

SMART START & COVID-19 PROTOCOLS

LOWER KUSKOKWIM SCHOOL DISTRICT
www.lksd.org

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HEALTH & SAFETY

INTRODUCTION

INTRODUCTION

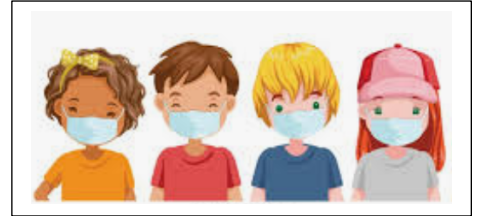
The Lower Kuskokwim School District relies on the best possible medical, scientific, and public health information and guidance from various sources, including the Centers for Disease Control (CDC), Yukon-Kuskokwim Health Corporation (YKHC), and the Alaska Smart Start 2020 Restart & Reentry Framework Guidance for K-12 Schools. Our goal and top priority has been, and continues to be, to provide the best possible education for students without sacrificing the health and

safety of the entire school community. Each school will implement the following strict protocols and mitigation strategies to protect the health and safety of our students, staff, and families. Specific details regarding these protocols will be provided in each Smart Start & COVID-19 Site Specific Prevention Plan. The purpose of these COVID-19 protocols is to serve as LKSD’s guidelines for all school openings and activities. This plan will undergo periodic review no less frequently than every six months for the duration of the ARP ESSER III grant period.

PERSONAL PROTECTIVE EQUIPMENT FOR TEACHERS & STUDENTS

FACE MASKS

LKSD’s top priority is the health, safety, and well-being of our students, staff and families. The proper and correct use of face masks is essential to having any in-person learning. Students, teachers, and staff should have masks on at all times throughout the school even when physically distancing from others.

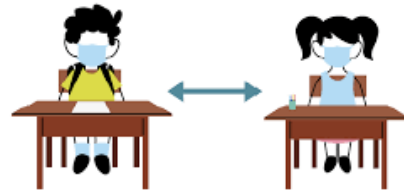
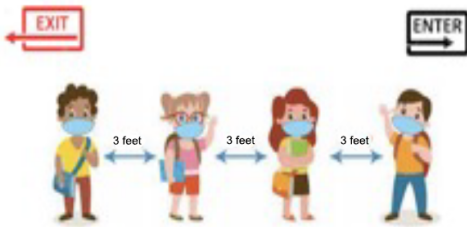


Based on public health guidance, the most effective masks are surgical masks, medical masks or triple layered cloth masks. All teachers and staff will be provided with surgical masks. Loose fitting masks, woven fabrics, or masks with exhalation valves or vents are prohibited. Students and employees may wear a face shield in addition to a face covering, but face shields may not be used in lieu of a face mask. Additional masks are also available to students in the event that they do not have one or require a more effective mask.

Masks should be worn correctly and consistently for the best protection. The mask should completely cover the nose and mouth and fit snugly against the sides of the face.

Students must utilize face coverings:

- | | |
|---|---|
| <ul style="list-style-type: none"> ▪ While waiting to enter campus and on bus ▪ While entering and exiting school | <ul style="list-style-type: none"> ▪ While in the classroom ▪ While on school grounds, except when eating / drinking and at least 3 feet away from other people |
|---|---|



PERSONAL PROTECTIVE EQUIPMENT & SUPPLIES

Personal protective equipment and supplies are readily available to all staff.

This includes:

- Medical masks (staff and students)
- Face shields
- Thermometers
- Hand Sanitizer
- Disinfectants
- Disinfecting Wipes
- Gloves



GUIDE TO MASKS

The proper and correct use of face masks is essential to having any in-person learning. Students, teachers, and staff should have masks on at all times throughout the school even when physically distancing from others.

How to Select

When selecting a mask, there are many choices. Here are some do's and don'ts.

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
- Have a nose wire to prevent air from leaking out of the top of the mask

DO NOT choose masks that

- Are made of fabric that makes it hard to breathe, for example, vinyl
- Have exhalation valves or vents which allow virus particles to escape
- Are intended for healthcare workers, including N95 respirators

Children

- Find a mask that is made for children to help ensure proper fit
- Check to be sure the mask fits snugly over the nose and mouth and under the chin and that there are no gaps around the sides
- Do NOT put on children younger than 2 years old

Cold weather gear

- Wear your scarf, ski mask or balaclava over your mask
- Scarves, ski masks and balaclavas are not substitutes for masks

Source: Centers for Disease Control

HOW TO WEAR A MASK

Wear a mask **correctly** and **consistently** for the best protection.

- Be sure to wash your hands or use hand sanitizer before putting on a mask.
- Do **NOT** touch the mask when wearing it. If you have to often touch/adjust your mask, it doesn't fit you properly, and you may need to find a different mask or make adjustments.
- The mask should completely cover your nose **and** mouth and fit snugly against the sides of your face.

How NOT to wear a mask



Around your neck



On your forehead



Under your nose



Only on your nose



On your chin



Dangling from one ear



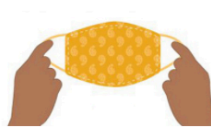
On your arm

How to take off a mask



1

Carefully, untie the strings behind your head or stretch the ear loops



2

Handle only by the ear loops or ties



3

Fold the outside corners together



4

Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

HOW TO CLEAN MASKS

Reusable masks should be washed regularly. Always remove masks correctly and wash your hands after handling or touching a used mask. If you have a disposable face mask, throw it away after wearing it once. You may clean your masks with the following methods:

- Using a washing machine: Include your mask with your regular laundry. Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask. Use the highest heat setting and leave in the dryer until completely dry.
- By hand: Wash your mask with tap water and laundry detergent or soap. Rinse thoroughly with clean water to remove detergent or soap. Hang your mask in direct sunlight to dry completely. If you cannot hang it in direct sunlight, hang or lay it flat and let it dry completely.

PHYSICAL & SOCIAL DISTANCING

Social distancing will limit the spread of the virus. Schools will adhere to the following strategies to maintain social and physical distancing as much as possible. Physical distancing measures will be put into place in the different physical environments at school. All adults should stay six feet from one another and six feet away from children, while students should maintain three feet of distance from one another as practicable.

Schools will adhere to the following strategies to maintain social distancing as much as possible:

- Minimizing contact at school between students, staff, families and the community at the beginning and end of the school day.
- The number of desks will be reduced in classrooms.
- Classroom space will be arranged to remove non-essential furniture, allowing maximum space for students and staff to promote physical distance of at least 3 feet inside the classroom.
- Class schedules will be staggered to the extent possible to ensure a limited number of students are in the hallways at any given time.
- Students will not be allowed to gather in groups.
- Physical distancing guidelines will be put into place.
- Designating isolation rooms for staff or students who show symptoms while at school. Individuals will remain in an isolation room until they are ready to leave campus.
- Staff will be asked to practice physical distancing, including but not limited to, the following:
 - When working indoors or outdoor areas
 - Before and after the work shift
 - Coming and going from vehicles
 - Entering, working in and exiting physical buildings or other structures
 - During breaks and lunch periods



CLEANING PROTOCOLS & SAFETY CONSIDERATIONS

Intensified cleaning and disinfecting are key to limited exposure to germs and maintaining a safe environment during the COVID-19 pandemic. The District has also purchased electrostatic cleaners for each school. Electrostatic cleaners are an effective and efficient way to disinfect all surfaces and hard-to-reach places that may have been missed. Our air ventilation and circulation systems adhere to the most recent CDC guidance to increase the delivery of clean air and dilute potential contaminants in the school. The spread of germs is reduced by keeping surfaces clean and reminding students of the importance of hand hygiene and respiratory etiquette.

- Schools will follow guidelines developed by the CDC for cleaning, disinfection, and ventilation of school campuses.
- High touch surfaces will be cleaned regularly (e.g. countertops, door handles, restrooms, student desks, student chairs).
- Staff and students will be expected to wash/sanitize their hands regularly.
- Every classroom and work room will be provided hand sanitizer.
- Handwashing and respiratory etiquette – students will be encouraged to follow these practices such as: cough / sneeze away from other people even while wearing a mask; wash and sanitize hands frequently including upon arrival to school daily, before eating and before returning to classrooms after recess; avoiding touching the eyes, nose, and mouth with unwashed hands; avoiding close contact with anyone who is sick; and importance of physical distancing. Routines and schedules will be developed to enable students and staff to regularly wash their hands at staggered intervals.
- Students will not share supplies where possible.
- Students will be encouraged to bring refillable water bottles.
- If an area has been occupied by an individual with a confirmed positive case of COVID-19, the area will be disinfected and cleaned and the area may be temporarily closed for in-person instruction after consultation from YKHC and local tribal governance where applicable.
- Doors and windows will be opened to the extent possible in order to increase air circulation.
- Heating, Ventilation and Air Conditioning (HVAC) Systems will be tested regularly to confirm they operate properly.

HAND HYGIENE – HANDWASHING TECHNIQUES

Hand hygiene is one of the most important preventative practices to help slow the spread of COVID-19 and students and staff will be encouraged to practice frequently. Students and staff will be required to wash or sanitize their hands upon arrival to school each day before entering the classroom. Time for hand hygiene will be scheduled throughout the day including before eating and before returning to the classroom after recess.

Six Steps to Proper Handwashing

1. Wet hands with clean, running water and turn off the tap.
2. Apply soap.
3. Scrub your hands for at least 20 seconds. Don't forget to scrub between fingers, under nails, and the top of the hands.
4. Turn on the tap and rinse hands well under running water.
5. Dry hands using a paper towel or air dry.
6. Turn off water with paper towel.

How to Use Hand Sanitizer

1. Apply hand sanitizer to the palm of one hand.
2. Rub hand sanitizer over all the surfaces of the hands and fingers until hands are dry. This should take around 20 seconds.



HANDWASHING

MY GOAL:
Have clean hands and prevent spread of germs



HAND WASHING IS IMPORTANT BECAUSE...

- Regularly washing your hands with soap and water can protect you from illnesses caused by viruses and bacteria
- It is the best way to stop germs from spreading



6 EASY STEPS TO CLEAN HANDS



WET YOUR HANDS



APPLY SOAP



WASH YOUR HANDS FOR 20 SECONDS



RINSE WELL

Don't forget to scrub between your fingers, under your nails, and the top of your hands.



DRY YOUR HANDS



TURN OFF WATER WITH PAPER TOWEL

WHEN TO WASH YOUR HANDS

- After using the toilet
- Before preparing, touching, or eating food
- After playing with animals
- After your sports practice
- After coughing, sneezing, or blowing your nose or mouth

HOW DO I KNOW IF I WASHED MY HANDS FOR 20 SECONDS?

- Sing Happy Birthday to yourself twice
- OR
- Sing the alphabet song to yourself



RESPIRATORY ETIQUETTE & OTHER IMPORTANT HEALTH & HYGIENE PRACTICES

Additional preventative practices and measures are important to reduce the spread of COVID-19 and other illnesses including:

- Even while wearing a mask, cough and sneeze away from other people.
- Avoid touching the eyes, nose and mouth with unwashed hands.
- Wash and sanitize hands frequently.
- Avoid close contact with anyone who is sick.
- Maintain three (3) feet physical distance from others.

Cover Coughs and Sneezes

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



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



If you don't have a tissue, use your **elbow**.



Wash hands often, **especially** after coughing or sneezing.



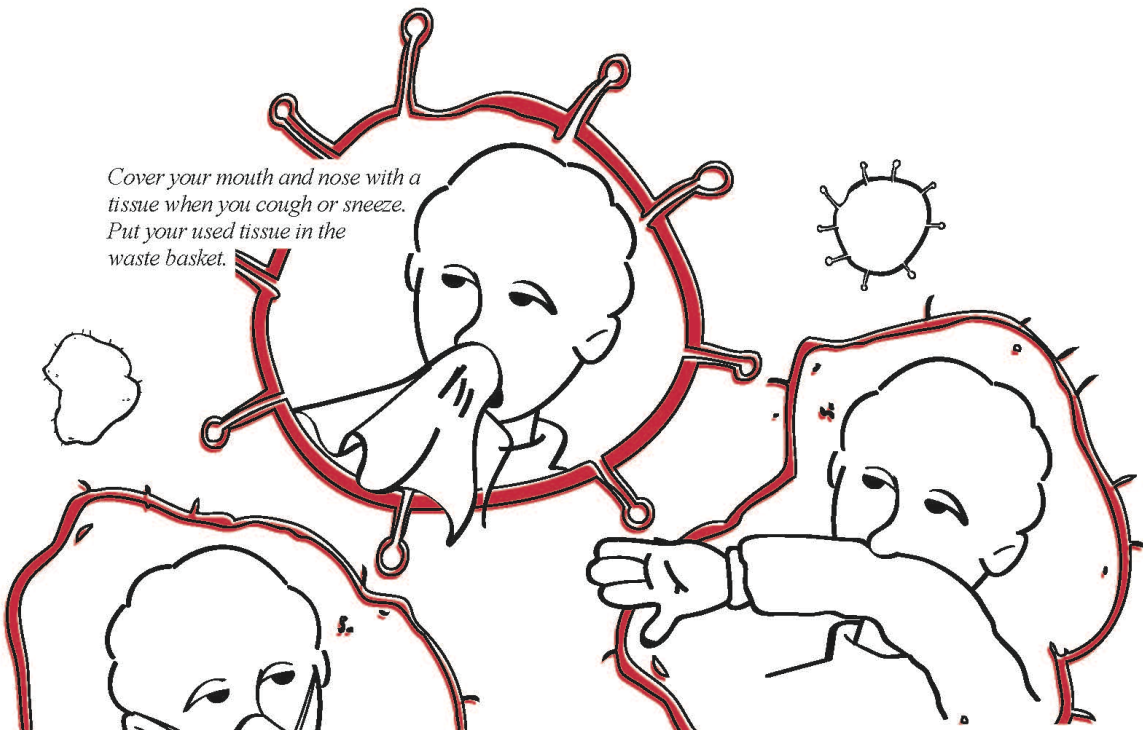
CS 316683-E 05/06/2020

cdc.gov/coronavirus

Cover your Cough

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

Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.



You may be asked to put on a facemask to protect others.



Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.

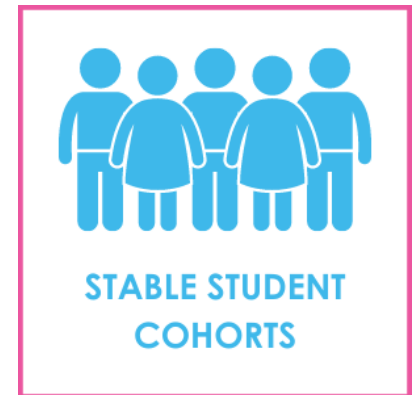


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COHORTS

Cohorting (or podding) is one of many mitigation strategies that schools can use to limit mixing between students and staff and to limit the spread of COVID-19. A cohort or pod is a **distinct group that stays together throughout the entire school day** during in-person learning, or over the course of any pre-determined period of time, so that there is minimal interaction between groups. This practice can help prevent the spread of COVID-19 by limiting cross-over of students and teachers to the extent possible and can:

- Decrease opportunities for exposure or transmission of COVID-19
- Reduce the number of people touching shared surfaces
- Facilitate more efficient contact tracing if a person has COVID-19
- Allow for targeted testing, quarantine, and/or isolation of a single cohort instead of school-wide measures in the event of a positive case or cluster of cases



LKSD will utilize cohorting to the extent practicable. The ability to cohort should not outweigh the importance of in-person learning 5 days a week.

SOCIAL, EMOTIONAL & MENTAL HEALTH RESOURCES

Social and emotional learning will be critical for re-engaging students, supporting our teachers and staff and creating a foundation for learning and helping everyone thrive. LKSD integrates social and emotional learning into the curriculum at all grade levels and provides staff with training to support social and emotional learning and tools to support students. LKSD provides social, emotional, and mental health resources including:

- 9 social workers and 6 counselors who provide itinerant service to all LKSD schools. Additionally, staff meet with students via Zoom when they are not able meet in person and/or as needed.
- LKSD provides an employee assistance program. Dr. Sarah Angstman provides individual counseling for employees and offers referrals.
- Sources of Strength: a best practice youth suicide prevention project designed to harness the power of peer social networks to change unhealthy norms and culture, and ultimately preventing suicide, bullying and substance abuse.
- Additional staff and administrator training on trauma-engaged practices and adverse childhood experiences.



CONTINUITY OF LEARNING – ACADEMIC NEEDS

To address each student's academic needs, LKSD will administer benchmark assessments, classroom and/or program-based assessments. The diagnostic assessments are designed to inform instruction, recovery and intervention and account for learning loss, as well as determine the present performance levels of students on math and literacy standards. LKSD will administer the Measures of Academic Progress (MAP) assessment as the initial diagnostic. The MAP assessment has been administered thrice annually in schools for the past several years. The results of the MAP assessment help measure the performance and growth of students from one school year to the next and is used by teachers and school staff to inform instruction and personalize learning – identifying areas of strength as well as areas that need additional support. Site administrators and teaching staff will meet to identify where students are academically and work to establish and implement classroom-level plans for addressing learning gaps. LKSD will provide additional instructional supports to students:

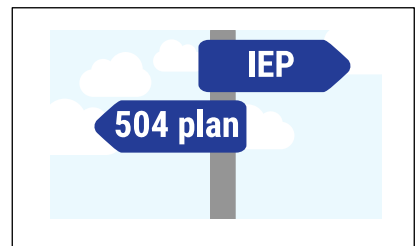


- at risk of not graduating on time;
- students with disabilities;
- students who struggled in the prior remote learning environment; and
- other students identified as being behind academically by teachers and parents.

Additionally, LKSD will continue site-level implementation of the Multi-Tiered System of Support (MTSS) for targeted academic and behavioral interventions.

ACCOMMODATIONS FOR CHILDREN WITH DISABILITIES / SPECIAL NEEDS

LKSD will provide accommodations for children with disabilities with respect to the outlined health and safety policies. All students with disabilities will receive services according to their Individualized Education Program (IEP) and / or 504 plans. The 504 plan is developed to ensure that a child who has a disability identified under the Americans with Disabilities Act (ADA) receives the appropriate accommodations for equitable learning. Balancing the educational needs with the health and well-being of students and staff is our top priority. School staff will communicate with parents and healthcare providers to determine the current needs of the student. During the school year, teachers will provide intensive small group and large group instruction to address Individualized Education Program (IEP) and / or 504 Plan goals and curriculum. IEPs and/or 504 plans will be modified as needed to address individual healthcare considerations. Parents may address concerns or possible IEP or 504 needs with their child's teacher and Site Administrator.



CHECKLIST: PLANNING FOR IN-PERSON CLASSES

This checklist has been modified from guidance provided by the Centers for Disease Control. It is intended to help parents, guardians, caregivers, be informed about in-person classes. It is important for families to emphasize and model healthy behaviors at home and talk to your children about changes to expect this school year. Even if your child resumes in-person learning at school, it is important to prepare for the possibility of virtual learning if school closes or if your child becomes exposed to COVID-19 and needs to stay home.

ACTIONS TO TAKE & POINTS TO CONSIDER	NOTES
<p>MONITORING SYMPTOMS: (to determine if child should not attend school)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check in with your child each morning for signs of illness. If your child has a temperature of 100.4 degrees or higher <input type="checkbox"/> Make sure your child does not have a sore throat or other signs of illness, like cough, diarrhea, severe headache, vomiting, or body aches <input type="checkbox"/> If your child has had close contact to a COVID-19 case, they should contact their healthcare provider and YKHC for testing and guidance. 	<ul style="list-style-type: none"> ● YKHC COVID-19 hotline: (907) 543-6949 ● Video – Symptoms of Covid-19 ● Symptoms of Covid-19 Handout ● Tool: Covid-19 Self-Checker interactive clinical assessment tool ● Quick Guide for Parents: My Child is Showing Signs of Covid-19 at School: What should I do?
<p>PROPER MASKING (required): Based on public health guidance, the most effective masks are surgical masks or triple layered cloth masks.</p> <ul style="list-style-type: none"> <input type="checkbox"/> Have multiple masks, so you can wash them daily and have back-ups ready. Choose masks that: <ul style="list-style-type: none"> -Fit snugly but comfortably against the side of the face -Completely cover the nose and mouth -Are secured with ties or ear loops -Include multiple layers of fabric (3 layers) -Allow for breathing without restriction -Can be washed and machine dried without damage or change to shape <input type="checkbox"/> Label your child’s masks clearly in a permanent marker so that they are not confused with those of other children. <input type="checkbox"/> Practice with your child putting on and taking off masks without touching the cloth. <input type="checkbox"/> Explain the importance of wearing a mask and how appropriately worn masks reduce the chances of getting and spreading COVID-19. <input type="checkbox"/> Consider talking to your child about other people who may not be able to wear masks for medical reasons (e.g., asthma). <input type="checkbox"/> As a family, model wearing masks, especially when you are in situations where physical distancing is difficult to maintain or impossible. <input type="checkbox"/> Consider providing your child with a container (e.g., labeled resealable bag) to bring to school to store their masks when not wearing it (e.g., when eating) 	<ul style="list-style-type: none"> ● Guide to Proper Masking ● Video – How to Wear Mask Properly ● Video – How to Double Mask



ACTIONS TO TAKE & POINTS TO CONSIDER	NOTES
<p>HANDWASHING TECHNIQUES</p> <p><input type="checkbox"/> Review and practice proper handwashing techniques at home, especially before and after eating, sneezing, coughing, and adjusting a mask. Make handwashing fun and explain to your child why it's important.</p>	<ul style="list-style-type: none"> • Handwashing Techniques • Making Handwashing Fun
<p>PRECAUTIONS</p> <p><input type="checkbox"/> Talk to your child about precautions to take at school. Children may be advised to:</p> <ul style="list-style-type: none"> • Wash and sanitize their hands more often. • Keep physical distance from other students. • Wear a mask. • Avoid sharing objects with other students, including water bottles, devices, writing instruments, and books. • Use hand sanitizer (that contains at least 60% alcohol.) Make sure you're using a safe product. • Monitor how they feel and tell an adult if they are not feeling well. <p><input type="checkbox"/> <u>Routines</u>: Develop daily routines before and after school—for example, things to pack for school in the morning (like hand sanitizer and an additional (back up) mask) and things to do when you return home (like washing hands immediately and washing masks).</p> <p><input type="checkbox"/> <u>Physical Distancing</u>: Reinforce the concept of physical distancing with your child.</p> <p><input type="checkbox"/> <u>Cohorts</u>: consider limiting your child's in-person out-of-school interactions to children in the same cohort or to activities where physical distancing can be maintained.</p> <p><input type="checkbox"/> <u>Possible School Closures</u>: Plan for possible school closures or periods of quarantine. If transmission is increasing in your community or if multiple children or staff test positive for COVID-19, the individual classroom or school building might close. Similarly, if a close contact of your child (within or outside of school) tests positive for COVID-19, your child may need to stay home for a 2-week quarantine period. You may need to consider the feasibility of teleworking, taking leave from work, or identifying someone who can supervise your child in the event of school building closures or quarantine.</p> <p><input type="checkbox"/> <u>Plan for transportation</u>:</p> <ul style="list-style-type: none"> • If your child rides a bus, plan for your child to wear a mask on the bus and talk to your child about the importance of following bus rules and any spaced seating rules. • If carpooling, plan on every child in the carpool and the driver wearing masks for the entire trip. If your school uses the cohort model, consider finding families within your child's group/cohort at school to be part of the carpool. <p><input type="checkbox"/> <u>Protecting Household Members</u>: Develop a plan as a family to protect household members who are at increased risk for severe illness.</p>	<ul style="list-style-type: none"> • Guide to Talking to Your Children about COVID-19 • Guide to People at Increased Risk



ACTIONS TO TAKE & POINTS TO CONSIDER	NOTES
<p>MENTAL HEALTH & SOCIAL EMOTIONAL WELLBEING CONSIDERATIONS</p> <ul style="list-style-type: none"> <input type="checkbox"/> Talk with your child about how school will look different (e.g., desks far apart from each other, teachers maintaining physical distance, possibility of staying in the classroom for lunch). <input type="checkbox"/> Talk with your child about how school is going and about interactions with classmates and teachers. Find out how your child is feeling and communicate that what they may be feeling is normal. <input type="checkbox"/> Anticipate behavior changes in your child. Watch for changes like excessive crying or irritation, excessive worry or sadness, unhealthy eating or sleeping habits, difficulty concentrating, which may be signs of your child struggling with stress and anxiety. <input type="checkbox"/> Try to attend school activities and meetings. Schools may offer more of these virtually. As a parent, staying informed and connected may reduce your feelings of anxiety and provide a way for you to express any concerns you may have about your child's school. 	<p>Since the school experience will be very different from before with desks far apart from each other, teachers maintaining physical distance, and the possibility of staying in the classroom for lunch, it is unlike anything your child is used to. Before school is in session, you may want to talk to your child and explain that all these steps are being taken to keep everyone safe and healthy.</p> <ul style="list-style-type: none"> • <u>YKHC Behavioral Health Services:</u> (907) 543-4874 • <u>LKSD Social Workers:</u> (907) 543-4874 • Guide to Helping Children Cope

COVID-19 PROTOCOLS

VISITOR POLICIES

As a preventative measure, visitors to the school are limited to essential workers. Parents are encouraged to conduct business with school personnel remotely when possible. However, there will be times when visitors need to be at the site and the following protocols will be enforced:

NOTICE
ALL VISITORS
MUST REPORT
TO MAIN OFFICE

- Please contact your school in advance when possible.
- Visitors must properly wear face masks covering nose and mouth at all times while in the school.
- Visitors are instructed to come to their appointments alone. If a visitor must be accompanied by another person (e.g., for translation assistance, or because the visitor is a minor or has minor students) their information is captured in the visitor log.
- Visitors arriving at the school with non-enrolled children (e.g., younger siblings of students) must ensure that these children stay next to an adult, avoid touching any other person or any item that does not belong to them, and are masked if two years of age or older and not at risk due to a respiratory condition.
- Movement of visitors is limited to designated areas such as the reception or lobby area, offices, conference or meeting rooms and public restrooms, to the extent feasible.

All campus visitors are asked to follow these safety guidelines:

- Wash hands frequently for 20 seconds with soap and water — especially before and after eating, after coughing or sneezing, after sharing items in class and before and after using the restroom.
- Use approved hand sanitizer when hand washing is not feasible.
- Avoid touching your face.
- Cover coughs and sneezes with a tissue or elbow.
- Use tissues to wipe your nose.

CONTACT TRACING

Contact tracing is key to slowing the spread of COVID-19 and helps protect you, your family, and your community. Contact tracing helps protect by:

- Letting people know they may have been exposed to COVID-19 and should monitor their health for signs and symptoms of COVID-19.
- Helping people who may have been exposed to COVID-19 get tested.
- Encouraging people to follow established isolation or quarantine guidelines.



Contact Tracing

For COVID-19, a **close contact** is anyone within 0-3 feet for more than 15 minutes or unmasked individuals within 6 feet would be a considered close contact. The CDC does not include classmates within 3-6 feet of an infected student if the exposed student correctly and consistently wore well-fitting masks the entire time. An infected person can spread COVID-19 starting from 48 hours (or 2 days) before the person has any symptoms or tests positive for COVID-19. Schools will maintain communication systems that allow staff and families to self-report symptoms and receive prompt notifications of exposures and closures, while maintaining confidentiality, as required by federal and state law related to privacy of educational records and other privacy laws.

COVID-19 SCREENING / SURVEILLANCE TESTING

Symptom free schools are essential to preventing outbreaks. In conjunction with YKHC, schools will be conducting optional screening COVID-19 testing for staff and students on a weekly to bi-weekly basis. Screening testing is intended to identify infected asymptomatic individuals who may be contagious so that measures can be taken to prevent further transmission. Asymptomatic testing is an additional safety measure that schools will use to identify individuals who are infected with COVID-19 but are not showing symptoms. Screening testing can identify cases early and can minimize secondary transmission. If an individual tests positive for COVID-19, the employee or student will be sent home and directed not to return to campus until cleared to do so. The District will contact the Yukon Kuskokwim Health Corporation (YKHC), and all protocols will be followed. Close contacts of the individual, including all of the individual's fellow cohort members, will be identified, notified, and instructed to test and quarantine if necessary. The workplace or classroom of the person testing positive and any other impacted areas will receive extensive cleaning and sanitization. Parents are encouraged to seek testing for their students, and employees are encouraged to seek testing for themselves, if they exhibit symptoms or have been potentially exposed to COVID-19.



Widespread Testing

REPORTING

WHO TO CONTACT IF A STUDENT HAS SYMPTOMS OR IS EXPOSED TO COVID-19

Staff, students and families should self-report to the school by calling the Site Administrator or school office if they or their child have:

- symptoms of COVID-19;
- a positive test for COVID-19; or
- were exposed to someone with COVID-19 within the last 14 days.

COVID-19 SYMPTOM CHECK / SELF-MONITORING

SELF-MONITORING & SYMPTOMS AT SCHOOL

Before leaving home all students, staff and parents should conduct a self-check. Ask yourself these questions:

- Am I experiencing any of the following symptoms:

<ul style="list-style-type: none"> ○ fever ○ cough ○ difficulty breathing or shortness of breath ○ runny nose ○ diarrhea ○ sore throat 	<ul style="list-style-type: none"> ○ vomiting ○ fatigue ○ muscle or joint aches ○ headache ○ loss of taste or smell
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Staff and students who are experiencing any of the above systems, must stay home. Students that present symptoms while at school will go to a designated isolation area until they can be picked up by a parent or guardian. Staff with the symptoms will be sent home. If you experience any of the above symptoms, please contact the school office / Site Administrator, let your health care provider know and contact YKHC for a COVID-19 test.

DON'T FEEL WELL? STAY HOME WHEN YOU ARE SICK

Tell your mom, dad, or caregiver before you come to school. Tell your teacher or an adult if you become sick at school



cough



*Shortness of breath
or problem breathing*



chills



sore throat



*loss of taste
or smell*



muscle pain

OTHER SYMPTOMS INCLUDE:

*fever, runny nose, diarrhea, feeling nauseous
or vomiting, feeling tired, headache,
and poor appetite*



CS 317460-A July 20, 2020 9:09 AM

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My Child is Showing Signs of COVID-19 at School: What Do I Do? Quick Guide for Parents and Guardians

If your child is sick or shows signs of illness, do not send them to school.

1. PICK UP YOUR CHILD



- If possible, pick up your child alone.
- If possible, wait in the car for your child.
- Everyone in the car should wear a mask except for children under 2 years old.
- Open the car windows for ventilation.
- If possible, wait 24 hours before cleaning and disinfecting your car, as that allows more time for the amount of virus in the air of your car to die off.
- If unable to pick up your child, work with your school to identify the best way to safely transport your child.
- Arrange to pick up any of your child's medical supplies (if applicable).

2. KEEP YOUR CHILD AT HOME AND MONITOR THEIR SYMPTOMS



- Call your child's healthcare provider to discuss whether your child needs to be evaluated and to determine options for getting tested for COVID-19.
- If possible, have the sick child (and anyone else who has symptoms) keep away from others and use a separate bathroom for 10 days. When not able to keep away from others, a mask should be worn by all members of the household.
- After being in contact with someone with COVID-19, it can take up to 14 days to know if you are sick. All members of the household should stay home and avoid contact with others outside of your home. An exception would be going to your doctor if advised.
- Encourage everyone in the household to wash their hands often and avoid sharing personal household items with others (e.g., dishes, cups, towels, bedding).
- Use an effective household disinfectant to clean "high-touch" surfaces and everyday items such as door handles, countertops, and faucets.

3. IF YOUR CHILD TESTS POSITIVE FOR OR IS SUSPECTED OF HAVING COVID-19



- **If your child tests positive for COVID-19, notify the school.**
- **Your child can return to in-person school only after:**
 - It has been at least 10 days since symptoms started **and**
 - Overall symptoms have improved **and**
 - Your child has had no fever for at least 24 hours (without fever reducing medication).



CS 319604-C 11/10/2020

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COVID-19 PREVENTION

VACCINATIONS

Vaccinations and boosters have been an incredibly powerful tool for preventing COVID-19 infections and protecting the community. COVID-19 vaccinations are encouraged for students, educators and other staff if eligible (current eligibility is limited to ages 5 and up) and provided by local health authorities. If you or a loved one eligible has not been vaccinated, we encourage you to please call YKHC at (907) 543-6949 or please submit a vaccine application online at <https://tinyurl.com/y7reeyst>. Please contact them if you have any questions or concerns about the safety and efficacy of the vaccine. The CDC has provided common questions people have about vaccines [here](#).

PREVENTION STRATEGIES

Prevent the spread of COVID-19 if you are sick

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.

Stay home except to get medical care.

- **Stay home.** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation,** ride-sharing, or taxis.



Separate yourself from other people and pets in your home.

- **As much as possible, stay in a specific room** and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a mask.
- See **COVID-19 and Animals if you have questions about pets:** <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>.
- Additional guidance is available for those **living in close quarters.** (<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html>) and **shared housing** (<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/shared-housing/index.html>).



Monitor your symptoms.

- **Symptoms of COVID-19 include fever, cough, and shortness of breath but other symptoms may be present as well.**
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities will give instructions on checking your symptoms and reporting information.



When to Seek Emergency Medical Attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Bluish lips or face
- Inability to wake or stay awake

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility:

Notify the operator that you are seeking care for someone who has or may have COVID-19.

Call ahead before visiting your doctor.

- **Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- **If you have a medical appointment that cannot be postponed, call your doctor's office,** and tell them you have or may have COVID-19.



If you are sick, wear a mask over your nose and mouth.

- **You should wear a mask over your nose and mouth** if you must be around other people or animals, including pets (even at home).
- You don't need to wear the mask if you are alone. If you can't put on a mask (because of trouble breathing for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.
- Masks should not be placed on young children under age 2 years, anyone who has trouble breathing, or anyone who is not able to remove the mask without help.



Note: During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a mask using a scarf or bandana.



CS 178128-6 08/11/2020

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Cover your coughs and sneezes.

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Throw used tissues** in a lined trash can.
- **Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often.

- **Wash your hands often** with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Use hand sanitizer** if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water are the best option**, especially if your hands are visibly dirty.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal household items.

- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash these items thoroughly after using them** with soap and water or put them in the dishwasher.



Clean all "high-touch" surfaces everyday.

- **Clean and disinfect** high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
- **If a caregiver or other person needs to clean and disinfect** a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.



High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**

- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then use a household disinfectant.

- Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.

- Most EPA-registered household disinfectants should be effective.

When You Can be Around Others After You Had or Likely Had COVID-19



When you can be around others (end home isolation) depends on different factors for different situations.

- **I think or know I had COVID-19, and I had symptoms**

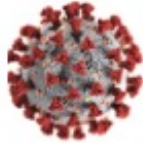
- You can be with others after
 - 24 hours with no fever
 - AND**
 - Symptoms improved
 - AND**
 - 10 days since symptoms first appeared
- Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.

- **I tested positive for COVID-19 but had no symptoms**

- If you continue to have no symptoms, you can be with others after:
 - 10 days have passed since test
- Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.
- If you develop symptoms after testing positive, follow the guidance above for "I think or know I had COVID, and I had symptoms."

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What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a mask that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



CS114657A 06/11/2020



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

COVID-19 ACTION PLANS

UPDATED ON:
January 11, 2022



COVID-19 ACTION PLANS – SUMMARY

SCENARIO	ACTION	COMMUNICATION
<p>1 A student or staff member exhibits COVID-19 symptoms or has a temperature of 100.4 or above</p>	<ul style="list-style-type: none"> • Report information to Site Administrator and send staff / student home. • Refer to YKHC for testing. • If positive, see Scenario #3. • If negative, see Scenario #4. • School / Classroom remains OPEN. 	<p>See Scenario #3 or Scenario #4</p>
<p>2 A family member or someone in close contact with a student or staff member tests positive for COVID-19. (Outside of the household – Not Ongoing Exposure)</p>	<ul style="list-style-type: none"> • Close contact: anyone within 0-3 feet for more than 15 minutes or unmasked individuals within 6 feet. The CDC does not include classmates within 3-6 feet of an infected student if the exposed student correctly and consistently wore well-fitting masks the entire time. • VACCINATED RECENTLY (within 5 months for Pfizer or Moderna, or 2 months with J&J) OR BOOSTED: <ul style="list-style-type: none"> • No need to quarantine at home after exposure • Wear a mask around others for 10 days (required in schools) • Test after FIVE days, or if you develop symptoms prior • UNVACCINATED OR NOT VACCINATED RECENTLY <ul style="list-style-type: none"> • Quarantine at home and test on day 5; if test is negative, return to school on day 6 • Wear a mask around others for 10 days • Household members of close contacts are exempt from the quarantine requirement in order to attend school. If anyone becomes symptomatic, they should immediately test and isolate. • Report to YKHC and refer to YKHC for testing. • Disinfection and cleaning of classroom. • School / Classroom remains OPEN. 	<p>Cohort notification of close contact situation</p>
<p>3 A student or staff member tests positive for COVID-19.</p>	<ul style="list-style-type: none"> • Report information to Site Administrator and send staff / student home, following protocols below. • Report to YKHC. • Disinfection and Cleaning of Classroom. • Classroom may remain OPEN or temporarily CLOSE after consultation with YKHC and local tribal governance where applicable. • School remains OPEN. <p>FOR STAFF:</p> <ul style="list-style-type: none"> • Isolate for 5 days • On fifth day, if no symptoms or symptoms are resolving and fever has resolved for at least 24 hours, you may test out of isolation with a negative COVID antigen test and return to work on day 6, adhering to the following guidance: <ul style="list-style-type: none"> • A well-fitting mask should be worn any time you are around others (required in school) • Avoid eating around others and any situation that involves taking your mask off around others 	<p>Cohort notification of confirmed Covid-19 in cohort situation</p>



	<ul style="list-style-type: none"> • Avoid all activities that are high risk for COVID 19 transmission • Avoid all high-risk individuals (e.g., the very young or elderly, and people who are immunocompromised or unvaccinated) • Date of return to “essential activities” will be provided on official YKHC letterhead and provided to school/supervisor <p>On day 5, if test is positive or if you continue to be symptomatic, continue to isolate for an additional 5 days (10 days total)</p> <p>FOR STUDENTS:</p> <ul style="list-style-type: none"> • Isolate for ten days • Date of return to “all normal activities” will be provided on official YKHC letterhead and provided to school/supervisor 	
<p>4 A student or staff member tests negative for COVID-19 after symptoms.</p>	<ul style="list-style-type: none"> • The student or staff may return to school 24 hours after symptoms resolve. • School / Classroom remains OPEN. • If there is ongoing exposure in immediate household see Scenario 5 	
<p>5 A member of student/staff immediate household tests positive for COVID-19. (Ongoing Exposure)</p>	<p>For fully vaccinated household members with <u>ongoing exposure</u> to an individual with COVID-19, YKHC recommends the individual quarantine for the same length of time the COVID-positive patient is in isolation. COVID-19 testing should occur on Day 1, followed by repeat testing on Day 3-5 and the end of quarantine. Symptom monitoring should also be performed for a full 14 days, following the last day of possible exposure.</p>	<p>Cohort notification of close contact situation</p>