

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 September 8, 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.

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.

Those in the vulnerable population who are at increased risk of severe illness from COVID-19 includes people who are:

- Age 65 or older
- Diagnosed with any of the following:
 - Cancer
 - Chronic kidney disease
 - COPD (chronic obstructive pulmonary disease)
 - Immunocompromised state (weakened immune system) from solid organ transplant
 - Obesity (BMI of 30 or higher)
 - Serious heart conditions such as heart failure, coronary artery disease, or cardiomyopathies
 - Sickle cell disease
 - 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 a minimum of 24 hours 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

1. If the student or a household member or someone they have had close contact with **HAS COVID-19**, is **BEING EVALUATED** for COVID-19, or has **SYMPTOMS** consistent with COVID-19, the student, siblings who attend a District school or childcare program, and any district employee in the household must:

- Not go to school/work; stay home.

- Report the absence, per the school's absence procedures (Employees should notify a supervisor).
- Monitor symptoms and seek medical care if the illness becomes worse.
- Isolate at home until:
 - 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), **AND**
 - At least 10 days have passed since the symptoms began.

2. If the student or a household member develops symptoms of COVID-19, including early or mild symptoms, and **TESTED NEGATIVE**, the student, siblings who attend a District school or childcare program, and any district employee in the household must stay home and away from others until:

- No fever for at least 24 hours without the use of medicine that reduces fevers, **AND**
- Other symptoms have improved (for example, when the cough or shortness of breath have improved).

3. If the student or a household member develops symptoms of COVID-19, including early or mild symptoms and **DOES NOT WANT TO BE TESTED**, the student, siblings who attend a District school or childcare program, and any district employee in the household must stay home and away from others until:

- 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), **AND**
- At least 10 days have passed since the symptoms began.
- When the student returns to school, the student or parent/guardian must self-check the student daily for 14 additional days.

4. If the student **TESTS POSITIVE** or **LIVES WITH SOMEONE** or has **HAD CLOSE CONTACT** with someone who has **TESTED POSITIVE** for COVID-19, the student, siblings who attend a District school or childcare program, and any district employee in the household must:

- Stay home for 14 days after the first date the sick person begins to show symptoms except to get essential medical care.
- If another household member gets sick, the quarantine period must restart for another 14 days (Example: employee is sick, household quarantines for 14 days. On the 8th day of this quarantine, spouse gets sick, household quarantine restarts for another 14 days from the 1st day of spouse's

symptoms. On the 5th day of spouse's quarantine, child gets sick, household quarantine restarts for another 14 days from 1st day of child's symptoms.)

- Try to have only people in the home who are essential to providing care for the person – other household members should stay in another home or hotel. If this is not possible, other household members should stay in another room and be separated from the person as much as possible.
- Regularly clean and disinfect all “high touch” surfaces such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, etc.
- Avoid sharing household items like dishes, cups, eating utensils, and bedding.

5. If the student has had contact with an asymptomatic (showing no symptoms) person who has had contact with a symptomatic person, the student will:

- 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.

6. If the student has had a **severe/critical illness** or is **severely immunocompromised**, please:

- Stay home and away from school until:
 - Up to 20 days have passed since symptoms first appear, **AND**
 - At least 24 hours have passed since last fever without the use of fever reducing medication, **AND**
 - Other symptoms have improved.

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 – not wearing a face covering AND being within 6 feet of an infected person for at least 15 minutes OR has had direct contact with the infected person's secretions starting from 48 hours before illness onset through the 14th day from the last contact with the infected person.
- 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.
- 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.