

San Jose Sanchez Del Rio Catholic School
Infectious Disease Prevention and Mitigation

Revised: February, 2024

Overview

Excerpted from Press Release from Mendocino County Public Health

Date: Jan 24, 2024

FROM: MENDOCINO COUNTY PUBLIC HEALTH

NEW CDPH GUIDELINES FOR ISOLATION AND TESTING (AS OF 1-9-2024)

As the COVID-19 Pandemic changes, CDC and CDPH have re-evaluated the current situation and have released new practical recommendations to keep our community healthy.

While COVID-19 continues to be circulating and can be deadly for some, there is more immunity in our communities from past COVID infections and vaccinations. The currently circulating dominant variants continue to be susceptible to the newest vaccines and treatments. Even with the concurrent Influenza and RSV yearly epidemics, the risk to our communities is under better control. Therefore, recommendations now focus on prevention (vaccination and hygiene), early treatment, limiting exposure to the most vulnerable due to age and other medical conditions, and basing duration of interventions more on symptoms -- minimizing disruption of most activities in our community.

CDPH has released these recommendations to maximize effectiveness of our interventions:

For prevention:

- Stay up to date with the most current vaccines.
- Stay home if you are sick.
- Cover your coughs.
- Wash your hands.
- High risk* people should consider wearing a high-quality mask in indoor and public places.
- If you have new symptoms test for COVID (and Influenza) and if your test shows you do have COVID or Influenza, get the highly effective treatment.

If you have new Covid symptoms:

- Stay home.
- Test right away.
- Mask.
- Treat, if needed.
- If you test Negative, re-test in 1-2 days with a rapid test or a PCR/NAAT test.

If you test positive (even without symptoms) OR your provider has made a clinical diagnosis for SARS COVID 2:

- Stay home until you have not had fever for 24 hours (without fever-reducing medication) and your symptoms are mild and improving.
- Avoid contact with high risk* people for ten (10) days.
- If you are high risk*, seek highly effective treatment within five (5) to seven (7) days.
- Mask when you are around others for ten (10) days after you test is positive OR when symptoms start.
 - o You may end this sooner if you have not had fever for 24 hours (without fever reducing medication), and your symptoms are mild and improving AND after two (2) negative tests one day apart.

If you have had a close contact** with COVID or Influenza and have NO new symptoms but you OR your contacts are at high risk*, you may benefit from treatment, so

- mask indoors for ten (10) days while around high risk* people and
- test within five (5) days of your last exposure and treat if needed OR, if negative, repeat in two (2) days.
 - a. To avoid false positive tests:
 - i. People who've had a COVID infection in the last 30 days do NOT need to test.
 - ii. People who've had a COVID infection between 30-90 days, should test with a "rapid" test (not a PCR or NAAT test).
 - iii. Wear your mask for the full ten (10) days.

***High risk** people include the elderly or immune compromised and those who live in congregate care facilities like hospitals, nursing homes, or correctional facilities.

****Close contact** is over fifteen 15 minutes (total over 24 hours) inside a space smaller than 400,000 cu feet (i.e., homes, clinic waiting rooms, airplanes, etc.) OR within 6 feet for 15 minutes over 24 hours in a larger space.

"Infectious Period" is now defined as from the first day of symptoms or positive test until you have not had a fever for 24 hours, without the use of fever-lowering meds and symptoms are mild and improving. (The old definition, starting two days before symptoms or positive test, was for the purpose of contact tracing and is no longer needed.)

In-Person Instruction Plan for the prevention or mitigation of the spread of Covid-19 at San Jose Sanchez Del Rio Catholic School (hereafter referred to as SJSDR)

The SJSDR School staff member in charge of monitoring the implementation of this plan is the School Directress.

The SJSDR School Directress shall consult with the Mendocino County Health Officer, in order to monitor and provide advice on local conditions.

The contact information for the Mendocino County Health Officer is:

Andy Coren, MD (Interim)
1120 South Dora Street
Ukiah, CA 95482

DOC-Schools@mendocinocounty.org

OFFICE (707) 472-2777

FAX (707) 472-2735

Schools Liaison Lisa Fredrickson RN PHN (707) 972-8454

Public Health COVID-19 Call Center (707) 472-2759 M-F 8:30AM-5PM 1 of 7

COVID-19 case positive 24/7 reporting line (707) 272-8035

Use of Face Masks

No person (student, staff, family member, or visitor) shall be prevented from wearing a face mask at SJSDR or SJSDR school sponsored activities.

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).

Maintaining Clean Hands:

Hand hygiene can prevent the spread of infectious diseases, including COVID-19. SJSDR teaches and reinforces proper handwashing, proper and safe use of hand sanitizer, and covering coughs and sneezes to lower the risk of spreading viruses, including the virus that causes COVID-19. Staff will ensure adequate supplies to support healthy hygiene behaviors, including soap, tissues, no-touch trash cans, face coverings, and hand sanitizers with at least 60 percent ethyl alcohol for staff and children who can safely use hand sanitizer.

Managing Individuals with Symptoms:

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

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.

Managing Students Diagnosed with COVID-19 or other infectious disease:

Students diagnosed with COVID-19 should follow recommendations found in the most recent Mendocino County Public Health update. (See MCPH updated guidance on page 1 of this document.)

If a student, family member or staff member begins to exhibit symptoms of illness during the school day, while at school, staff will contact a parent/caregiver to come and pick up the student immediately.

Symptoms of illness which are a cause for concern include:

- Fever of 100.4°F

- Persistent Cough or difficulty breathing
- Chills - Repeated shaking with chills
- Fatigue & unusual Muscle pain
- Headache
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- New loss of taste or smell

SJSDR staff member in charge will clean and disinfect areas where a student or staff member exhibiting symptoms of illness has been sitting, following MCPH guidance.

Managing Disease Outbreaks:

Broad disruptions to in-person learning, such as temporary school or classroom closures, due to COVID-19 or other infectious diseases remains a last resort and will be considered only after all available resources have been exhausted, and only after conferring with local health officials.

Cleaning of Facilities:

In general, routine cleaning is enough to sufficiently remove the virus that causes COVID-19 and other infectious diseases from surfaces.

Cleaning, Disinfection and Ventilation

- Staff will clean and disinfect frequently-touched surfaces at school at least daily and, as practicable. Frequently touched surfaces in the school include, but are not limited to:
 - Door handles
 - Light switches
 - Sink handles
 - Bathroom surfaces
 - Tables, Student Desks and Chairs
- All those who clean and disinfect the school site will be equipped with proper protective equipment as required by the product instructions.
- A cleaning and disinfecting schedule will be established in order to avoid both under and over-use of cleaning products and to ensure safe and correct application of disinfectant. Cleaning products are to be kept in a locked storage area in order to keep products away from students.