

Dear PCS Parent or Guardian,

As we embrace a hybrid on-site/distance learning program, it is necessary to have strict health and safety policies and protocols in place. As we all know, there is no substitute for the attention and engagement that is only possible with in-person learning, but by embracing and strictly adhering to, these health and safety measures, we can mitigate the risks associated with COVID-19 transmission for in-person learning, and prevent the significant consequences of keeping students out of school and isolated.

Please know that the policies outlined below are a result of rigorous research, consultation with public health authorities and medical professionals, and stakeholder input. This comprehensive plan also comes from a place of deep care and concern for the wellbeing of our students and staff. We believe that when we follow these critical health and safety requirements, we can protect all members of our school community and our community at large.

It will take all of us working together, educators, administrators, school staff and parents, to make this successful. We need your help in taking an active role in supporting the new culture of health and safety in our schools. Please thoroughly read all of the following information which includes:

- General information about COVID-19, prevention, symptoms, and school related inquiries in a Frequently Asked Questions format.
- Information on ways to talk to your student about COVID-19
- Our Board Approved COVID-19 Health & Safety Plan
 - *Confirmed COVID-19 Case and School Closure Policy*
 - *Face Covering Policy*
 - *Facility Preparedness Policy*
 - *Healthy Hygiene Practices Policy*
 - *Physical Distancing on Campus Policy*
 - *Daily Health Screening and Monitoring Illness Policy and Procedure*
 - *Staff Training and Family Education Policy*
 - *COVID-19 Exposure Screening Flow Chart*
 - *Return to School After Illness during COVID-19 Flow Chart*
 - *Management of Ill Students during COVID-19 Flow Chart*
- An acknowledgement Form- please sign and return after reviewing this information. This form is required prior to your student coming to campus.

We appreciate your support as we sail these uncharted waters together. Please keep in mind that this is a fluid situation. We are prepared to shift to distance learning at any time if the health and safety of our school community is threatened. There is always a possibility of amendments to our policies based on new information that may arise. We will, of course, keep lines of communication with you open, and we ask that you do the same with us. If you have any questions, concerns, or need help understanding any of this information, please don't hesitate to contact me.

Warm Regards,

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Returning to School- Health and Safety Measures

A Guide for PCS Parents and Guardians

COVID-19 may continue to be a threat to local community and world for some time. We care about you and your family's health and our number one goal is to educate and inspire your student in a safe way. Please review the following information and contact Nurse Danielle (dplocki@plumascharterschool.org) with any questions or concerns.

What IS COVID-19?

COVID-19 is short for Coronavirus Disease 2019, this term refers to the disease itself. COVID-19 is caused by the SARS-CoV-2 virus, which was first identified in Wuhan, China, as a novel (new) human virus and spread around the world in a matter of months. It was declared a worldwide pandemic in early March 2020.

How does it spread?

Research has shown that this virus spreads primarily through respiratory droplets. These droplets can be expelled when a person talks, coughs or sneezes. An uninfected person may then inhale these droplets and become infected. The virus also may spread through contact with contaminated surfaces. If an infected person sneezes on a table, and an uninfected person touches that table and then touches his or her nose, eyes or face, they can become infected.

What are the symptoms of COVID-19?

The symptoms of COVID-19 vary widely among infected individuals. Some infected individuals have very mild symptoms, others have severe symptoms that may result in death. Some infected individuals may not have symptoms at all.

- New loss of taste or smell
- Fever (>100.4oF)
- Chills
- Cough
- Shortness of breath
- Difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Scientists are discovering new information about COVID-19 all the time. For an updated list of possible symptoms refer to <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

Can an infected person spread the virus if they don't have symptoms?

Yes! This is a characteristic of the disease that makes the virus difficult to contain. People can be infected with the virus and have no symptoms, then spread it to family members and others who can become dangerously sick (**asymptomatic spread**). This is why it is necessary for everyone to take preventative measures.

Once a person is infected, it can take 2-14 days to show symptoms. People can spread the virus to others if they are infected and not yet showing symptoms (**pre-symptomatic spread**). Another reason it is important for everyone to take preventative measures.

What steps can I take to prevent my student from getting COVID-19?

- Talk with your student about COVID-19 and discuss how your family can take steps to prevent getting sick. See the attached guide "5 Ways to Discuss Coronavirus with Kids."
- Help them wash their hands often
- Help them avoid close contact with people who are sick, even inside your own home.
- Remind them to stay 6 feet apart from other people
- Use face coverings with going out in public
- Teach your student to clean and disinfect frequently touched surfaces daily
- Help your student monitor their health-- look for symptoms and take their temperature daily. If symptoms arise they must stay home and away from others

What is PCS doing to prevent my student from getting COVID-19?

Our school has developed a "COVID-19 Health & Safety Plan." This comprehensive plan must be reviewed by all parents and guardians and includes preventative measures such as:

- Daily Health Screenings for all staff and students will be conducted upon arrival to campus. A parent or guardian will need to be present with their student for these screenings.
- Staff and students in third grade and higher will wear face coverings while on campus.
- Routines for hand washing and hand sanitizing will be done throughout the day.
- School buildings will be routinely cleaned and disinfected daily.
- Physical distancing of at least 6 feet will be practiced by staff and students.

Please see the entire plan for more details surrounding preventative measures.

What should I do if my student wakes up with a symptom?

It is imperative that any student expressing any symptom that could be COVID-19 related stay home from school. If your student will be absent due to illness, please let your Site Coordinator or Director know. Your student will need to stay home based on the criteria stated in the "Return to School after Illness Flow Chart." It is recommended that your student sees a health care provider. Our local clinics are seeing anyone with COVID-19 symptoms within 24 hours.

What happens if my student gets sick at school?

If a student expresses any of the symptoms of COVID-19, he or she will be isolated and parents will be called for pick up. It is very important at this time, that an adult is available by phone while your student is at school. If called, prompt pick up is necessary. Please see the "Return to school after Illness Flow Chart" for specifics on when it is safe to return to school. It is recommended that any ill student sees a health care provider.

What about possible exposure to COVID-19?

If a student or staff member has been in close contact with someone who is positive for COVID-19 or suspects exposure please refer to "COVID-19 Exposure Screening Flow Chart." A close contact, as defined by the CA Department of Public Health, is being within 6 feet of someone for 15 minutes or more.

What if there is a confirmed COVID-19 positive case at the school?

If a staff member or student tests positive for COVID-19 the affected school site will close to in-person instruction. The infected individual will isolate at home, and the students or staff members who were exposed will quarantine for 14 days. In-person instruction can resume for the affected school site once 14 days have passed AND thorough cleaning and disinfection of the building has occurred AND the public health investigation is underway AND Plumas County Public Health indicates it is safe to return.

Note: If a household member of a student or staff member tests positive, the affected school site will close to onsite instruction as described above until it is determined that the second point of contact has tested negative.

Please see the full policy entitled "Confirmed COVID-19 Case and School Closure during COVID-19 Pandemic."

Set a Calm Example



Although the Coronavirus may cause anxiety, you can model a cool, calm demeanor.

- A normal tone of voice and calm body language will soothe fears.
- Kids are always listening and observing. You can protect them by having positive conversations and limiting media exposure.

Allow your child to lead the conversation with *their* questions.

- Identify their fears and address their concerns.
- Affirm their fears, but remind them there are positive things they can do to protect themselves.

Listen to Their Fears



Prepare the Plan. Practice the Plan.



Create a school or family plan based on recommended health precautions.

- Enlist their help and ideas when creating the plan. Encourage them to be creative and playful with their ideas (songs, games, stories, etc.).
- Praise them for practicing the plan.

Refer to [CDC Resources](#)

When we empower kids, we help them ease their fears. For example:

- "There are things in life that can hurt, but there are things in life that can help: medicine, doctors, and you!"
- "We don't have to get sick if we're careful with our germs. We can be heroes by being careful with our germs and keeping them away from others!"

Empower Them



Encourage Them



In times of uncertainty, kids need stability and encouragement. You can say:

- "Not everyone will get sick, and the more we practice our plan, the more people we can keep well!"
- "We may not be able to do everything we want for a little while, like going to the movies or playing with our friends – but it won't be like this forever."

As specialists in talking to young children about traumatic subjects, our team has prepared the above guide to help kids be safe and feel safe. This resource is based on information drawn from the [National Association of School Psychologists](#) and [Harvard Health Publishing](#).



Plumas Charter School
Policy and Procedure for
Confirmed COVID-19 Case and School Closure during COVID-19 Pandemic
Board Approved 8.12.2020

PCS will work in close communication with local health officials if there is a positive case of COVID-19 among students or staff, and hence, exposure within the school community (parents, siblings, and other immediate household members are included here). Plumas County Public Health (PCPH) is responsible for conducting COVID-19 case investigations and contact tracing, and has a legal mandate to investigate cases of communicable disease and a duty to notify contacts of exposure. Student/staff confidentiality will be maintained throughout this process.

An infected individual will isolate at home in alliance with Centers for Disease Control (CDC) Guidelines. A classroom cohort, and school building, of an infected individual will stop in-person instruction. The cohort and affected school building families will be notified of potential exposure, and an investigation and contact tracing conducted by PCPH will occur. Students/staff will quarantine in accordance with CDC Guidelines. See "COVID-19 Exposure Screening Flow Chart." **In-person instruction can resume for the cohort and school building after: 14 days have passed AND thorough cleaning and disinfection of the building has occurred AND the public health investigation is underway AND the PCPH Department indicates it is safe to return to the classroom.**

In accordance with current State Recommendations and school level decisions, Plumas Charter School will stop in-person instruction:

- Whole School Closure- State triggers:
 - Once multiple cohorts within the school have confirmed cases or once more than 5% of the school population has tested positive.
 - Once 25% of our schools are closed within a 14-day period.
- Local Trigger:
 - When one student or staff member or member of an immediate household tests positive, the affected school site(s) will be closed to on site instruction as described above. In the event that the exposed student or staff member presents a negative test result, the closure period may be shorter.
- In lieu of the above triggers, PCS may close the school at any time if deemed necessary for the health and safety of students and staff.
- Any consideration of school closure will be determined in consultation with the local Health Officer, who may also consider other factors including results from public health investigation or local epidemiological data.

Communication:

Documentation and tracking of possible exposure, and confirmed positive cases will be conducted by the School Nurse in partnership with PCPH. In the event there is a positive COVID-19 case at one of our school sites, the School Nurse will be responsible for all communication between PCPH and the school. The School Nurse will disseminate PCPH information to site leads and administration. The Executive Director will be responsible for any media inquiries. The School Nurse will be responsible for notifying families. FERPA confidentiality guidelines will be adhered to.

Plumas Charter School
Policy and Procedure for
Face Covering Policy
Board Approved 8.12.2020

The Centers for Disease Control (CDC), the State of California and Plumas County Public Health Officers have issued directives regarding the use of face coverings in an effort to slow the spread of COVID-19 and to help people who may have the virus and do not know it from transmitting it to others.

In order to comply with the federal, State and County directives to slow the spread of COVID-19 and to better protect our workforce from exposure to COVID-19, Plumas Charter School has implemented a face covering policy.

Effective immediately and until further notice, all employees and students in grades 3-12 are required to wear a face covering while in school buildings. Face coverings for students grades K-2 are strongly encouraged if they can be worn properly.

Plumas Charter School has cloth and disposable face coverings for all employees to use in the workplace. These face coverings will be distributed to all employees. If you need a replacement face covering, please see your Site Director/Coordinator. You may use your own face covering if preferred so long as the use and care guidelines below are followed. Cloth face coverings must be washed daily.

Families will be asked to provide their students with face coverings for all on site activities. In the event that a student does not have a face covering, one will be provided. Cloth face coverings must be washed daily at home.

Employees working alone do not need to wear face coverings, but any time an employee is in a common area or within six feet of another person, the employee must be wearing a face covering.

Employees and students may remove their face covering if outdoors. Physical distancing of six feet must still be maintained.

Face coverings will not be required for anyone who is exempt from wearing one including: persons younger than two years old, persons with a medical condition, mental health condition or disability for whom wearing a face covering is contraindicated, persons who are hearing impaired, persons who are having trouble breathing, or persons who are unable to remove the face covering without assistance. PCS requires a note from a health care provider for a face covering exemption.

Students who refuse to wear a face covering, and are not exempt from wearing one under CDPH guidelines (above), will be excluded from on-site school activities. PCS will provide independent study opportunities for students who are excluded from campus.

Face Covering Appropriate Use Guidelines

Face coverings are only effective for protection if they are handled, worn, stored and disposed of properly. Even when wearing a face covering, employees and students are required to maintain social distancing (six feet of space between) when possible. Employees are also required to adhere to the following guidelines when wearing a face covering:

- Practice proper hand hygiene. Before and after handling the face covering (to put on, adjust, or take off), either wash your hands or use hand sanitizer to reduce cross-contamination risk. The outside of the face covering is considered dirty.
- To ensure that you are wearing the face covering properly, make sure the face covering is fitted and is covering your nose, mouth and chin.

Plumas Charter School
Policy and Procedure for
Face Covering Policy
Board Approved 8.12.2020

- If necessary, mark the outside of the face covering in some way so you can easily identify which side is the outside of the face covering, and handle it accordingly. Consider marking the outside with your initials in permanent ink.
- Remove the cloth face covering while eating during your meal period.
- Do not touch the outside of your face covering while it is on your face.
- Don't pull your face covering below your chin while you are wearing it. Leaving the face covering dangling or improperly fitted to your face creates opportunities for cross-contamination.
- After removing a cloth covering, please inspect it to see if it is torn, wet, or soiled.
 - If it is, please throw it away and obtain a new face covering from the Site Director/Coordinator.
 - If not, please properly store the face covering as follows:
 - Fold the face covering in half so that the outside surfaces are touching
 - Place the face covering into a clean bag or container
- Always store a face covering in a clean place such as a clean paper or plastic bag. Never store it in a purse or pocket.

Acceptable Face Coverings:

- Disposable face mask
- Cloth face mask
- N95 face mask
- Face Shield
 - Face shields are an acceptable alternative to face coverings for students up to second grade, if face coverings cannot be worn properly.
 - Face shields can be used for staff in the classroom only in situations where communicating with young children and assisting students with special needs deem it appropriate. The wearer will maintain physical distancing to the extent practicable. Staff will return to wearing a face covering outside of the classroom.

Unacceptable Face Coverings:

- Neck Gaiter
- Scarf
- Bandana

The use of a face covering is not a substitute for physical distancing, washing hands, and staying home when ill.

Please be advised that failure to follow the PCS's face covering policy may result in disciplinary action.

Plumas Charter School
Policy and Procedure for
Facility Preparedness during COVID-19 Pandemic
Board Approved 8.12.2020

The primary mode of COVID-19 transmission is respiratory droplets. It is also possible to contract the virus after touching contaminated surfaces because droplets can survive on solid surfaces for some time. Adequate cleaning, disinfecting and ventilation of school facilities is vital to help reduce transmission.

The information in this policy is synonymous with the guidelines and recommendations put forth by the Center for Disease Control (CDC), California Department of Public Health (CDPH), California Department of Education (CDE), American Academy of Pediatrics (AAP), and Plumas County Department of Public Health (PCPH).

Environmental cleaning and disinfection

- All classrooms and offices will be thoroughly cleaned and disinfected daily by an independent cleaning service.
- Staff will clean and disinfect classrooms and offices at least daily, and as practicable, throughout the day. Staff will use Environmental Protection Agency (EPA) approved disinfectants against COVID-19.
- Frequently touched surfaces will be cleaned and disinfected, including but not limited to: door handles, light switches, handrails, sink handles, bathroom surfaces, tables, student desks, chairs, telephones.
- All cleaning supplies will be kept out of student's reach and stored in a space with restricted access.
- Disinfectants will not be used when children are near, and adequate ventilation will be available when using these products.
- Computers and electronics will be cleaned between users with appropriate cleaning and disinfectant containing at least 60% ethyl alcohol.
- Outdoor playground equipment with high touch surfaces will be cleaned daily by staff. Hand hygiene will be practiced by students after use.
- All staff and workers who clean and disinfect the school site will wear proper protective equipment (PPE) including gloves and respiratory protection.
- Classrooms and offices will be properly ventilated during cleaning and disinfecting.

Ventilation

- Proper ventilation is necessary to limit airborne transmission. Staff will open classroom windows and doors to introduce outdoor air throughout the school day whenever possible.
- If an air conditioning system is in use, the setting that brings in fresh air will be used.
- All filters and filtration systems will be routinely checked, and replaced if needed, to ensure optimal air quality.

Signage, Physical Barriers and Guides

- Signs will be posted in highly visible locations (school entrances, classrooms, bathrooms) to promote protective measures. Signage as recommended by the CDC will be used.
- Physical barriers, such as sneeze guards and partitions, may be installed in areas where it is difficult for individuals to maintain 6 foot distancing.
- Physical guides, such as tape on the floor, will be implemented in classrooms to help students remain at least 6 feet apart.

Plumas Charter School
Policy and Procedure for
Healthy Hygiene Practices during COVID-19 Pandemic
Board Approved 8.12.2020

Hygiene interventions play an important role in reducing and preventing the spread of the COVID-19 virus. The following hygiene measures will be implemented in the school environment in order to prevent and reduce the spread of COVID-19. These measures include hand hygiene practices, respiratory etiquette, and the limiting of sharing. School hygiene measures will also include education and awareness of students, teachers and staff on COVID-19, the spread of the virus, symptoms thereof, and personal protective measures.

The information in this policy is synonymous with the guidelines and recommendations put forth by the Center for Disease Control (CDC), California Department of Public Health (CDPH), California Department of Education (CDE), and Plumas County Department of Public Health (PCPH).

Handwashing/ Hand Sanitation

- Soap and water and hand sanitizer will be available throughout the day for students and staff.
- Students and staff will wash their hands before and after eating; after coughing or sneezing; after being outside; before and after using the restroom; and before putting on a face covering and after removing a face covering .
- Students and staff will wash their hands for 20 seconds with soap, rubbing thoroughly after application, and use paper towels to dry hands thoroughly.
- Students and staff will use fragrance-free hand sanitizer after contact with frequently touched surfaces and when hand washing is not practicable. Sanitizer must be rubbed into hands until completely dry. Hand sanitizers with at least 60% ethyl-alcohol are necessary.
- Children under age 9 will use hand sanitizer with adult supervision. If hand sanitizer is consumed by a student, call Poison Control: 1-800-222-1222.

Additional Healthy Hygiene Practices

- Students and staff will be instructed to avoid touching their eyes, mouth, or nose.
- Cough and sneeze etiquette will be practiced – cough in the fold of the bent elbow and sneeze in a tissue which should be discarded safely in a refuse bin. Wash hands immediately thereafter.
- Staff and students will practice prevention of direct contact with persons who are sick. Staff and students are required to stay at home when feeling sick. Refer to “Return to School After Illness” flowchart.
- Students will not share supplies and equipment. Each child will keep their belongings and supplies in an individually labeled storage container. If sharing of books or other learning aids is unavoidable, cleaning and disinfecting between uses will occur.
- Food service workers and school staff in routine contact with the public will use gloves and face coverings.
- Staff caring for ill students will wear a face shield, mask, and gloves.

Plumas Charter School
Policy and Procedure for
Physical Distancing on Campus during COVID-19 Pandemic
Board Approved 8.12.2020

It has been shown that maintaining a distance of at least six feet between individuals can mitigate the transmission of COVID-19. PCS will implement physical distancing requirements inside and outside the classroom.

Arrival and Departure

- Efforts will be made to minimize contact among students, staff, families and the community at the beginning and end of the school day.
- Arrival and drop-off times will be staggered.
- Routes for entry and exit into buildings will be defined to minimize direct contact with others.
- Non-essential visitors, including parents/guardians, will not be allowed to enter school buildings unless deemed necessary by administration. All visitors will be screened for COVID-19 symptoms, possible exposure, and have their temperature checked prior to entering a school building. (See PCS policy for Health Screenings during COVID-19 Pandemic).

Classroom Space

- Students will remain in the same space throughout the day with a small group/cohort whenever possible. Movement of teachers, students, and staff will be minimized as much as practicable.
- Desks and/or tables will be arranged so students maintain a six foot distance from their classmates. Physical guides, such as tape on the floors or sidewalks, will be installed to help students maintain adequate distancing.
- Meals will be served in classrooms, or outside, with the same cohort of students. Sharing of food items is prohibited.

Non-Classroom Spaces

- Movement among non-classroom spaces such as offices, hallways and communal areas will be minimized.
- Recess activities will be outside in separate areas designated by cohort, or at staggered times.
- Classes will use outdoor spaces for learning when appropriate and practicable. Physical distancing of six feet will be maintained in outdoor settings.
- Any space that will be used by multiple cohorts will be cleaned and disinfected between cohort use.
- All student body assemblies and large group gatherings are suspended.
- All staff meetings and trainings will be conducted virtually, or with physical distancing measures in place.

Plumas Charter School
Policy and Procedure for
Daily Health Screening and Monitoring Illness during COVID-19 Pandemic
Board Approved 8.12.2020

Daily Health Screening

All students and staff will be screened daily upon arriving on campus. Screenings will be conducted by trained site leads, school nurse, or designated staff. Screening will take place outside prior to entering the building. Parents will be present with their student at drop-off for the screening procedure.

Screening Procedure:

1. Check the individual's temperature using a touchless device. Follow the manufacturer's directions. A temperature exceeding 100°F is considered a failed screening and the student will be excluded from campus.
2. If the temperature check is less than 100°F, ask the following questions:
 - a. Have you or anyone in your household been exposed to someone with COVID-19?
 - b. In the last 48 hours, have you, your children coming to school today, or anyone in your household experienced any of the following NEW symptoms?
 - i. Fever or fever symptoms
 - ii. Cough
 - iii. Trouble breathing or shortness of breath
 - iv. Chills or repeated shaking
 - v. Muscle aches
 - vi. Sore throat
 - vii. Loss of smell or taste, or a change in taste
 - viii. Nausea, vomiting, or diarrhea
 - c. A "yes" response to questions 2(a) or 2(b) (i-viii) will result in exclusion of the student(s) from campus. Refer to "Return to School After Illness" and "Covid-19 Exposure Screening Flowchart".

If a student fails the screening, he or she will go home with their parent or guardian.

Students who walk to school shall arrive on campus at the designated time window and report immediately to the screening location, where staff will conduct the screening. Parents must commit to being available during their child's time window in case the child needs to be picked up due to not passing the screening.

In addition to the morning daily screening, staff and students may be screened throughout the school day for signs of illness.

Documentation of daily screenings will be recorded on a spreadsheet, and will include the following information: temperature reading, a Yes/No if the individual is experiencing any of the listed symptoms, a

Yes/No if the individual has been exposed to someone with any of the above symptoms. It will be noted in the SIS if the student had symptoms or exposure, along with a date to return to school for tracking purposes.

Illness at School

If a student or staff member becomes ill at school, he or she will be initially assessed by the teacher or site lead using the flowchart entitled "Management of Ill Students during COVID-19." If the individual is experiencing any of the symptoms listed above or has a temperature of 100°F or higher, he or she will be isolated and sent home. For any serious injury or life-threatening illness, 9-1-1 will be called. The School Nurse will be notified daily of any students exhibiting symptoms. The School Nurse, in conjunction with the Site Lead, will be responsible for follow up.

Each site has a designated isolation area or "sick room" for ill individuals. This is an area through which others do not regularly pass. An ill student will remain in this space until able to go home.

This isolation area will be supplied with hand-hygiene supplies, cleaning/disinfecting supplies, tissues, and appropriate PPE. Anyone entering the isolation area to care for an ill student must wear PPE (gloves, N95 mask). Parents or guardians of a symptomatic student will be notified immediately. Parents are asked to pick up their child promptly if called. The isolation area will be thoroughly disinfected after use.

Students will have access to independent study or distance learning when out of class due to illness.

Returning to School after Illness- (See Flow Chart)

If sent home with COVID-19 symptoms the student or staff member will be advised to contact his or her health care provider. If the individual...

Tests Positive for COVID-19 and is symptomatic

- Isolate for 10 days from symptom onset or test date
- May return to school after isolation period AND at least 3 days have passed since recovery (defined as a resolution of fever without use of fever-reducing medication), AND there is an improvement in symptoms.

Tests Positive for COVID-19 and is asymptomatic

- Isolate for 10 days from test date
- If individual has remained asymptomatic for 10 days, he or she may return to school after isolation period

Tests Negative for COVID-19 or testing for COVID-19 not done.

- Return to school depends upon the diagnosis and judgment of the medical provider (MD, DO, FNP, PA) who evaluates the child. A note will be provided for return to school.

Does Not See A Health Care Provider (Illness will be treated as if it were COVID-19)

- Isolate for 10 days from symptom onset
- May return to school after the isolation period AND at least 3 days have passed since recovery (defined as a resolution of fever without use of fever-reducing medication), AND there is an improvement in symptoms.

Definitions:

Quarantine keeps someone who might have been exposed to the virus away from others. Stay home and monitor your health for symptoms of COVID-19 for up to 14 days. Call your healthcare provider if symptoms develop.

Isolation separates people who are infected with the virus from people who are not infected. You can be with others after

- 3 days with no fever and
 - Respiratory symptoms have improved and
 - 10 days since symptoms first appeared
- OR
- If a positive test and NO symptoms: 10 days have passed since test date.

Plumas Charter School
Policy and Procedure for
Staff Training and Family Education pertaining to COVID-19
Board Approved 8.12.2020

It is imperative that school staff, students, and families are educated about the COVID-19 pandemic, and informed of all COVID-19 related policies and procedures pertaining to school operations. All health related education and training will be conducted by the school nurse. Staff training, and family education will be done virtually. Student education will take place in the classroom or virtually and will include an open discussion addressing student questions and concerns.

Staff education and training will include the following:

- Plumas Charter School's plan to protect staff and students from COVID-19 illness: all newly implemented policies and procedures related to the COVID-19 pandemic
 - **Facility Preparedness** (including environmental cleaning and disinfection practices, proper ventilation, and appropriate signage, physical barriers and guides)
 - **Daily Health Screening Procedure** (including specific symptom identification and when to seek medical attention)
 - **Healthy Hygiene Practices** (including hand hygiene practices, respiratory etiquette and limit sharing).
 - **Physical Distancing on Campus**
 - **Face Covering Policy** (including proper use, removal and washing of face coverings)
 - **Confirmed COVID-19 Case and School Closure Policy**
 - **Management of Ill Student Flow Chart**
 - **Exposure Screening Flow Chart**
 - **Return to School after Illness Policy**
- General knowledge about the virus, how it spreads, preventative measures, symptom identification, clinical manifestations and pediatric presentation
- People can be infected with the virus and have no symptoms, then spread it to family members and others who become dangerously sick. An important reason to wear masks.
- First Aid in the classroom
- Interim CPR Guidelines per the American Heart Association
- Confidentiality around health recording and reporting
- Understanding quarantine vs. isolation

Student Education will include the following:

- All newly implemented policies and procedures related to the COVID-19 pandemic (see list above).
- General knowledge about the virus, how it spreads, symptom identification, why prevention is important
- People can be infected with the virus and have no symptoms, then spread it to family members and others who become dangerously sick. An important reason to wear masks.
- Proper use and removal of cloth face coverings
- Proper hand washing techniques

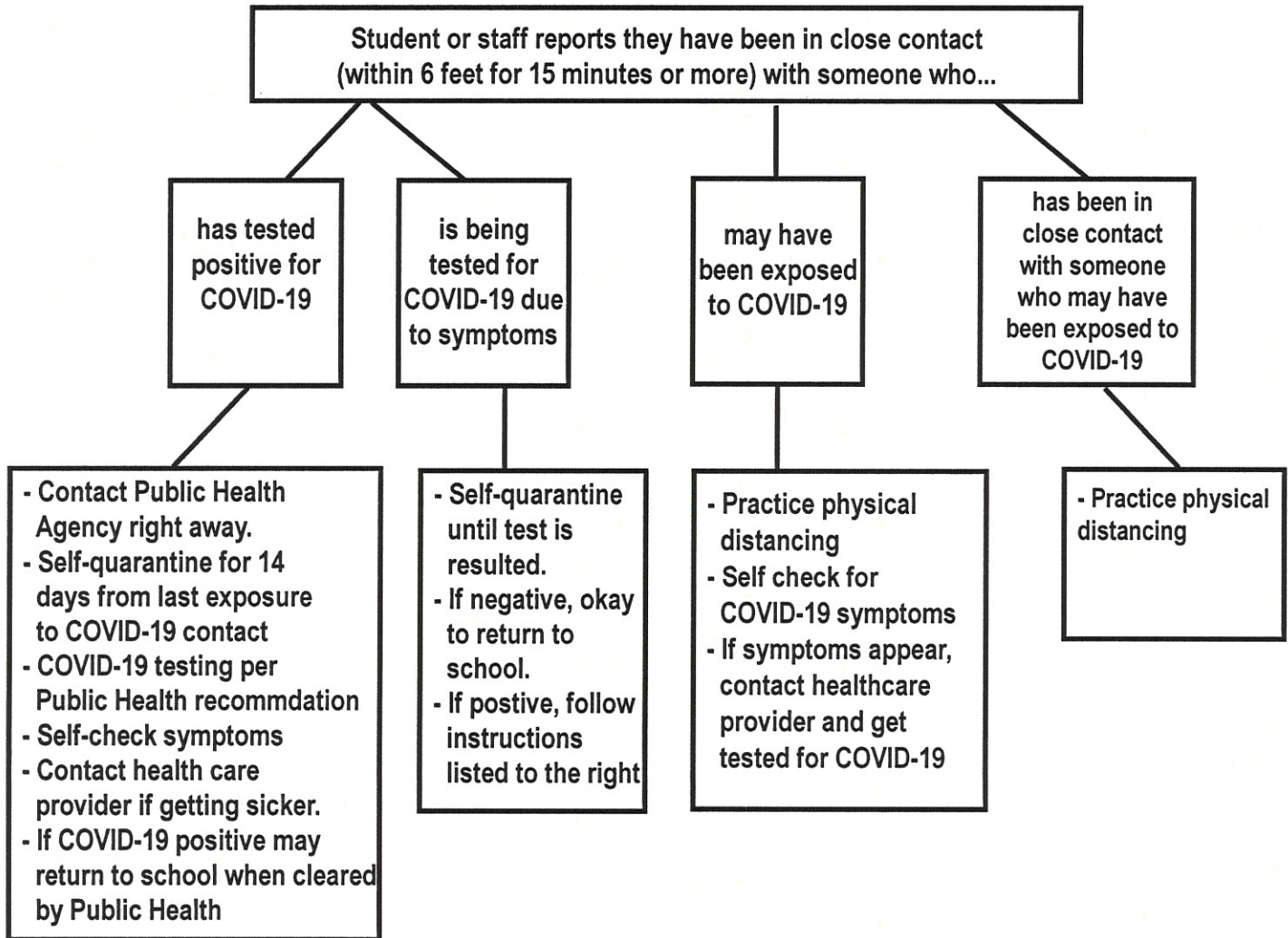
Family Education will include the following:

- All newly implemented policies and procedures related to the COVID-19 pandemic (see list above).
- General knowledge about the virus, how it spreads, symptom identification, why prevention is important.
- People can be infected with the virus and have no symptoms, then spread it to family members and others who become dangerously sick. An important reason to wear masks.

- Specific exclusion policy if students are ill.
- Daily symptom check and temperature screening at home.
- Need for accurate contact information and multiple emergency contacts.
- Importance of coming to school quickly to pick up their child, if called.
- Clear instructions for pick-up/ drop-off of students and educational materials.

An acknowledgement form will be signed by parents/guardians and staff stating that they received and understand the education provided.

COVID-19 Exposure Screening Flow Chart



COVID-19 Symptoms

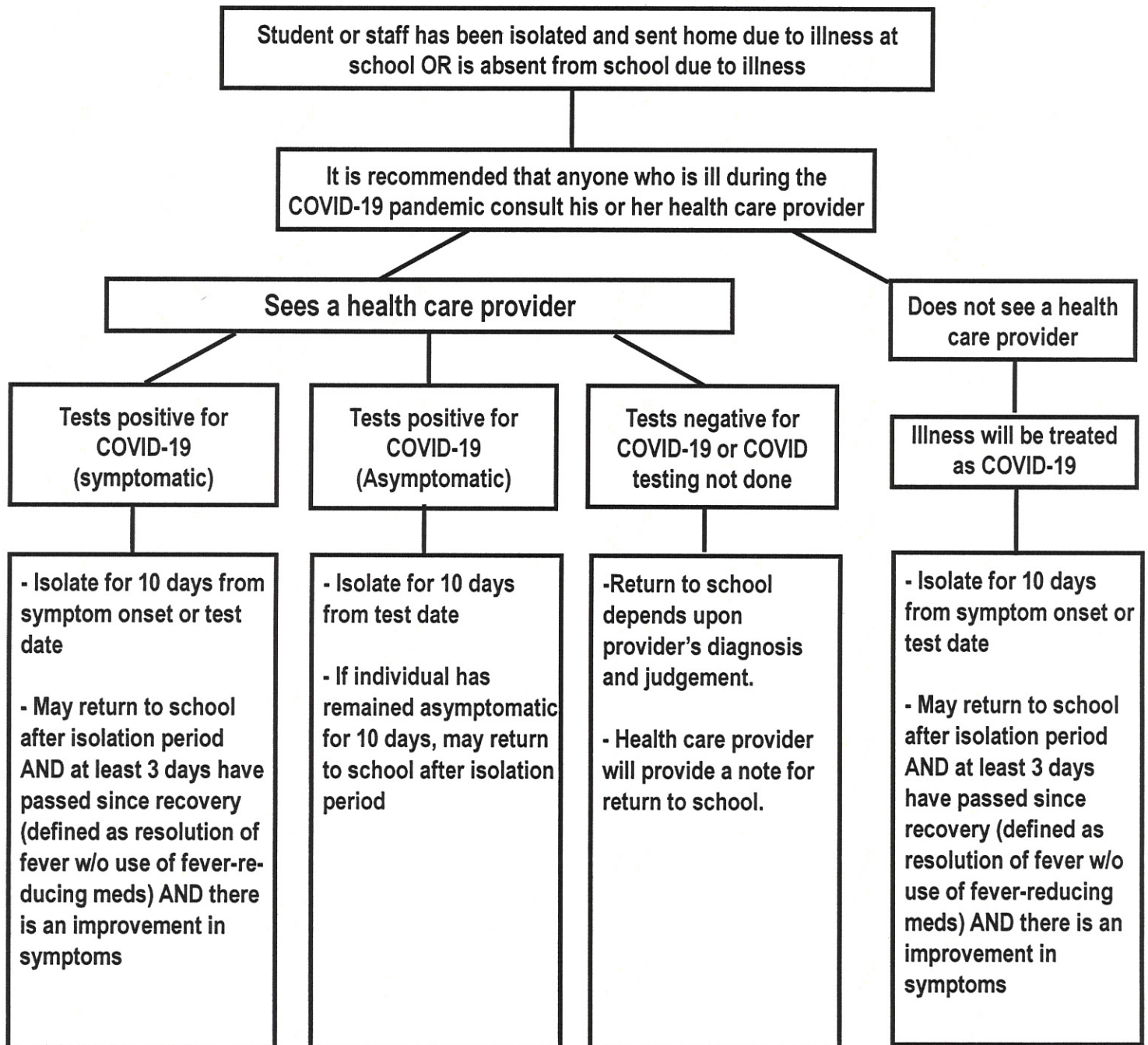
- *New loss of taste or smell*
- *Temp >100.4*
- *New or worsening cough*
- *Shortness of Breath*
- *Difficulty Breathing*
- *Nasal Congestion*
- *Chills*
- *Sore Throat*
- *Nausea/ Vomiting/ Diarrhea*
- *Abdominal pain*
- *Headache*
- *Muscle or body aches*

Symptoms of Multisystem Inflammatory Syndrome (rare)

- *High fever*
- *Blotchy Rash*
- *Red eyes*
- *Cracked/ Swollen Lips*
- *Red/ Swollen Tongue*
- *Swelling hand/feet*
- *Stomach Pain*

School Nurse: Danielle
(dplocki@plumascharterschool.org)
Contact with questions/concerns/help

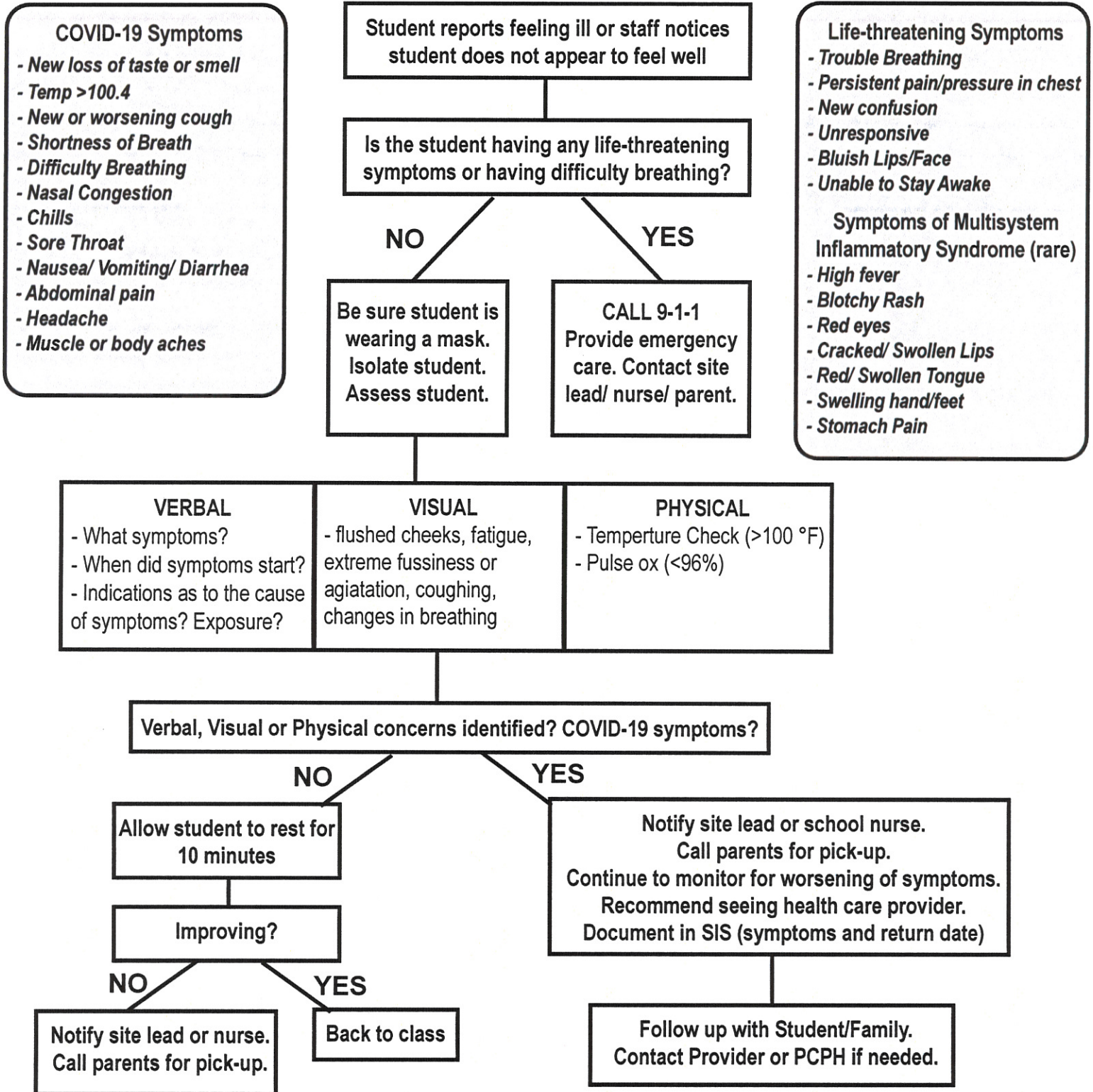
Return to School After Illness during COVID-19



Note: For all positive cases, PCPH will be notified and contact tracing will occur.

School Nurse: Danielle (dplocki@plumascharterschool.org)
 Contact with questions/concerns/help

Management of Ill Students during COVID-19





546 Lawrence Street, Quincy, CA 95971
530.283.3851 530.283.3841 FAX
www.plumascharterschool.org

**COVID-19 Health & Safety Plan
Parent/Guardian Acknowledgement Form**

I have read and understand the information presented in "Returning to School Health and Safety Measures, A Guide of PCS Parents and Guardians."

I have read and understand Plumas Charter School's COVID-19 Health and Safety Plan implemented by the school during the COVID-19 Pandemic. The comprehensive plan includes:

- Daily Health Screening and Monitoring Illness Policy and Procedure
- Healthy Hygiene Practices Policy
- Physical Distancing on Campus Policy
- Face Covering Policy
- Facility Preparedness Policy
- Confirmed COVID-19 Case and School Closure Policy
- Staff Training and Family Education Policy

- Management of Ill Students during COVID-19 Flow Chart
- COVID-19 Exposure Screening Flow Chart
- Return to School After Illness during COVID-19 Flow Chart

I understand that myself, or another adult, must be available by phone at all times during the school day, should my child need picked up due to illness. The primary contact number(s) and emergency contact numbers I have provided to the school are accurate and complete.

Parent/Guardian Signature

Date

Parent/Guardian Name Printed

Name of Student(s)