

**WOODLAND JOINT  
UNIFIED SCHOOL  
DISTRICT**

## **HEALTH AND SAFETY PLAN**

*(Continuity of Services Plan)*

**2022-2023 School Year**

Updated 10/2022



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# INTRODUCTION

This guide was created for use by staff, students, families or community members that visit or work in District facilities. As new health and safety guidance is released that is relevant to schools, this plan will continue to be updated.

## Guidance and Directives from Public Health Agencies and Board of Trustees

This document is Woodland Joint Unified School District’s, “Continuity of Services Plan”. This plan is a revision to our Health and Safety plan presented in January 2021 and November 2021 and June 2022 and reflects the most recent guidance from the California Department of Public Health (CDPH), Yolo County Department of Public Health (YCDPH), and directives related to health and safety ordered by the Board of Trustees of the District.

### [COVID-19 Public Health Guidance for K–12 Schools to Support Safe In-Person Learning, 2022–2023 School Year](#)

*This guidance is intended to support safe, in-person learning in K–12 schools and mitigate the spread of COVID-19. Disease management strategies in K–12 schools are guided by the principle that safe, in-person learning is critical to student well-being and development.*

*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. In alignment with the [CDC](#), California schools should consider the approaches described below as potential methods to also safeguard students and staff from other airborne pathogens, allergens, and pollutants (e.g., wildfire smoke).*

*The guidance is based on current scientific knowledge and anticipated trends. It is subject to change, as COVID-19 conditions can shift rapidly and our response in schools must remain nimble and responsive to dynamic challenges.*

Following is a listing of current guidance that informs the development of our health and safety practices in the 2022-2023 school year related to the COVID-19 pandemic.

[COVID-19 Public Health Guidance for K–12 Schools to Support Safe In-Person Learning, 2022–2023 School Year](#), Sept 30, 2022

[Guidance for Use of Face Masks, CDPH](#), Sept 20, 2022

[School Testing for COVID-19](#) Aug 2, 2022

[Cal/OSHA Emergency Temporary Standards](#) – May 6, 2022

[Yolo County School Decision Tree: COVID-positive person on K-12 campus](#), YCDPH, Updated August 24, 2022

# Vaccine verification for workers in school

*Updated as of September 17, 2022*

On September 17th, 2022 the State Public Health Officer Order (August 11th, 2021) concerning [Vaccine Verification for Workers in Schools](#) was rescinded.

## Continued efforts to minimize the spread of Covid-19 in our schools

### Staying Up to Date on Vaccinations:

Vaccinations prevent illness by working with the body's natural defenses to help safely develop immunity to disease. Not only do vaccinations provide individual-level protection, but high vaccination coverage reduces the burden of disease in schools and communities and may help protect individuals who are not vaccinated or those who may not develop a strong immune response from vaccination.

#### 1. Recommended Actions:

- a. California strongly recommends that all eligible individuals [get vaccinated against COVID-19](#) and [remain up-to-date](#) to protect oneself and reduce transmission of the virus.
- b. Additionally, children have fallen behind on receiving other vaccines over the course of pandemic, placing them and their communities at increased risk of falling ill from other vaccine-preventable illnesses. Schools should review statutory requirements for vaccination requirements for entry into K–12 schools and visit [Shots for School](#) for information.

### Optimizing Indoor Air Quality:

The risk of getting COVID-19 is greater in indoor settings with poor air quality. Effective ventilation and filtration can curb the spread of COVID-19 and other infectious diseases. It may also protect students and staff from exposure to wildfire smoke and other airborne allergens and pollutants.

#### 1. Recommended Actions:

- a. Follow [CDPH recommendations to improve indoor air quality](#) to mitigate against COVID-19 in K–12 schools. Facility maintenance staff may also review [technical considerations](#) (PDF).
- b. In circumstances where outdoor air quality is poor (such as from wildfire smoke), schools are encouraged to confer with local health officials to determine the best approach forward. Considerations include access to the following:
  - air filtration strategies that do not rely on outdoor air sources (e.g., [portable air cleaners](#));
  - higher quality facemasks (e.g., N95, KN95, or KF94 respirators);
  - alternative spaces with better air quality to host in-person learning
  - alternative ways to commute to/from school; and

- local COVID-19 epidemiologic factors (i.e., vaccination coverage status, community case rates).

For more information, see resources and guidance from the [California Department of Education](#) and the [California Air Resources Board](#).

## Using Facemasks:

Masks, particularly [high-quality and well-fitting masks](#), remain highly effective, inexpensive, and dynamic tools to protect oneself and mitigate transmission of COVID-19 and other respiratory pathogens.

### 1. Required Actions:

- a. No person can be prevented from wearing a mask as a condition of participation in an activity or entry into a school, unless wearing a mask would pose a safety hazard (e.g., watersports).
- b. Schools must develop and implement local protocols to provide masks to students who inadvertently fail to bring a face covering to school and desire to use one.

### 2. Recommended Actions:

- a. Unless otherwise directed by local health departments or local educational agencies, students and staff should follow [CDPH masking guidance for the general public](#), as well as masking guidance for specific situations referenced below (e.g., when having symptoms, being infected, or exposed).

## Getting Tested for COVID-19:

Testing remains a key mitigation layer to detect and curb transmission of COVID-19. Schools are encouraged to ensure access to COVID-19 testing for students and staff, particularly for vulnerable communities. Schools should review support and resources offered by the [California COVID-19 Testing Task Force](#), as well as those available through healthcare insurers, local, and federal sources.

### 1. Recommended Actions:

- a. CDPH recommends that antigen tests be considered the primary option for detecting COVID-19 in schools, compared to PCR tests. For more information, see the [Testing Framework for K–12 Schools](#).
- b. Due to the increased travel and social interactions that often occurs during school-breaks, it is recommended that students and staff get tested for COVID-19 prior to returning to school following major breaks (e.g., summer, winter, spring).

## Maintaining Clean Hands:

Hand hygiene can prevent the spread of infectious diseases, including COVID-19.

### 1. Recommended Actions:

- a. Schools should teach and reinforce proper [handwashing](#) to lower the risk of spreading viruses, including the virus that causes COVID-19.
- b. Schools should ensure adequate supplies to support hand hygiene behaviors, including soap, tissues, no-touch trashcans, and hand sanitizers with at least 60 percent alcohol for staff and children who can

safely use hand sanitizer. Hand sanitizers should be stored up, away, and out of sight of younger children and should be used only with adult supervision for children ages 5 years and younger.

- c. Schools should teach and reinforce covering [coughs and sneezes](#) to help keep individuals from getting and spreading infectious diseases, including COVID-19.

## Managing Individuals with Symptoms:

Staying home when sick can lower the risk of spreading infectious diseases, including COVID-19, to other people.

### 1. Required Actions:

- a. California requires employers to provide [COVID-19 supplemental paid sick leave](#) for most workers through December 31, 2022. This includes circumstances in which workers are experiencing symptoms of COVID-19 and seeking a medical diagnosis, attending a vaccine appointment for themselves or for a family member, and/or if a worker's child is isolating due to COVID-19 infection.

### 2. Recommended Actions:

- a. K-12 schools are encouraged to develop standard criteria for managing students who develop symptoms of infectious diseases, including COVID-19. In most situations, any student who develops new, unexplained symptoms should not return to campus until it is clear that symptoms are mild and improving or are due to a non-infectious cause (e.g., allergies). This includes waiting until 24 hours have passed since resolution of fever without the use of fever-reducing medications.
- b. Additionally, if [symptoms](#) are concerning for COVID-19, it is strongly recommended that students wear a mask and get tested immediately. Students should also follow [CDPH recommendations](#) for retesting and/or isolating if results are positive.
- c. Schools should avoid policies that incentivize coming to school while sick.

## Reporting COVID-19 disease burden to local health authorities:

Notifying local health authorities of the disease burden in schools can expedite deployment of additional strategies and resources to manage illness and contain transmission and outbreaks.

### 1. Required Actions:

- a. K–12 schools should refer to California Code of Regulations (CCR) Title 17, [§2500](#) and [§2508](#) for reporting requirements. Note that 17 CCR §2500 has been temporarily modified by the [State Public Health Officer Order of February 10th, 2022](#).
- b. As workplaces, schools are subject to COVID-19 workplace outbreak reporting requirements stipulated in [AB 685](#) and [Cal/OSHA Emergency Temporary Standards](#).

## Managing Students Diagnosed with COVID-19:

Prompt management of students with COVID-19 can prevent further spread and, in some cases, allow for early treatment.

### 1. Recommended Action:

- a. Students diagnosed with COVID-19 should follow recommendations listed in [Table 1 \(Persons with COVID-19\)](#) of CDPH's guidance for the general public, including staying home for at least 5 days and wearing a well-fitting mask around others for a total of 10 days, especially in indoor settings.

## Managing Students Exposed to COVID-19:

Prompt notification to students and families regarding exposure to infectious diseases, including COVID-19, can allow for rapid testing, early treatment, and prevention of further spread.

### 1. Recommended Actions:

- a. It is recommended that families notify schools if their child has COVID-19 and was on school grounds during their [infectious period](#), and that schools in turn 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 infectious period.
- b. In lieu of individual exposure notifications, schools should consider providing a general notification to the entire school community during times of elevated [community transmission](#) of COVID-19. This communication can alert all to the increased potential of being exposed to COVID-19 due to a rise in cases among school and community members, and remind all to monitor for symptoms and get tested.
- c. All students with known exposure to persons with COVID-19 should follow recommendations listed in [Table 2 \(Asymptomatic Persons Who are Exposed to Someone with COVID-19\)](#) of CDPH's guidance for the general public. If they remain without symptoms, students may continue to take part in all aspects of K–12 schooling including sports and extracurricular activities. As recommended in [Table 2](#), they should wear a well-fitting mask around others for a total of 10 days and get tested 3–5 days after last exposure.

## Managing COVID-19 Outbreaks:

CDPH will continue to support local health and education officials in managing [suspected or confirmed outbreaks](#) of COVID-19.

### 1. Recommended Actions:

- a. Broad disruptions to in-person learning, such as temporary school or classroom closures, due to COVID-19 should remain a last resort and considered only after all available resources have been exhausted, and only after conferring with local health officials.
- b. Local public health officials are encouraged to [contact CDPH](#) to learn more about consultation, testing and vaccination resources to support management of COVID-19 outbreaks.

## Cleaning Facilities:

In general, routine cleaning is enough to sufficiently remove the virus that causes COVID-19 from surfaces. If disinfectants are used, use [asthma-safer products](#).

### 1. Recommended action:

- a. Drinking fountains may be open and used by students and staff. Routine cleaning is recommended.

## Isolation and quarantine recommendations for the general public

### All persons with COVID-19 symptoms, regardless of vaccination status or previous infection, should:

- Self-isolate and test as soon as possible to determine infection status. Knowing one is infected early during self-isolation enables (a) earlier access to treatment options, if indicated (especially for those that may be at risk for severe illness), and (b) notification of exposed persons (close contacts) who may also benefit by knowing if they are infected.
  - For symptomatic persons who have tested positive within the previous 90 days, using an antigen test is preferred.
- Remain in isolation while waiting for testing results. If not tested, they should continue isolating for 10 days after the day of symptom onset, and if they cannot isolate, should wear a well-fitting mask for 10 days.
- Consider continuing self-isolation and retesting with an antigen or PCR test in 1-2 days if testing negative with an antigen test, particularly if tested during the first 1-2 days of symptoms.
- Continue to self-isolate if test result is positive, follow recommended actions below (Table 1), and contact their healthcare provider about available treatments if symptoms are severe or they are at high risk for serious disease or if they have any questions concerning their care.

**Table 1: Persons Who Should Isolate**

Persons Who Test Positive for COVID-19	Recommended Actions
Everyone, regardless of vaccination status, previous infection or lack of symptoms.	<ul style="list-style-type: none"><li>• <b>Stay home (PDF)</b> for at least 5 days after start of symptoms (or after date of first positive test if no symptoms).</li><li>• Isolation can end after Day 5 if symptoms are not present or are resolving and a diagnostic specimen* collected on Day 5 or later tests negative.</li><li>• If unable to test, choosing not to test, or testing positive on Day 5 (or later), isolation can end after Day 10 if fever-free for 24 hours without the use of fever-reducing medications.</li><li>• If fever is present, isolation should be continued until 24 hours after fever resolves.</li></ul>

	<ul style="list-style-type: none"> <li>• If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after Day 10. If symptoms are severe, or if the infected person is at high risk of serious disease, or if they have questions concerning care, infected persons should contact their healthcare provider for available treatments.</li> <li>• Per CDPH masking guidance, infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see masking section below for additional information).</li> </ul> <p>*Antigen test preferred.</p>
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**Table 2: Close Contacts - General Public (No Quarantine)**

Asymptomatic Persons Who are Exposed to Someone with COVID-19 (No Quarantine)	Recommended Actions
<p>Everyone, regardless of vaccination status.</p> <p>Persons infected within the prior 90 days do not need to be tested, quarantined, or excluded from work unless symptoms develop.</p>	<ul style="list-style-type: none"> <li>• Test within 3-5 days after last exposure.</li> <li>• Per CDPH masking guidance, close contacts should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease (see masking section below for additional information).</li> <li>• Strongly encouraged to get vaccinated or boosted.</li> <li>• If symptoms develop, test and stay home (see earlier section on symptomatic persons), AND</li> <li>• If test result is positive, follow isolation recommendations above (Table 1).</li> </ul>

In some workplaces, employers are subject to the [Cal/OSHA Aerosol Transmissible Diseases \(ATD\) Standard](#) and should consult those regulations for additional applicable requirements.

# Stop Germs! Wash Your Hands.

## When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



## How?



**Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



**Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



**Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



**Rinse** hands well under clean, running water.



**Dry** hands using a clean towel or air dry them.

**Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.**

LIFE IS BETTER WITH

**CLEAN HANDS**



[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)

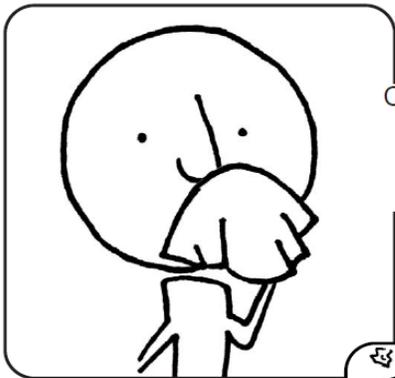


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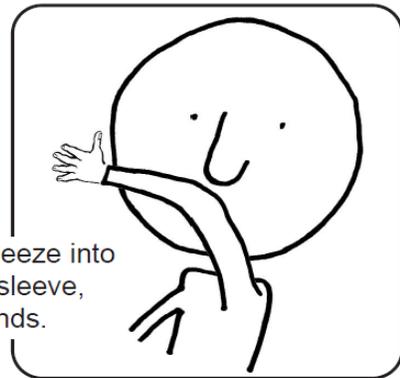
Stop the spread of germs that make you and others sick!

# Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze

or  
cough or sneeze into your upper sleeve, not your hands.

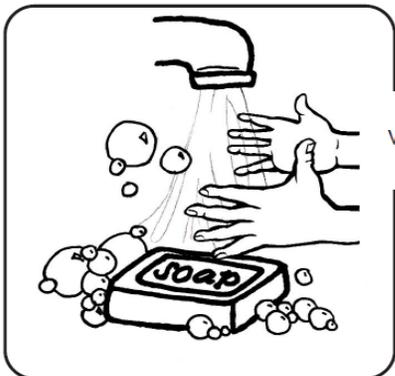


Put your used tissue in the waste basket.



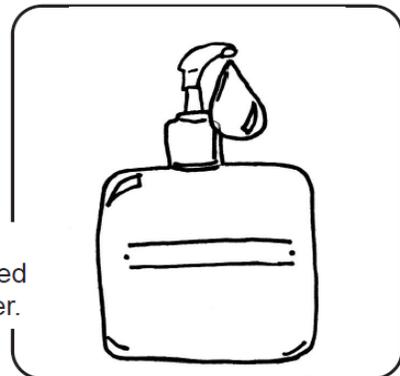
# Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water

or  
clean with alcohol-based hand cleaner.



# COVID-19 Testing in California – What You Need to Know

Test at home and keep your friends, family & community safe.



## When should I test for COVID-19?

1. **If you have any [symptoms](#) of COVID-19,**
  - Test immediately, regardless of your COVID-19 vaccination status.
  - If your test is negative but you continue to have symptoms, test again 24-48 hours later. Low amounts of virus early in infection can be missed by a test, and the test can be positive a few days later.
2. **If you have had [close contact](#) with someone with COVID-19,**
  - Test when notified of exposure and 3-5 days after exposure, even if you have no symptoms.
  - Test immediately if symptoms develop.
3. **Consider testing before and 3-5 days after a gathering, a large event or [travel](#),** especially if you are going to be around [people who are higher risk](#) (older adults, immunocompromised, unvaccinated people).

## Where can I get an at-home test?

1. Get FREE tests with medical insurance at your local drugstore (in-store or online):
  - MediCal or Medicare – bring your card to a pharmacy window.
  - Private insurance – contact your insurance company for free tests or reimbursement.
2. Purchase from your local drugstore (in-store or online). Tests are usually about \$10 each.

## Where else can I get tested?

Find a [testing site online](#) or call (833) 422-4255 or 211.

## What if my test is positive?

You have COVID-19. Contact a health care provider to see if you are eligible for [COVID-19 treatments](#) to prevent severe symptoms, hospitalization, or death. Follow [recommendations to prevent spreading the disease to others](#). Report your positive test on [canotify.ca.gov](#).

If you have severe symptoms call 911 or go to the nearest hospital.

## What if I cannot work because of COVID-19?

If you cannot work because you have COVID-19 or were exposed, you can [file a Disability Insurance \(DI\) claim](#). If you cannot work because you are caring for a family member who has COVID-19, you can [file a Paid Family Leave \(PFL\) claim](#). Both claims must have a note from a health care provider.

### COVID-19 can feel like a cold, allergies, or the flu and includes the following symptoms:

- Fever 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
- Nausea or vomiting
- Diarrhea



Scan the QR code to see the interactive links on this flyer.



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