



COVID-19 Staff Prevention Protocols

Conduct a Daily Self-Health Assessment Upon Entering the Building – While wearing face covering

1. Temperature check – If above 100°, do not enter the building past check point
2. If you experienced any of the following symptoms, that are unusual for you, in the last 14 days -

Do not enter the building:

- Cough
- Difficulty breathing or shortness of breath
- Sore throat
- Chills and body aches
- Headache
- New loss of taste or smell
- Diarrhea
- Nausea or vomiting

If any of the above symptoms:

- You are requested to stay home
- If employee can perform their duties remotely, they may work remotely
- Employee is directed to contact their personal Health Care Provider for assessment

Positive Test: Staff who test positive will be instructed to isolate based on current San Joaquin County Public Health Services Isolation Orders.

Exposures: In the past 14 days, if you have been in close contact with anyone who displays the known symptoms above of COVID-19, or have been in close contact with a confirmed positive case of COVID-19, please contact HR (209-599-2131). You will be asked follow up questions to determine a quarantine timeline, based on current San Joaquin County Public Health Services Quarantine Orders **and CDPH K-12 Guidance (see Quarantine and Isolation guide)**.

Travel: If you have traveled outside of California, we recommend following CDC Travel Recommendations.

Physical Distancing

- Distance yourself from others when possible. In the event of an outbreak, further physical distancing measures may be implemented.

Protecting Self and Others

- Until further notice, when out of your immediate work area or in a room with other staff or students, masks shall be worn at all times, regardless of vaccination status. Masks may be removed outdoors. If you have a medical exemption and need accommodation, please contact HR at 209-599-2131.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands frequently with water and soap for at least 20 seconds; especially:
 - after going to the bathroom
 - before eating
 - after blowing your nose, coughing, or sneezing
 - after touching surfaces in commonly used areas and/or touching shared items

- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry
- Cover coughs and sneezes with a tissue, then throw the tissue in the trash. If tissues are not available, cough, or sneeze into the inside of your elbow

Sanitation

- Using RUSD provided sanitizer, all work surfaces are to be cleaned and disinfected.

COVID-19 Staff Prevention Protocols Document

- The COVID-19 Staff Prevention Protocols and Temperature Check documents will be kept confidential, except under the request of a Public Health Official.

Return to Work After Symptoms:

The following return to work guidelines are based on California Department of Public Health guidance. Staff who have presented symptoms of COVID-19 may return to work when:

- 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 (must be a PCR/Molecular test), 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 (e.g., Streptococcal pharyngitis, Coxsackie virus), OR at least 10 days have passed since symptom onset.

CDPH K-12 School Guidance:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>

CDPH Testing Guidance:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Updated-COVID-19-Testing-Guidance.aspx>

By signing below, I certify that I will abide by the information in this COVID-19 Staff Prevention Protocols. This document will be kept confidential, except under request of a Public Health Official.

Signature

Date

Name

*Please return this form completed and signed to your site or department office staff or Administrator



COVID-19 Isolation and Quarantine Guide

Employee (CalOSHA)	
Positive COVID-19 Test	Isolate - 10 days from symptom onset or positive test (whichever was first). Begin counting the day symptoms started or the day the test was taken.
Exposure: FULLY Vaccinated	No quarantine – self monitor for symptoms and recommend test.
Exposure: Not Vaccinated	Quarantine 10 days following the date of exposure. Begin counting day after exposure. Return on day 11. Example: exposed on the 1 st , quarantine 2 nd -11 th , return the 12 th .
Student (CDPH School Guidance)	
Positive COVID-19 Test	Isolate - 10 days from symptom onset or positive test (whichever was first). Begin counting the day symptoms started or the day the test was taken.
FULLY Vaccinated	No quarantine – self monitor for symptoms and recommend testing 3-5 days after exposure. Quarantine ONLY if symptoms start. Proof of vaccination required.
Not Vaccinated Modified Quarantine (if all parties are masked at time of exposure)	If a student is asymptomatic, they can continue to go to school if they undergo at least twice weekly testing during the quarantine window. Home tests must be done on site to verify authenticity (Antigen testing). Students do not have to wait for results to remain in class (PCR testing). Per CDPH, the first test should be taken the day they are notified of exposure. Subsequent testing should occur at least 3 days apart. Modified quarantine can end after day 7 if a diagnostic specimen is collected after day 5 from the date of last exposure and test is negative. Begin counting the day after exposure. Cannot participate in extracurricular activities (sports or other after school activities). <u><i>If a student is unable to test, they must follow the quarantine guidelines below.</i></u>
Not Vaccinated Quarantine (if limiting testing OR unmasked at time of exposure)	Option 1: Quarantine and test after day 5, if negative, can return after day 7. Begin counting the day after exposure. Example: Exposed on the 1st, test on the 7th, if negative return on the 9th. OR Option 2: Quarantine 10 days following the date of exposure. Begin counting the day after exposure. Return on day 11. Example: exposed on the 1st, quarantine 2nd-11th, return the 12th.

*These options are from the current CDPH K-12 Guidance and can be subject to change if the guidance is updated from CDPH.

Notes:

- Exposure includes anyone within 6ft for more than 15 minutes – can be cumulative over 48-hour window.
- Anyone exposed should continue to monitor themselves for symptoms for a full 14 days after release from a 7 or 10-day quarantine. If symptoms begin within 14 days of exposure, they must isolate and follow up with a healthcare provider.
- A positive case is considered contagious 48 hours prior to their symptoms starting or positive test (whichever is first). Example: If an individual tests positive on the 3rd, anyone they were around on the 1st or 2nd would be a close contact.
- In the event that multiple cases arise within one classroom, an outbreak may be identified. This could result in further implementation of quarantine measures, such as an entire class closure.
- When living in the household with a positive individual, an exposed individual's last exposure date is the last day the positive individual is contagious. (If they cannot FULLY separate from one another).

Links for Quarantine/Isolation Counting and Timelines:

- Public Health Quarantine and Isolation
 - http://www.sjcphs.org/Isolation_Quarantine.aspx
- CDPH School Guidance
 - <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx>
- Counting examples from CDPH (at bottom of page)
 - <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/CDPH-Home-Quarantine-Guidance.aspx>