry@rossvalleyschools.org hlevi@rossvalleyschools.org
Hidden Valley	Kristi Fish, Principal Teresa Machado, Admin Asst	415-454-7409	kfish@rossvalleyschools.org tmachado@rossvalleyschools.org
Manor	Peg Minicozzi, Principal Maridith Woodward, Admin Asst	415-453-1544	pminicozzi@rossvalleyschools.org mwoodward@rossvalleyschools.org
Wade Thomas	Donna Faulkner, Principal Marlana Kenilvort, Admin Asst	415-454-4603	dfaulkner@rossvalleyschools.org mkenilvort@rossvalleyschools.org

Middle School

White Hill	Matt Catanzarite, Principal Maria Lubamersky, Asst Principal Cary Adriatico, Admin Asst	415-454-8390	mcatanzarite@rossvalleyschools.org mlubamersky@rossvalleyschools.org cadriatico@rossvalleyschools.org
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District Nurse

Meghan O'Hare		415-451-4078	mohare@rossvalleyschools.org
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Director of Student Services

Eric Saibel		415-451-4066	esaibel@rossvalleyschools.org
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Preventive Measures at School

Daily Home Symptom Screening

Marin County Public Health requires [daily home symptom screening](#) before sending your child / children to school.

Students should not be re-tested for COVID-19 within 3 months of initial COVID-19 infection. If they develop symptoms consistent with COVID-19, they should be evaluated by a healthcare provider.

Symptoms

- If your child / children have any of the following symptoms, they must schedule COVID-19 testing and/or visit with a healthcare provider.
 - Cough
 - Shortness of breath / difficulty breathing
 - Loss of taste or smell
 - Fever [100.4°F/38°C or greater] or chills
 - Sore throat
 - Headache
 - Nausea or vomiting
 - Diarrhea
- Siblings and other household contacts must stay home until a negative COVID-19 test is confirmed or a healthcare provider provides an alternate diagnosis (e.g., migraine, strep throat).
- The sick person may return to school after they test negative for COVID-19 (with copy of a negative test) or after being evaluated by a healthcare provider and given an alternate diagnosis (with clearance from healthcare provider to return to school);
- if symptoms have improved **AND** the sick person is fever-free for > 24 hours without fever reducing medications.
- If the sick person is not tested or evaluated by a healthcare provider, they must stay at home and isolate for at least 10 days (**Test or 10**)

- If your child / children have any of the following symptoms, they may return to school after symptoms have improved
 - Body ache
 - Fatigue
 - Congestion / runny nose
- Siblings and other household contacts do not need to stay home.
- COVID-19 testing and/or healthcare provider evaluation are not necessary unless required by a school nurse who suspects COVID-19 [Effective November 23, 2020].



- If a household member (incl. caregiver) has any of the following symptoms,
 - Cough
 - Shortness of breath / difficulty breathing
 - Loss of taste or smell
 - Fever [100.4°F/38°C or greater] or chills
 - Sore throat
 - Headache
 - Nausea or vomiting
 - Diarrhea or body ache
 - Fatigue
 - Congestion / runny nose
 - They should contact their healthcare provider or schedule testing immediately.
 - Students and staff must stay home until their household member tests negative for COVID-19.
 - If the household member tests positive for COVID-19, your family must quarantine for 14 days from their last contact.

- 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.

If a child has a known condition with a chronic symptom (e.g., asthma, migraine), their healthcare provider may provide documentation and recommendations about how to evaluate symptoms in the daily checks (e.g., cough, difficulty breathing)

Close Contact/Potential Exposure

- If a household member is being evaluated for COVID-19 or has a known COVID-19 exposure, 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.
- If your child / children had close contact (within 6 feet of an infected person for at least 15 minutes) with a person who has tested positive for COVID-19, they must stay at home and [quarantine](#) for 14 days after their last contact with the person who has COVID-19. *Your child / children should be tested for COVID-19 **five to seven days** after their last exposure.*

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.

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

Physical Distancing

Marin 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. Ross Valley Schools 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

Generally, visitors (including parents/guardians) 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 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.



Outdoor learning spaces

Outdoor learning spaces will be designated for classes to utilize when practicable and weather and air quality permit per Marin County Outdoor Air Quality Protocols for Schools with COVID-19 active in the community. This outdoor space will be used periodically throughout the school day, all COVID-19 safety protocols will be used in the outdoor space.

When the outside air quality is unhealthy (e.g. smoke from wildfires), doors and windows will be kept shut and the HVAC systems readjusted. High density filters have been installed to filter out particulate matter and smoke.

Water Access

Students should bring a **personal labeled water bottle of their own from home that they do not share**. All drinking fountains will be disabled in order to reduce virus transmission, though provisions will be made for refilling water bottles at school and supplying water to those without water bottles.



Food Guidelines and Food Services

Ross Valley School District plans to adhere to the following guidelines:

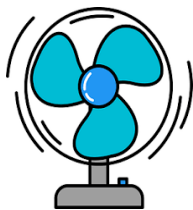
- We will be offering free and reduced, as well as purchased, “grab and go” meals to take home for anyone who is interested.
- Students should bring hearty snacks to sustain them throughout their day at school. Students will be safely separated by cohorts while maintaining the social distance standards with proper disinfection after each use. The safety of children with food allergies will be ensured.
- If food is offered at any event, have pre-packaged boxes or bags for each attendee instead of a buffet or family-style meal.
- Students will be required to wash hands or use hand sanitizer before and after any snack time.



Cleaning and Disinfecting Protocols

Classrooms, bathrooms, and common areas will be cleaned and disinfected regularly in accordance with a posted schedule in that space. Spray disinfectant is available in all classrooms for use between scheduled cleanings.

Air Circulation



Classroom HVAC systems have been adjusted for maximum fresh air circulation. In addition, staff members will be encouraged to keep doors and windows open when practicable and weather permitting.

When the outside air quality permits, classroom HVAC systems will circulate fresh air and teachers will be encouraged to keep classroom doors and windows open for maximum ventilation. When outside air quality is poor, the system will be readjusted.

Health and 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 exempt for medical reasons, **in which case a healthcare provider's note is required**. 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.

Face coverings may be removed for meals, snacks, or when it needs to be replaced. When a face covering is temporarily removed, it should be placed in a sealable plastic container or bag provided by parents (clearly marked with the student's name) or attached to a breakaway lanyard worn by the student.

[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, neck gaiter, 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 ([English](#)) ([Spanish](#))

- 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 ([English](#)) ([Spanish](#))

Be careful not to touch your eyes, nose, and mouth when removing. Wash hands immediately after removing. 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.



[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.

Physical Distancing

1. Maintain 6 ft distance from others outside your home. Keeping distance from others is especially important for individuals at higher risk for severe illness.
2. Please discuss the importance of community physical distancing measures while not at school, including discouraging students from gathering elsewhere.



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.*

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 <https://www.shotsforschool.org> "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

Marin County Public Health strongly recommends that all Marin County residents 6 months and older get their seasonal flu vaccine. Visit <https://flu.marinhhs.org/where-get-vaccinated> to find out where to get vaccinated.

School Health Office

If a child develops symptoms 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.

If you or your children are feeling worried or anxious, they can sometimes present with physical symptoms (e.g., headache, abdominal pain). Help your child learn how to deal with that anxiety in a healthy way.

Isolation Protocol: If a Student Develops Symptoms at School

- If a student develops a fever of 100.4°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 may also require pick-up (see below).
 - If a student starts exhibiting symptoms, they will be kept under observation in an isolation room and required to wear a mask.
 - 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. See page 5 for phone numbers

- If your child / children have any of the following symptoms (cough, shortness of breath / difficulty breathing, loss of taste or smell, fever [100.4°F/38°C or greater] or chills, sore throat, headache, nausea or vomiting, diarrhea), they must schedule COVID-19 testing and/or visit with a healthcare provider [Effective November 23, 2020].
 - Siblings and other household contacts will be sent home.
 - Students may return to school after they test negative for COVID-19 (with copy of a negative test) or after they are evaluated by a healthcare provider and given an alternate diagnosis (with clearance from healthcare provider to return to school).
 - If they are not tested or evaluated by a healthcare provider, they must stay at home and isolate for at least 10 days (**Test or 10**).

- If your child / children have any one of the following symptoms (body ache, fatigue, congestion / runny nose), they may return to school their symptoms have improved. Siblings and other household contacts will not be sent home. COVID-19 testing and/or healthcare provider evaluation are not necessary unless required by a school nurse who suspects COVID-19 [Effective November 23, 2020].

- Please **inform the point of contact** at your school as soon as possible if your child / children are diagnosed with COVID-19.
- **Important Note:** Children who are [isolating](#) or [quarantining](#) at home cannot participate either in in-person instruction or in any extra-curricular activities (incl. youth sports and childcare programs).
 - 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).
 - Quarantine (Staying home if exposed to COVID-19): People in quarantine should stay home, separate themselves from others, and monitor their health.

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.

When to Stay Home from School

Students and staff should **NOT** come to school:

- If your child / children have any of the following symptoms (cough, shortness of breath / difficulty breathing, loss of taste or smell, fever [100.4°F/38°C or greater] or chills, sore throat, headache, nausea or vomiting, diarrhea), they must schedule COVID-19 testing and/or visit with a healthcare provider [Effective November 23, 2020].
 - They must schedule COVID-19 testing and/or visit with a healthcare provider.
 - Siblings and other household contacts must stay home until a negative COVID-19 test is confirmed or a healthcare provider gives an alternate diagnosis (e.g., migraine, strep throat).
 - The sick person may return to school after they test negative for COVID-19 (with copy of a negative test) or after being evaluated by a healthcare provider and given an alternate diagnosis (with clearance from the healthcare provider to return to school); if the sick person's symptoms have improved **AND** the person is fever-free for > 24 hours w/o fever reducing medications.
 - If the sick person is not tested or evaluated by a healthcare provider, they must stay at home and isolate for at least 10 days (**Test or 10**).
- If your child / children have any of the following symptoms (body ache, fatigue, congestion / runny nose), they may return to school after symptoms improved.
 - Siblings and other household contacts do not need to stay home. COVID-19 testing and/or healthcare provider evaluation are not necessary unless required by a school nurse who suspects COVID-19 [Effective November 23, 2020].
- If a household member (incl. caregiver) has any of the following symptoms (cough, shortness of breath / difficulty breathing, loss of taste or smell, fever [100.4°F/38°C or greater] or chills, sore throat, headache, nausea or vomiting, diarrhea, body ache, fatigue, congestion / runny nose [Effective November 23, 2020].
 - They should contact their healthcare provider or schedule testing immediately.
 - Students and staff must stay home until their household member tests negative for COVID-19.
 - If the household member tests positive for COVID-19, your family must quarantine for 14 days from their last contact.
- If they had close contact with a person who tested positive for COVID-19 (e.g., relative, friend). If your child has had close contact with someone who has tested positive for COVID-19, they must stay at home and [quarantine](#) for 14 days after their last contact with the person who has COVID-19. Your child / children should be tested for COVID-19 **five to seven days** after their last exposure.
- 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 Marin 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. See page 5 for person(s) to contact at your child's school. This information will be kept confidential, except as required by Public Health.

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 / children had any of the following symptoms (cough, shortness of breath / difficulty breathing, loss of taste or smell, fever [100.4°F/38°C or greater] or chills, sore throat, headache, nausea or vomiting, diarrhea), they may return to school after they test negative for COVID-19 (with copy of a negative test) or after being evaluated by a healthcare provider and given an alternate diagnosis (with clearance from healthcare provider to return to school);

- Symptoms must be improved AND child / children must be fever-free for > 24 hours w/o fever reducing medications. [Effective November 23, 2020].
- A school nurse may require COVID-19 testing and/or healthcare provider evaluation if they suspect COVID-19 in a child with body ache or fatigue or congestion / runny nose [Effective November 23, 2020].

“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 **five to seven 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.”

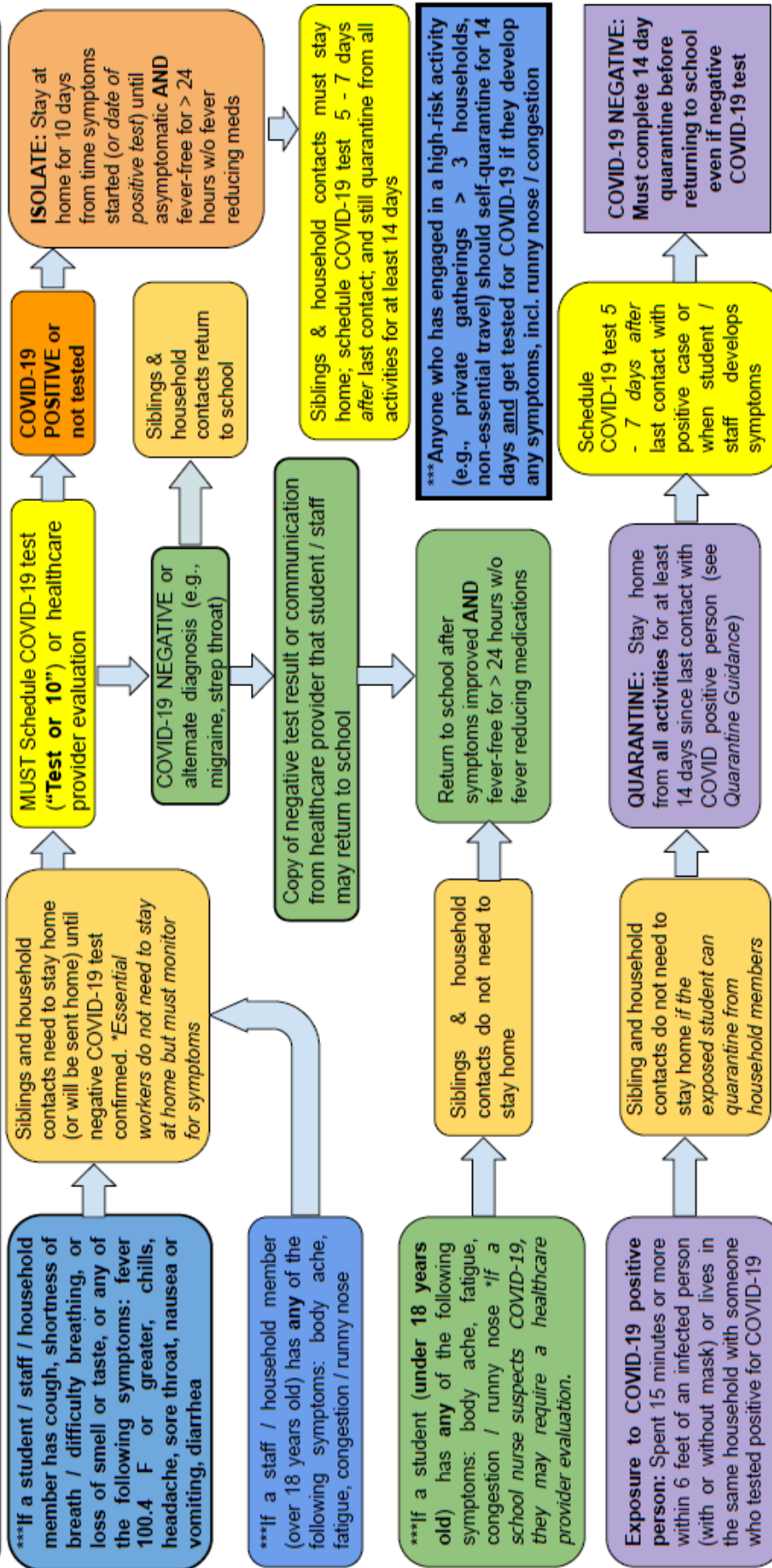
Generally, students may return to school once they have been fever-free for 24 hours without using fever-reducing medication AND all other symptoms have resolved.

Depending upon the illness, a clearance from the student’s healthcare provider may be required for return to school after illness. School Notices will be sent for other diseases ([as indicated](#)) according to the [MCOE Student Health Manual](#).

Reference: Marin County Public Health [At Home Quarantine & Isolation Safety Guidance](#).

Marin County COVID-19 Safety - Decision Tree for Schools (Tier 2)

(Updated 11/20/2020 - Effective 11/23/2020: Subject to Change)



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.

Marin County Public Health Protocols on the Onset of Symptoms, Potential Exposure to and/or Close Contact with an Individual Testing Positive for COVID-19 in a School/Classroom Setting - Tier 2

	Scenario	Action	Communication
1	A student or staff member, or anyone in their household, either exhibits COVID-19 symptoms or has a temperature of 100.4 degrees or above.	<ul style="list-style-type: none"> • Report information to administrator, send home • Contact Healthcare provider/Public Health for testing (recommend testing) • See COVID-19 Handbook for return to school protocols • School/Classroom OPEN 	<p>To: Family of Symptomatic Student</p> <p>Notification:</p> <p style="color: #0070c0;">Symptom Notification Card: Instructions for Families</p>
2	A family member or someone in close contact with a student or staff member tests positive for COVID-19.	<ul style="list-style-type: none"> • Report information to administrator, send home, quarantine for 14 days • Contact Healthcare provider/Public Health for testing (recommend testing) • School/Classroom OPEN 	<p>To: Student Families and Staff</p> <p>Template Letter:</p> <p style="color: #0070c0;">Household Member or contact w/ C19+</p>
3	A student or staff member tests positive for COVID-19.	<ul style="list-style-type: none"> • Report information to administrator, send home, isolate as per Public Health • Families of Students and Staff: quarantine and contact Healthcare provider/ Public Health • Classroom CLOSED for 14 days from last exposure • School Remains OPEN 	<p>To: Student Families and Staff</p> <ul style="list-style-type: none"> • Phone call and • Template Letter: <p style="color: #0070c0;">Confirmed C19+ in Cohort</p>
4	A student or staff member tests negative for COVID-19 after symptoms or confirmed close contact.	<ul style="list-style-type: none"> • May return to school 24 hours after symptoms resolve • 14-day quarantine required for close contact with COVID-19 positive case • School/Classroom OPEN 	<p>Consider notification to families and staff if prior awareness of testing.</p> <p>Template Letter:</p> <p style="color: #0070c0;">Negative Test Cohort Member</p>

Marin Public Health
(415) 473-7191
COVID19Schools@marincounty.org

The Rethinking Schools Task Force
<https://bit.ly/MCOERethinkingSchools>
RapidResponse@marinschools.org

Updated 10/19/2020

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):
 - 1) is being evaluated for COVID-19; or,
 - 2) if they test positive for COVID-19; or,
 - 3) if they may have been exposed to COVID-19.

Contact the School Nurse, School Principal, Administrative Assistant, or Director of Student Services at the Ross Valley School District Office. This information will be kept confidential, except as required by Public Health.

- Student absences related to illness or quarantine are considered excused absences (Ed Code 48205).
- Students quarantined at home may participate in distance learning.
- Parents/guardians of students with known underlying health conditions should consult with their healthcare provider to determine if/when it is safe to attend school and notify the school nurse. Some conditions such as seasonal allergies or asthma can cause sneezing, coughing, runny nose, etc. When advised of these, the school staff will take this information into consideration.

Community Clinics in Marin County

You can find a list of community health centers and clinics in Marin 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.

For questions about COVID-19, please call the Marin Health and Human Services' call center at (415) 473-7191. The call center is open from 9:30 a.m. to noon and 1 to 5 p.m. on weekdays. Interpreter services are available.

Extreme Weather and Air Quality

As wildfire season has begun and is expected to continue, air quality has been and may continue to be significantly impacted. Extensive work was done last year with Marin County Public Health to develop information, resources and protocols for days with poor air quality. As we are now dealing with the additional challenge of COVID-19, Public Health reviewed the guidelines for any needed revisions.

Previously, when the air quality hits the “Red Flag” or “Unhealthy” stage it was recommended moving physical activity indoors during the Unhealthy period. The new “COVID-19” edition of the air quality protocols does NOT make that recommendation and students should NOT engage in physical activity indoors during the COVID-19 period. During the COVID-19 pandemic, the use of outdoor learning environments will be affected by air quality.






Air quality will be monitored from the [AirNow.gov](https://www.airnow.gov) Fire and Smoke Map (a resource that incorporates both Purple Air Sensors, and EPA sensors). In the event that the Air Quality Index (AQI) for the following school day may exceed the Hazardous range (above 300) for the majority of the county, Public Health will make a recommendation by 4:00 pm (for the following day) to shift from site-based instruction to remote instruction. Notification of Public Health’s recommendation will be distributed by Marin County Office of Education to Public School Superintendents and Private, Independent and Parochial Schools in Marin County. Ross Valley Schools will be guided by the Marin County Outdoor Air Quality Protocols for Schools with COVID-19 active in our community. Families of students in Ross Valley schools will then be notified of email, text, and voice message from the RVSD Superintendent via Parent Square. Signs will be posted at all sites to inform anyone that may come to campus.

On days when students are already engaged in site-based classroom instruction and air quality conditions worsen, Public Health will NOT recommend a shift from site-based instruction to remote learning in the middle of a school day.

Additional resources and other resources can be found on the [MCOE Extreme Weather Information](#) web page.

Marin County Air Quality Outdoor Activity Overview and Communication Protocols for Schools **(with active COVID)**

Regular physical activity — at least 60 minutes each day — promotes health and fitness. The table below shows when and how to modify outdoor physical activity based on the Air Quality Index (AQI), and communication protocols at different AQI thresholds. This guidance can help protect the health of all children, including teenagers, who are more sensitive than adults to air pollution. Check the air quality daily at www.airnow.gov*. Please note this table is a modified version of a 2014 publication provided by the US Environmental Protection Agency and Center for Disease Control, with input from the Marin County Public Health Officer based on experiences during regional wildfires and community response from 2017 - 2019.

Air Quality Index	Outdoor Activity Overview and Communication Protocols
 green GOOD = 0-50	Great day to be active outside! <p style="color: red; font-size: small;">*www.airnow.gov will be utilized as the most accurate measure of regional AQI, used by the California Air Resources Board and U.S. EPA, as opposed to other personal and more localized sensors such as Purple Air.</p>
 yellow MODERATE = 51-100	Good day to be active outside! Students who are unusually sensitive to air pollution could have symptoms.*
 orange UNHEALTHY FOR SENSITIVE GROUPS = 101-150	<p style="color: red; font-weight: bold;">An email communication from Marin County Public Health Officer will be sent out through MCOE to all schools.</p> It's OK to be active outside, especially for short activities such as recess and physical education (PE). For longer activities such as athletic practice, take more breaks and do less intense activities. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy. <p style="color: red; font-weight: bold;">See additional detail in School Air Quality Activity Recommendations Chart on next page.</p>
 red UNHEALTHY = 151-200	<p style="color: red; font-weight: bold;">A conference call will be initiated by MCOE and Marin County Public Health Officer for all Marin County Schools.</p> For all outdoor activities , take more breaks and do less intense activities. No intense indoor activities with active COVID in community. Consider moving longer or more intense activities indoors or rescheduling them to another day or time. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy. See additional detail in School Air Quality Activity Recommendations Chart on next page.
 purple VERY UNHEALTHY = 201-300	<p style="color: red; font-weight: bold;">A daily conference call will be initiated by MCOE and Marin County Public Health Officer for all Marin County Schools.</p> <p style="color: red; font-weight: bold;">No intense indoor activities with active COVID in community. Move all activities indoors or reschedule them to another day.</p>

* Watch for Symptoms

Air pollution can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even students who do not have asthma could experience these symptoms.

If symptoms occur:
 The student might need to take a break, do a less intense activity, stop all activity, go indoors, or use quick-relief medicine as prescribed. If symptoms don't improve, get medical help.

Go for 60!

CDC recommends that children get 60 or more minutes of physical activity each day. www.cdc.gov/healthyouth/physicalactivity/guidelines.htm

Plan Ahead for Ozone

There is less ozone in the morning. On days when ozone is expected to be at unhealthy levels, plan outdoor activities in the morning.

School Air Quality Activity Recommendations

PROTECT STUDENT HEALTH DURING POOR AIR QUALITY

Air quality is an important consideration for schools in terms of student activities. Local air districts are available to assist schools with understanding local air quality concerns and actions they can take to protect student health. To find out more, contact your local air district. Visit this page to learn which District serves your area: www.arb.ca.gov/app/districtlookup/districtlookup.php

August 2020 with Active COVID

The following school activity recommendations are based on consultation with health researchers and several important principles drawn from recent studies. **Modify these levels to correspond with the AQL, emissions concentration, or other air district recommended method for your region.**

Activity	Air Quality Level				
	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
Recess (15 min)	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.*	Exercise indoors or avoid vigorous outdoor activities. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors. No indoor exercise or vigorous activity
P.E. (1 hr)	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Sensitive individuals should exercise indoors or avoid vigorous outdoor activities.*	Exercise indoors or limit vigorous outdoor activities to a maximum of 15 minutes. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors.
Athletic Practice & Training (2-4hrs)	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Reduce vigorous exercise to 30 minutes per hour of practice time with increased rest breaks and substitutions. Ensure that sensitive individuals are medically managing their condition.*	Exercise indoors or reduce vigorous exercise to 30 minutes of practice time with increased rest breaks and substitutions. Sensitive individuals should remain indoors.*	No outdoor activity. All activities should be moved indoors.
Scheduled Sporting Events	No restrictions	Ensure that sensitive individuals are medically managing their condition.*	Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Ensure that sensitive individuals are medically managing their condition.*	Increase rest breaks and substitutions per CIF guidelines for extreme heat.** Ensure that sensitive individuals are medically managing their condition.*	No indoor exercise or vigorous activity Event must be rescheduled or relocated.

* Sensitive Individuals include all those with asthma or other heart/lung conditions ** California Interscholastic Federation

*** To meet the conditions for approval of a waiver due to emergency conditions (Form J-13A) from the State Superintendent of Public Instruction poor air quality must be shown to be caused by an emergency event such as a wildfire.