

*What You Need to Know
for a Safe Return to Campus*

Family & Staff COVID Resources

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1. What We Know About COVID
2. How We're Working to Stop COVID
3. What to Do if You (Might) Have Been Exposed
4. Additional Resources for our Community

Key Facts About COVID

- Anyone can get infected and can have mild or severe symptoms
- Older adults and those with underlying medical conditions are at higher risk for severe illness
- Children (particularly under the age of 10) appear to have a lower risk of infection
- The most common way it is transmitted is person-to-person via respiratory droplets
- Transmission from objects-to-people (e.g., touching a surface that is infected) is possible, but much less common
- Symptoms may appear 2-14 days after exposure
- COVID exposure^(*) in Contra Costa County is **WIDESPREAD**
- COVID exposure in Solano County is **SUBSTANTIAL**

(*) As of Sept 23. See the State's [Blueprint for a Safer Economy](#) for more information.

Common COVID 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

(**) From the [CDC web site](#) as of Sept 23.

Five Ways to Stop COVID Transmission

Screening

- We are requiring everyone to be health screened before coming onto campus
- Staff members will be tested regularly to identify asymptomatic infections

Disinfecting

- Thorough cleaning of all shared spaces every day
- Frequent hand washing and hand sanitizer use

Distancing

- Maintain 6' separation whenever possible
- Use plexiglass screens, face shields, or other barriers when you can't stay 6' apart

Containment

- Wearing a mask helps contain the virus and protects others
- Masks must fit well and be cleaned often

Isolation & Quarantine

- Anyone who tests positive should be quarantined to prevent transmission
- Anyone with COVID symptoms or contact should self-isolate just in case

Screening

Daily Health Screening

- Every adult and child must do a health screen with a temperature check each day before entering campus
- No visitors will be allowed on campus at this time
- We are asking staff and students to self-screen at home to save time on arrival
 - [Student self-screen link](#)
 - [Staff self-screen link](#)
- If you have symptoms, stay home and call the school
- If in doubt, stay home!

Staff COVID Testing

- Staff members who interact with students or other staff in person will get tested each month

Student Screening

- Scan the QR code



- Enter your student ID
- Answer the questions
- Receive instructions

OK to
Come

Call
School

Stay
Home

Five Ways to Stop COVID Transmission

Disinfecting

Daily / Nightly Cleaning

- Every shared space will be thoroughly cleaned by our custodians every night
- Frequently-used spaces will be cleaned through the day
- Any shared supplies will be disinfected between users

Hand washing & hand sanitizer

- Frequent hand washing and sanitizing can help protect you against infection from the virus on objects
- Use hand sanitizer when hand washing is not possible
- Every room at school will have hand sanitizer
- Avoid touching your face or mask & wash hands after you do
- Cover coughs & sneezes with a tissue or elbow and was after any cough or sneeze

Hand Washing & Sanitizer



WHAT YOU NEED TO KNOW ABOUT
HANDWASHING



- Scrub for 20 seconds
- Scrub top and bottom of hands and in between fingers
- Rub sanitizer until hands are dry
- More info available from the [CDC](https://www.cdc.gov)

Distancing

Maintaining physical separation

- Staying apart reduces the risk of virus transmission
- We require people to stay 6' apart whenever possible
- We will use plexiglass screens, face shields, or other barriers when it isn't possible to stay 6' apart
- Floor decals will identify where to stand when lining up on campus or outside the gates
- Signs around campus will show you the routes to and through campus that keep people safely apart

Why 6 feet ?

- The main risk of COVID exposure is respiratory droplets travelling from one person to another
- No specific distance is 100% risky or safe. **Farther is Safer**, 6' has been set as a reasonable guideline by the [CDC](#) and others
- Many factors come into play
 - Need more if yelling, singing, or breathing heavily
 - Natural ventilation helps
 - It is generally safer outdoors

Containment

Masks Are Required for Almost Everyone On Campus

- California law requires the use of masks by most people
- People with medical conditions that prevent mask wearing should contact the school for guidance
- In rare instances, teachers may use a face shield instead of a mask if required for instructional reasons

How to Properly Use and Care For Masks

- See the [CDC site](#) for detailed guidance
- Do not touch the mask once you put it on
- When you take it off, store it in paper bag
- Wash hands immediately after removing your mask
- Reusable masks should be washed **EVERY** day

What Mask Should I Have?

DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

- Avoid masks with valves or those made of non-breathable fabric
- See the [CDC site](#) for more info

Isolation & Quarantine

Isolating people who **MAY HAVE BEEN** infected

- If you have COVID symptoms or have had contact with someone who tested positive, you must stay home

Quarantining people who **WERE** infected

- Anyone who tests positive must be quarantined
- The school will work with the Public Health Department to contact trace any others who may have been exposed

You Will Be Able to Returning to School at the **LATER** of:

- 14 days after receiving a positive test
- 14 days after contact with someone who tested positive
- 10 days after your first COVID symptoms
- 24 hours with no fever and other symptoms have improved

What Counts as “Contact”?

- The CDPH has given guidance on how to determine who has come into “contact” with someone with COVID
- “Contact” means you were within 6 feet of the infected person for 15 minutes or more
- If you had this level of contact, you will be isolated from school and we recommend that you be tested

What If I (May) Have Been Exposed?

- If you are experiencing COVID symptoms, you should **stay home**
 - Contact your doctor for information on whether you should get tested or remain at home and monitor symptoms
 - Contact 9-1-1 if you have severe symptoms such as trouble breathing, persistent chest pain/pressure, confusion, bluish lips or face, or the inability to wake or stay awake.
 - Contact the school for information on the timeline for continuing to participate in learning while isolating at home
- If you had contact^(*) with someone who has tested positive, you should **stay home**
 - Contact your doctor for information on whether you should get tested or remain at home and monitor symptoms
 - Contact the school for information on the timeline for continuing to participate in learning while isolating at home

Getting Tested

Contra Costa and Solano Counties have information on their websites about testing sites (including free tests) available in our communities.

- [Contra Costa County COVID Testing Resources](#)
- [Solano County COVID Testing Resources](#)

(*) “Contact” is defined as being within 6 feet of an infected person for 15 minutes or more

Caliber Planning Documents

- [Caliber COVID-19 Operations Plan](#)
(version 1.2 updated September 23, 2020)
- [Beta Academy COVID-19 Prevention Plan](#)
(version 1.1 updated September 24, 2020)
- [ChangeMakers COVID-19 Prevention Plan](#)
(version 1.1 updated September 23, 2020)

Other Resources

- California [Blueprint for a Safer Economy](#)
- [COVID-19 Industry Guidance for Schools](#)
from California Department of Public Health
- [Contra Costa County Health Services](#)
- [Solano County Public Health](#)

Video Tutorials

Caliber has worked with a safety training company to provide these COVID-related video tutorials for our parents and students

English:

- [Parents](#)
- [Students \(TK-5\)](#)
- [Students \(6-8\)](#)

Español:

- [Padres](#)
- [Estudiantes \(TK-5\)](#)
- [Estudiantes \(6-8\)](#)