

Resources

- <https://www.cdc.gov/coronavirus/2019-ncov/community/pdf/Back-to-School-Planning-for-In-Person-Classes.pdf>
- <https://www.cdc.gov/coronavirus/2019-ncov/downloads/cloth-face-covering.pdf>
- <https://www.cdc.gov/coronavirus/2019-ncov/communication/social-media-toolkit.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>
- <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Returning-to-Work-or-School-Following-COVID-19-Diagnosis.aspx>

BACK TO SCHOOL 20/21

PREPARING FOR THE IN-CLASS EXPERIENCE



DEL NORTE
UNIFIED SCHOOL DISTRICT

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Preparing Your Child to Return to School

Children who previously attended school may have expectations of what they can and cannot do based on previous experience. Please prepare your child for the classroom, as this year will be different and unfamiliar.

What to Expect

- Classroom desks will be at least three feet apart.
- Teachers will be at least six feet apart from students.
- Students will eat both breakfast and lunch in the classroom.
- Students will be required to remain in their cohort when playing outside at recess.

Daily Health Self-Assessment

Families will need to take the District's daily health self-assessment before sending their child to the bus stop or dropping off their children at the school site.

Families attending school now, before the start of phase three, need to pick up copies of the daily self-assessment at the district office and send the completed form to school with their child(ren).

Keep Your Child(ren) Home if:

- They have a fever of 100.4 or above
- They experience COVID-19 related symptoms
 - Cough, sore throat, diarrhea, severe headache, vomiting, or body aches
- They came in contact with a known COVID-19 Case

Notification of Exposure

Will I be notified if there is a positive COVID case within my child's cohort?

- Yes, while we will not share the name of the student or staff member who tests positive, we will let parents know that there is a positive case within the cohort. Students and staff who are exposed will be sent home for a period of 10 days. The District will recommend testing, but it is not required. During the 10 days of isolation, students will need to participate in distance learning.

Will I be notified if a student within my child's class was exposed to someone who tested positive for COVID?

- No, as the positive case is not within the cohort, no notification will happen. The exposed student will be sent home for 10 days and the District will recommend testing, but testing is not a requirement to return to school after the 10-day period ends.

Returning to School Following a Positive COVID-19 Case

Individuals who test positive for SARS-CoV-2 (COVID-19) and **experience symptoms** may return to work or school when all of the following apply:

- At least ten days passed since symptoms first appeared.
- At least twenty-four hours passed with no fever (without the use of fever-reducing medication)
- Other symptoms have improved

Individuals who **never develop symptoms** may return to work or school ten days after their first positive test.

Requiring a negative SARS-CoV-2 test before returning to work or school is not recommended. Instead, employers and schools should follow the time-and-symptom approach described above.

What will Happen if My Child Refused to Wear a Mask?

- Children between the ages 2 and 2nd grade are not legally required to wear a mask. Children in grade 3 through 12 are legally required to wear a mask and must comply with this regulation.
- The teacher will offer your child a mask. If your child refuses to wear the mask he/she will be sent to the office and parents will be contacted.
- Parents will need to pick up their children from school if they refuse to wear a mask and do not have a medical reason to wear a face shield or no face covering.
- If your child does have a medical reason or mental health reason that wearing of a mask is not possible, please contact your school site principal as soon as possible. School sites will need to have documentation for students to be exempt PRIOR to your student attending school.
- California Department of Public Health (CDPH) guidance is very clear on the matter of not wearing a mask and school attendance. Without an exemption, students in grades 3 through 12 are required to wear a mask. Students who refuse will not be allowed on campus and must attend school via distance learning.

Knowing the procedure

If you suspect your child was exposed to COVID-19:

- Know who you need to contact that your child is experiencing symptoms.
- Be familiar with local COVID-19 testing sites in the event you or your child develops symptoms. These may include sites with free testing available.

COVID-19 Toolkit

HANDWASHING

- Students should wash their hands with soap and running water for at least twenty seconds.
- Hand sanitizer containing at least 60% Ethyl alcohol can be used when soap and water are unavailable.
 - The district will provide hand sanitizer.
 - If using your own hand sanitizer, please make sure it is FDA safe and has at least 60% alcohol or is listed to kill COVID.

FACE COVERINGS

- The district will provide two face coverings per child.
- Children may wear their own face covering if they meet following criteria:
 - Masks have two or more layers, are worn over the nose and mouth, and are secured under the chin.
 - Masks are only worn by children **two and older**.
 - Masks do not have exhaust parts.
 - Masks are not intended for health care workers (e.g. N95 respirators).
- Please clearly label your child's mask with their name in permanent marker.
- **Masks should not be worn by children under two or by people who have trouble breathing or cannot remove their mask without assistance.**
- The CDC does not recommend the use of gaiters or face shields. Evaluation of these face coverings is on-going, but effectiveness is

How to put on a mask

- Wash or sanitize your hands before putting on a mask.
- Put it over your nose and mouth and secure it under your chin.
- Try to fit it snugly against the sides of your face.
- Make sure you can breathe easily.

How to Remove a Mask

- Untie the strings behind your head or stretch the ear loops .
- Handle only by the ear loops or ties .
- Fold outside corners together and place mask in a bag or other container.
 - Do not place mask on a surface that can be contaminated.
- Wash your hands with soap and water, or sanitize your hands with 60% alcohol based hand sanitizer.

CDC does not recommend the use of masks or cloth masks for source control if they have an exhalation valve or vent.

Children in preschool to second grade are not legally required to wear masks. However, they will be provided masks and strongly encouraged to wear them.

Machine Washing Your Mask

You can 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.

Washing Your Mask by Hand

Only use bleach that is intended for disinfection and contains 5.25% - 8.25% sodium hypochlorite.

- If the percentages do not match or are not specified, do not use the bleach, as it may not be intended for disinfection.
- Do not use bleach that is past its expiration date and never mix it with ammonia or any other cleanser.
- Ensure adequate ventilation before preparing bleach solution.

PREPARING THE BLEACH SOLUTION

- Mix five tablespoons (1/3 cup) of bleach per one gallon of room temperature water.
- Mix four tablespoons of bleach per one quart of room temperature water.
- Soak the mask in the bleach solution for five minutes.
- Discard the bleach solution down the drain and rinse the mask thoroughly with cool or room temperature water.
- **Make sure to completely dry the mask after washing.**

