

COVID-19 Safety Plan

2022-2023 School Year



Revised March 13, 2023

This is a fluid working document that may be
adjusted as conditions and/or guidance changes

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A Message from the Interim Superintendent



Dear CUSD Families and Staff,

Capistrano Unified is continually innovating and adding resources and hands-on learning experiences to prepare our students from preschool through high school to meet the challenges of a rapidly changing world. As a result of state and federal COVID-19 funds, we have invested even more in our classrooms. We have hired over 300 teachers, speech pathologists, psychologists, counselors, and classified staff. We have also worked to reduce class sizes, increase electives, bring credentialed physical education teachers to elementary students, purchase new Chromebooks, and continue a strong investment in professional learning for our certificated and classified staff. This school year, the district expanded its iCAN labs to elementary schools as an extension of the current middle and high school STEM Career Paths. The district is also expanding the [College @ Capo program](#) for high school students and [CaliforniaColleges.edu](#) for middle and high school students.

We want our community to know that we are committed to providing safe and healthy in-person learning environments for all students and staff. We will continue to monitor and receive guidance from state and local agencies and public health officials to ensure student and staff safety. As a reminder, masks are not required in K-12 settings for students or staff but are strongly recommended indoors by the California Department of Public Health (CDPH).

According to the CDPH June 30, 2022 CDPH guidance, COVID-19 is here to stay, but we have learned methods and gained tools to decrease its impact on our health and well-being. California's schools can manage this disease in sustainable and adaptive manners. In alignment with the state's SMARTER plan, California will continue to provide resources—including COVID-19 tests and personal protective equipment—to support these goals and prevent broad disruption to in-person learning.

Additionally, many of the strategies used to address COVID-19 can protect school communities from other diseases and support healthy learning environments.

We are grateful for your partnership and support. Thank you for your patience as we continue to work to follow guidelines provided to us by the CDPH.

Sincerely, **Clark Hampton**, Interim Superintendent

Visit CUSD's [COVID-19 School Safety](#) webpage for more information on CUSD and COVID-19.

Welcome Back to School!

Screening at Home

- Families will screen students each day for signs of fever, illness or symptoms. Any student with a fever of 100.4 F or higher should not go to a school site. Parents should use the Student Symptom Decision Tree (Page 10) and When to Keep Your Child Home from School (Pages 8 & 9) to guide parents in the next steps to take when their child displays any symptom and to determine whether or not the student may attend school.
- Absences related to personal illness, quarantine, and COVID-19 illness or symptoms will be excused.
- Staff members are required to self-screen. If staff members are experiencing COVID-like symptoms (See Page 6), they should stay home and contact their principal.
- Anyone who has been diagnosed as COVID-19 positive within the past 14 days should notify their principal or supervisor immediately.

Arriving at School

- Per CDPH guidance effective April 20, 2022, masks are no longer required for adults or students in K-12 settings. Masks are strongly recommended indoors, regardless of vaccination status.
- After arrival, students who show symptoms will go to the office and be sent home as per normal school protocol.
- There are no physical distancing requirements indoors or outdoors.
- School sites will have signage to remind students about hand washing to prevent spreading germs.
- Additional hand washing stations and supplies will continue to be available.

Vaccinations

In accordance with the California Department of Public Health's (CDPH) Guidance for Vaccinations

- COVID-19 vaccinations are not required.
- CDPH strongly recommends COVID-19 vaccinations for all eligible people in California, including teachers, staff, students, and adults sharing homes with members in PK-12 communities.
- Booster shots are recommended by the Center for Disease Control (CDC).
- On June 17, 2022, the Food and Drug Administration (FDA) authorized COVID-19 vaccines from Moderna and Pfizer for children as young as 6 months. Children 5 and older have been eligible to receive a two-dose regimen of the Pfizer vaccine since October of 2021. This was amended to include children 6 months to 4 years of age. Booster shots for these children were authorized in May 2022. In June 2022, the FDA also authorized Moderna's two-dose vaccine for children ages 6 months to 17 years of age. The Moderna vaccine had been authorized for use in adults 18 years of age and older.
- CUSD will not administer vaccines.

The following items are available at each school based upon student and staff need

- Cloth Mask — Child
- Cloth Mask — Adult
- Disposable Mask — Child
- Disposable Mask — Adult

Coughing and Sneezing

Per the CDC, covering coughs and sneezes and keeping hands clean can help prevent the spread of serious respiratory illnesses like influenza, respiratory syncytial virus (RSV), whooping cough, and COVID-19. Germs can be easily spread by:

- Coughing, sneezing, or talking
- Touching your face with unwashed hands after touching contaminated surfaces or objects
- Touching surfaces or objects that maybe frequently touched by other people



To help stop the spread of germs:

- Cover your mouth and nose with a tissue when you cough or sneeze
- Throw used tissues in the trash
- If you don't have a tissue, cough or sneeze into your elbow, not your hands

Washing your hands ...

is one of the most effective ways to prevent yourself and your loved ones from getting sick, especially at key times when you are likely to get and spread germs.

- Wash your hands with soap and water for at least 20 seconds and thoroughly dry hands.
- If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.



Other Safety Considerations

- Staff members have completed mandated COVID-19 on-line trainings
- Campuses will follow guidelines developed by the CDPH for cleaning, disinfection, and ventilation of school campuses
- Common touch surfaces will be routinely cleaned
- Staff and students will be expected to wash/sanitize their hands regularly regularly (for example, before and after recess and eating) as described above in ***Coughing and Sneezing and Hand Washing***
- Students will be encouraged to bring personal/ refillable water bottles
- Water bottle filler stations & water fountains will be on



- All employees and families should report any incident of COVID-19 symptoms, close contact exposure, or positive testing results to site administration within 24 hours.
- A school site staff member will contact the parent and communicate with the COVID-19 Support Team and report the case. A COVID-19 Support Team member will contact the employee or community member.
- Outbreaks of COVID-19 on a campus or District facility will be reported to the Orange County Health Care Agency and/or Cal/OSHA in compliance with current regulations.
- The school will notify families of students and staff who spent more than a cumulative total of 15 minutes (within a 24-hour time period) in a shared indoor airspace (e.g., classroom) with someone with COVID-19 during their period of infectiousness.
- The District may adopt the necessary COVID-19 testing cadences for students and staff supported by the State.
- The CUSD Positive [COVID-19 Case Dashboard](#) reflects cases of individuals who were presumed to be infectious while on a school campus.

Please notify your student's teacher to request necessary classwork for absences related to COVID-19 or any other health concern.



HEADACHE



TEMPERATURE



COUGH



SORE THROAT



GASTRO-
INTESTINAL

COVID-19 Symptoms

- Fever 100.4 or higher in the last 24 hours
- Cough
- Shortness of breath or difficulty breathing
- Chills/unexplained fatigue
- Muscle or body aches
- Headaches
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- New loss of taste or smell
- Gastro-Intestinal Issues

Return to Work Following Exposure to COVID-19



Return to Work Following Exposure to COVID

Updated with 3/13/2023 CDPH Guidance & 2/3/2023 Cal/OSHA Regulations

MAY CONTINUE TO WORK

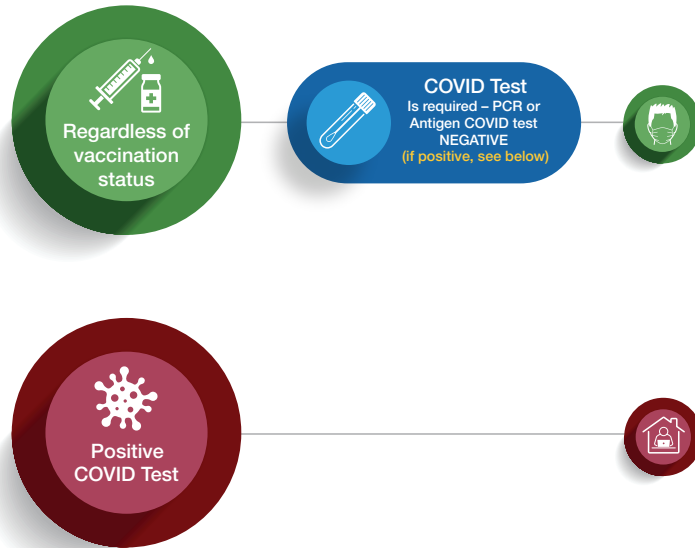
1. No need to quarantine IF:

- Test within 3-5 days after last exposure with a negative result.* People infected within last 30 days do not need to test unless symptomatic
- Must wear face coverings around others for 10 days after exposure, especially in indoor settings
- If symptoms develop, must stay home until a negative test result is obtained. If test comes back negative and employee returns to work earlier than 10 days, must wear a mask until day 10.

* Required


STAY HOME

1. Stay home for at least 5 days after start of symptoms (day 0) or after date of first positive test (Day 0) If no symptoms
2. Isolation can end after Day 5 if:
 - Symptoms are not present, or are mild and improving; AND
 - You are fever free for 24 hours (without the use of fever-reducing medication).
3. If fever is present, isolation should be continued until 24 hours after fever resolves.
4. If symptoms other than fever, are not improving, continue to isolate until symptoms improving or until after Day 10
5. After you have ended isolation, if your symptoms recur or worsen, get tested again and if positive, restart isolation at Day 0.
6. Per CDPH masking guidance, infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.




*If you have COVID-19 symptoms, regardless of vaccination status or previous infection:

Self-isolate and test as soon as possible. For symptomatic persons who have tested positive in the previous 90 days, using an antigen test is preferred. If symptoms persist, consider continuing self-isolation and retesting with an antigen or PCR test in 1-2 days particularly if tested during the first 1-2 days of symptoms. Consider repeat testing every 1-2 days for several days until test is positive or symptoms improve.



COVID Symptoms

- Fever > 100.4 F
- Loss of taste or smell
- Difficulty Breathing
- New Onset Cough
- Congestion/Runny Nose
- Nausea/Vomiting/Diarrhea
- Sore Throat
- Headache
- Fatigue/Muscle or Body Aches



Someone with COVID-19 is defined as anyone with a laboratory-confirmed or a clinically compatible illness, who has not tested

COVID exposure occurs when sharing the same indoor airspace for a cumulative total of 15 minutes or more over a 24-hour period during an infected person's infectious period.

TIP: If you have symptoms get tested right away. If you were exposed and don't have symptoms, it is best to wait 3-5 days after last exposure to be tested.

Updated 3/13/2023



This care pathway was designed to assist school personnel and is not intended to replace the clinician's judgment or establish a protocol for all patients with a particular condition. Diagnosis and treatment should be under the close supervision of a qualified healthcare provider, including school nurses. This guidance is based on current evidence and the best data at the time of publication. Updates are provided to reflect changes in knowledge about the impact of the disease on children and adolescents (11/28/2022).

CUSD's Sick Child: When to Keep Your Child Home from School



Capistrano Unified School District

Sick Child: When to Keep Your Child Home from School

Sometimes it is difficult, especially early in the morning, to know whether or not to send your child to school. The following guidelines are indications that you should keep him/her home. In this way, you are helping to control the spread of colds, flu, and other contagious illnesses.

Please keep your child at home when he/she has any of the following symptoms:

Fever	Chills
Vomiting or Diarrhea	Nausea
Sore throat or trouble swallowing	Coughing, sneezing, and/or runny nose
Rash or unusual sores or spots	Headache
Generalized muscle aches and pains	Wheezing or trouble breathing
Unusually red, crusted or burning eyes	Active Lice

You need to keep your child home until he/she has been symptom free without medication for 24 hours.

Also, NOTIFY THE OFFICE if your child is exposed to or contracts chicken pox, mumps or measles and or pertussis. These conditions can be life threatening to students who are undergoing therapies that suppress their immune systems.

The following information is only a guide to common childhood health concerns. Call our District Nurses or personal health care provider for more information. Please bring a copy of a physician's note or the school's physician clearance form to school and/or notify the school if your child will have an extended absence due to a health.

Is my child too sick to attend school?

FEVER. Children should be without a fever and medication (100.4 degrees F per CDC recommendation) for 24 hours before returning to school. It is suggested the your physician is called if the fever is accompanied by other symptoms such as congestion, sore throat, cough, and earache, or unable to eat or drink etc.

CHILLS. A child with chills may feel excessively cold and may be shivering. Chills may be caused by a fever, flu, common cold, or virus – It is suggested that your physician is called about your child's symptoms.

VOMITING, NAUSEA, & DIARRHEA. A child who is throwing up or has diarrhea needs to stay home. Do not send your child back to school until he/she has gone 24 hours without vomiting or having diarrhea and is fever-free. It is suggested that your physician is called if your child is both vomiting and having diarrhea or has a severe case of either.

CUSD's Sick Child: When to Keep Your Child Home from School



SORE THROAT. If your child wakes up with a sore throat but no other symptoms, offer him juice or water to see if the discomfort was simply from dry air or post-nasal drip during the night. If he has a fever and the pain continues, it is suggested that your physician is called. Strep throat and other throat infections can only be diagnosed by a throat culture. If your child has Strep, he/she can return to school after being on antibiotics for 24 hours AND fever-free without medication for 24 hours. If your child is diagnosed with Strep Throat please notify the school office.

COUGHS. Keep your child home if a cough keeps them up at night, appears to get worse as their activity level increases or if they also have other symptoms, such as a fever, short of breath, or wheezing. It is suggested to call your physician if the cough leads to difficulty breathing or the fever increases. If your child's cough is due to asthma, contact the [School District Nurse](#) to obtain the medication form required to keep medicines at school.

RASHES. Contagious diseases that cause rashes need to be reported to the school office or call your health office at the school site. It is suggested to call your physician if the rash spreads, does not improve, or is accompanied by a fever. Do not send your child to school if they have an unknown cause of rash, or any open wounds or sores. Please bring the school's physician clearance form or a physician's note after a contagious disease, rash, and or open sores or wounds are diagnosed by your physician.

EAR INFECTIONS. Cold and flu that cause ear infections are contagious, but ear infections themselves are not. It is suggested to call your physician. Your child can return to school once he has seen his health care provider and your child feels well enough to attend school.

GENERAL MUSCLE ACHES AND PAINS. Generalized aches and pains can be a sign of the flu. Cold and flu that cause aches and pains are contagious, but the general muscle aches are not. Your child can return to school once they are fever free for 24 hours without medication.

WHEEZING OR TROUBLE BREATHING. If your child is wheezing or has trouble breathing due to asthma, please contact the District School Nurse or the site health office to fill out the medication form to keep medication at school. If your child is having difficulty breathing or short of breath it is suggested that you call your physician.

PINKEYE. A child with bacterial conjunctivitis is highly contagious and should be kept home until he has been seen. If your child wakes up and the whites of his eyes are red, there is pus discharge, and/or the eyelashes are matted shut, it is suggested you call your physician and do not send your child to school.

HEAD LICE. Lice lay eggs (nits) that attach to the shaft of the hair. Shampoos (pediculocides) can be purchased over-the-counter – follow the instructions exactly on the box. Your student will be admitted back to school the day after treatment. A physician's visit is not necessary, but you do need to notify the school so appropriate classroom lice checks can be conducted. Please refer to the [HEAD LICE](#) instructions.

Exposure In School Setting (includes on campus, on the bus, during sports/extracurricular activities)

Schools should notify students who were exposed to someone having COVID-19 during their period of infectiousness.

- Notifications should be provided to ALL students considered exposed regardless of vaccine status or prior history of COVID-19 infection.

Notification should occur to 'groups' of exposed students (e.g. classmates, teammates, cohorts, etc.) and may include:

- Date(s) of exposure
- Student may remain in school and participate in all activities unless they develop symptoms or test positive for COVID-19
- It is recommended that your student wear a mask, especially for the next 10 days
- It is recommended that your student be tested within 3-5 days after the last date that the individual with COVID-19 was in school
- If your student develops symptoms of COVID-19 or tests positive for COVID-19, please ensure they isolate at home immediately

Exposure Outside the School Setting

- **Student may remain in school and participate in all activities unless they develop symptoms or test positive for COVID-19**
- **It is recommended that your student be tested within 3-5 days after the last date of exposure to the infected individual unless they have had COVID-19 within the last 30 days**
- **It is recommended that your student wear a mask around others for the next 10 days following the date of last exposure**
- **If exposed and has had COVID-19 within the last 30 days, does not need to test but should monitor for symptoms**
- **If exposed and have had COVID-19 within the 90 days and symptomatic, should test with an antigen test**

Definitions:

- **Exposure:** Student spent more than a cumulative total of 15 minutes (within a 24-hour time period) in a shared indoor airspace (e.g., classroom) with someone with COVID-19 during their period of infectiousness.
- **Primary Series of COVID-19 Vaccines :** The initial dose(s) of a COVID-19 vaccine. For Pfizer and Moderna mRNA vaccines, the primary series is two vaccine doses. For the Johnson & Johnson (J&J) COVID-19 vaccine, the primary series is a single vaccine dose.
- **COVID-19 Test:** Antigen tests, nucleic acid amplification tests (PCR or NAA), or LAMP are acceptable, but **antigen testing is preferred to end isolation**. Home/over-the-counter tests are acceptable. Exposed students who had COVID-19 within the last 30 days do not need to be tested after exposure but should monitor for symptoms. If symptoms develop, they should isolate and get tested with an antigen test even if they've had COVID-19 previously.
- **Resources for COVID Testing:**
 - <https://occovid19.ochealthinfo.com/covid-19-testing>
 - <https://health.choc.org/guide/covid-19/#test>

Updated 11/28/2022



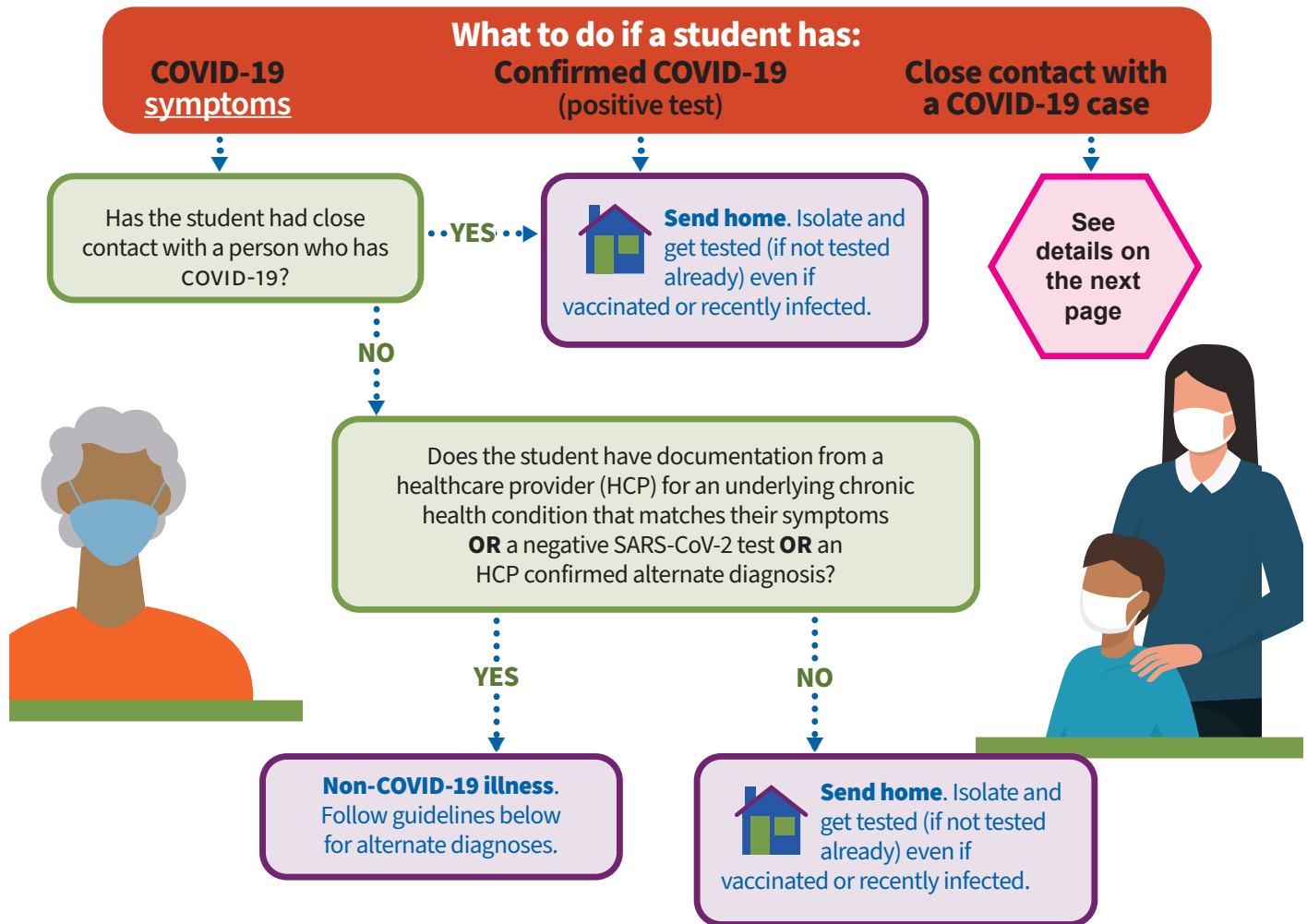
This care pathway was designed to assist school personnel and it not intended to replace the clinician's judgement or establish a protocol for all patients with a particular condition.

Diagnosis and treatment should be under the close supervision of a qualified health care provider, including school nurses.

This guidance is based on current evidence and best data at the time of publication. Updates are provided to reflect changes in knowledge about the impact of the disease on children and adolescents (04.08.2022).

*For more detailed guidance, see the California Department of Public Health:
<https://www.cdph.ca.gov/>*

Managing confirmed or suspected COVID-19 at K-12 schools



Positive or no test: Stay home for at least 5 days after symptoms start (or after positive test if no symptoms). Isolation can end after day 5 **IF** fever-free for 24 hours **AND** no symptoms or mild and improving symptoms. If fever is present, isolation should be continued until 24 hours after fever resolves. If symptoms other than fever, are not improving continue to isolate until symptoms are improving or until after day 10. Returned cases should continue to mask around others through Day 10 or until receiving 2 sequential negative antigen test results from tests taken at least 24 hours apart.

Negative test or alternate diagnosis (with no previous positive test): May return to in-person instruction if fever-free (no fever for previous 24 hours, without using fever-reducing medication) **AND** other symptoms improving.

For more detailed information and guidelines, see [CDPH Schools Guidance](#) and [CDPH Isolation & Quarantine Guidance](#).

Staff and employers are subject to Cal/OSHA [COVID-19 Regulations](#) or [Aerosol Transmissible Diseases](#) standard and should review those requirements.





Capistrano Unified School District

COVID-19 Student Group Tracing Protocols for PK-12 School Settings*

Student: Positive COVID-19 Test†

Actions

■ Any individual who tests† positive for COVID-19

- ▶ **Stay home** for at least **5 days**
- ▶ Isolation can end after **Day 5** if:
 - Symptoms are NOT present or mild symptoms are improving **AND**
 - You are fever free for at least 24 hours without the use of fever reducing medication **AND**
- ▶ If fever is present, continue to isolate until 24 hours after fever resolves without using fever suppressing medication
- ▶ For returned cases, students should mask through Day 10. Students may remove their mask sooner than Day 10 with two (2) sequential negative tests, one day apart.

Student: COVID-19 Exposed

Actions

■ Exposed students, regardless of COVID-19 vaccination status or prior infection

- ▶ **Stay in school**
- ▶ **Should** (Recommended‡) **get tested†** for COVID-19 with at least one diagnostic test obtained within **3-5 days** after last exposure
- ▶ Exposed students who participate in testing may continue to take part in all aspects of K-12 schooling, including sports and extracurricular activities, unless they **test† positive for COVID-19** or **develop symptoms**

Student: Develops Symptoms

Actions

- **Cough**
- **Difficulty breathing**
- **Loss of taste/smell**
- **Fever ($\geq 100.4^{\circ}\text{F}$)**
- **Congestion/runny nose**
- **Nausea/vomiting/diarrhea**
- **Sore throat**
- **Headache**
- **Fatigue/muscle or body aches**

- ▶ Students with symptoms of COVID-19 infection may not return for in-person instruction until they have met CDPH criteria to return to school for those with symptoms:
 - At least 24 hours have passed since resolution of fever without the use of fever-reducing medications; and
 - Other symptoms have improved; and
- ▶ They have a negative test† for SARS-CoV-2 (COVID-19),
- OR a healthcare provider has provided documentation that the symptoms are typical of their underlying chronic condition (e.g., allergies or asthma) OR a healthcare provider has confirmed an alternative named diagnosis, OR at least **5 days** have passed since symptom onset **AND** No fever for 24 hours without fever reducing medication **AND** symptoms are not present or are mild and improving.

*Schools should notify students who spent more than a cumulative total of 15 minutes (within a 24-hour time period) in a shared indoor airspace (e.g., classroom) with someone with COVID-19 during their period of infectiousness.

†Any FDA approved/authorized COVID-19 test (antigen test preferred)

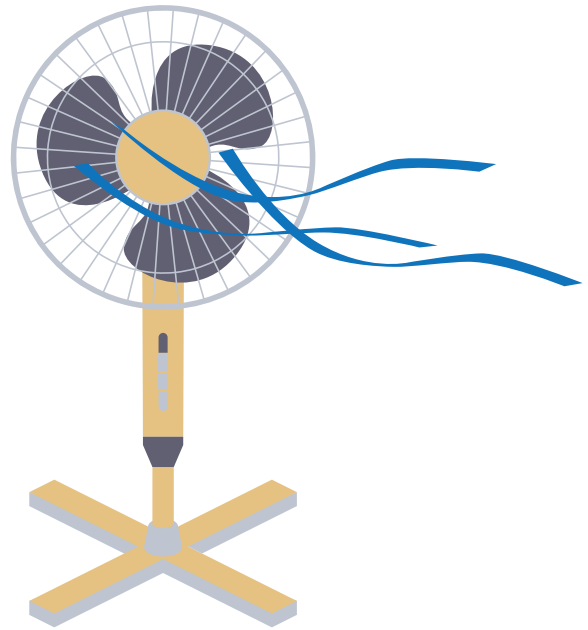
‡Per direction of Orange County Health Care Agency (OCHCA)

Indoor Air Quality

Indoor air quality is essential to providing a safe and comfortable environment for schools and offices. Proper temperature and humidity levels can help slow down the reproduction of viruses and bacteria. CUSD is ensuring proper preventive maintenance is being performed on all HVAC units and is changing filters on a regular basis and providing adequate air filters:

- The Center for Disease Control recommends increasing air filtration as high as possible (target MERV 13) without diminishing air flow and enforcing the existing or revised indoor air quality plan.
- The District has replaced all air filtration systems with MERV 13 air filters. The District does not want individuals purchasing or donating air filters for classrooms. The addition of adding a HEPA unit that is not appropriately sized for the classroom will not provide any added benefit. The District has detailed criteria for adding filter units to specific classrooms that do not have adequate ventilation. These filters are for the specific needs of a classroom that requires additional ventilation because existing systems cannot provide the recommended ventilation.

- HVAC crews cleaned HVAC equipment and adjusting ventilation settings and run times to 5:30am-4:30pm Monday - Friday. Per CDPH guidance ventilation is critical as it introduces fresh outside air, filters recycled inside air and can aid in diluting the viral load in the occupied space. To verify air flow, custodians have placed a ribbon on supply vents for easy identification function inside classrooms.



NOTE: Ventilation is different from comfort cooling. Ventilation, or fan mode, needs to remain on during all occupied periods. To aid in ventilation, doors and windows may be opened if outside conditions allow. Rubber doorstops have been provided to sites to use to help prop doors open. Doors and windows should not remain open when outside air temperatures exceed 85 or there is poor outside air quality.