



Chula Vista Elementary School District
Safe Return to School

Table of Contents

Updated CDPH Guidance	4
Symptom Screening	5
Isolation, Quarantine, Case Investigation, and Contact Tracing	6
Guidance for Cases, Close Contacts, and Symptomatic Individuals	7
Close Contacts and Quarantine	8
Testing	9
Other Safety Strategies	10
Ventilation	11
Transportation.....	12
Special Education	13
Communication	13

Chula Vista Elementary School District COVID-19 Safe Schools Plan

COVID-19 (coronavirus disease 2019) is a disease caused by a virus named SARS-CoV-2 and was discovered in December 2019 in Wuhan, China. It is very contagious and has quickly spread around the world.

COVID-19 most often causes respiratory symptoms that can feel much like a cold, a flu, or pneumonia. COVID-19 may attack more than your lungs and respiratory system. Other parts of your body may also be affected by the disease.

Most people with COVID-19 have mild symptoms, but some people become severely ill. Some people including those with minor or no symptoms may suffer from post-COVID conditions — or “long COVID”.

Older adults and people who have certain underlying medical conditions are at increased risk of severe illness from COVID-19.

More than 900,000 people have died from COVID-19 in the United States.

Vaccines against COVID-19 are safe and effective. Vaccines teach our immune system to fight the virus that causes COVID-19.

For additional information on COVID-19 please visit the United States Centers for Disease Control and Prevention [website](#).

We appreciate our community partners in ensuring the health, safety and wellbeing of our Chula Vista Elementary School District (CVESD) students and staff. Our goal is to keep our schools open. We have implemented COVID-19 safety protocols in alignment with CDPH and County of San Diego mitigation strategies to keep our students and staff safe while on campus. Our parents and guardians have valued partners in accomplishing this, so we ask that you assist us in following the CDPH/County of San Diego COVID-19 mitigation strategies.

We continue to navigate the latest County of San Diego and California Department of Public Health (CDPH) guidance. Please expect frequent updates.

Updated CDPH Guidance

The California Department of Public Health (CDPH) regularly releases [updated guidance for K-12 schools](#) for the 2021-2022 school year.

The updated CDPH guidance for the school year includes:

- **Masking is not required but strongly recommended for students and staff on campus.** FAQs on masking requirements from the San Diego County Office of Education are found [here](#).
- **Staff masking is still required on campus indoors through day 10 if a staff member is releasing early from isolation or has been exposed to a positive case at home, at work or in the community. Students are recommended to do the same.**
- **CVESD adopted the CDPH Group Tracing method for exposed TK-12 students on January 24, 2022. Any student exposed indoors to a positive case for 15 minutes or more is identified as exposed.**
- **Symptomatic staff and students must stay home. They may return with a negative PCR test, two negative tests taken at least 12 hours apart, one negative antigen test taken day 5 or later, or stay out for 10 days, returning on day 11. Additionally, they must have improving symptoms and be fever free for 24-hours.**
- **Staff quarantines are addressed in the [Decision Tree](#) and are determined based on vaccination status and other factors.** Per Cal/OSHA, the period of time before an employee can return to work after “close contact” or COVID-19 illness has been revised to be consistent with current CDPH guidelines. These time frames will automatically update if CDPH updates their guidelines pursuant to the Governor’s executive order. Please see the Cal/OSHA ETS and FAQ’s for more information.

California school districts are legally obligated to implement and enforce the CDPH’s health and safety mandates. The guidance is subject to change and the Decision Tree will have the most recently updated information on testing, isolation and quarantine.

Physical Distancing and Cohorts No Longer Required

To ensure that schools can fully reopen, the two most restrictive prevention measures from last year’s guidance, physical distancing and universal cohort groups, are no longer required. The elimination of these measures allowed our schools to open for full-time, in-person learning.

Vaccination Status

Per the CDPH directive, we have surveyed our staff for vaccination status and proof of vaccination. We encourage all CVESD staff and students to get vaccinated, and boosted, when eligible. Staff who are not fully vaccinated (or do not share their status) are required to test weekly. Staff can test at CVESD testing sites or another lab.

Vaccination Clinics

In the fall of 2021, CVESD and Champions for Health held two vaccination clinics. Both clinics were held at Rogers Elementary where we were able to give over a thousand doses of COVID-19 vaccines and flu shots to adults and children in the community. Additionally, CVESD partnered with the City of Chula Vista to give appointment-based vaccinations to children 5-11 years of age at Mueller Charter School. March and April 2022, CVESD partnered with CovidClinic to offer free vaccinations at Otay Elementary School in an event open to the community.

Symptom Screening

It is our expectation to keep our schools open and students participating in on-campus instruction. This will take a collaborative effort between home and school to minimize the risk of exposure to COVID-19 on our campuses so that we can keep our schools open and students safe. To prevent the spread of COVID-19 in our school community, it is critical for staff and parents/guardians of a student to screen for COVID-19 symptoms before work/school each day.

Staff members and parents/guardians: NO ONE may come to school if they are experiencing any of the following symptoms:

- Fever of 100 degrees or higher
- Chills
- Cough
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Headache
- Sore throat
- Muscle or body aches
- Fatigue
- Vomiting
- Nausea
- Diarrhea
- Runny nose

- Congestion

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Symptomatic children or staff members CANNOT remain on campus. **If an individual exhibits COVID-19 symptoms during the school day or during after-school activities, they will be sent home immediately and should follow testing guidance.**

If you are a staff member who tests positive on any test, please notify your supervisor immediately. If your child tests positive on a home or lab test, please notify your school immediately. All individuals who test positive must follow [County of San Diego Isolation Guidance](#).

As K-12 schools continue in-person learning, school administrators must be prepared to respond quickly when someone with COVID-19 has been in the school or at a school event. In these instances, case investigation and contact tracing serve as important strategies for reducing the transmission of SARS-CoV-2, the virus that causes COVID-19.

Isolation, Quarantine, Case Investigation, Group Tracing

Isolation and quarantine help protect the public by preventing exposure to people who have or may have a contagious disease.

Isolation separates sick people with a contagious disease from people who are not sick. **Quarantine** separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

Case investigation is the process that helps a person who has COVID-19 recall, everyone, they have had close contact with during the timeframe they may have been able to spread the virus to other people. **Contact tracing is the process of notifying the identified exposed individuals (and close contacts) of their potential exposure.**

Timely and complete contact tracing can help to quickly isolate people who have COVID-19 and to identify their close contacts so that those contacts can quickly take actions (such as quarantine, testing, and wearing a mask) to prevent any further spread of the virus. This can slow spread in schools (and in the community) and help prevent school closures due to large-scale outbreaks. For contact tracing to be effective, schools need protocols to quickly identify people with COVID-19 and determine their close contacts. The process requires timely action and cooperation by everyone involved in the confidential investigation of cases of COVID-19 and notification of their close contacts.

A close contact is defined as a staff member or preschool student who was within 6 feet of a communicable individual for a total of 15 minutes or more over 24 hours (for example, three individual 5-minute exposures for a total of 15 minutes). Under current guidance, the close contact definition is applied only to staff and preschool students who are identified through an onsite investigation.

CVESD TK-12 students exposed to positive cases now follow CDPH **group tracing** guidance. Under group tracing a student exposed in the K-12 setting is defined as someone who shared indoor airspace with a positive case during their infectious period for 15 minutes or more.

Guidance for Cases and Close Contacts and Symptomatic Individuals

Under no circumstances should anyone who has tested positive for COVID-19 come to school or work, regardless of vaccination status or whether symptoms are present. Doing so puts others at risk and increases the number of close contacts at your child's school that will have to quarantine. Even an asymptomatic, vaccinated person can contract/spread COVID-19. If you have received notification that you are a positive case, or you have refused testing after developing COVID-19 symptom(s) you must isolate from others and remain at home for at least 10 days. Please see the [County of San Diego Health Officer Order](#) on isolation.

An infected person (a positive case) can spread COVID-19 starting from **2 days before they have any symptoms (or, if they are asymptomatic, 2 days before their specimen that tested positive was collected)**, until they meet the criteria for discontinuing home isolation. Please see [SDCOE Decision Tree](#) for the most up-to-date guidance on release from isolation for students and staff.

Vaccinated or unvaccinated, if staff or students are experiencing any COVID-19 symptoms, **please stay home**. Staff members, please contact your supervisor. Parent/guardian, please contact the school site to excuse your child's absence. **Symptomatic students and staff** require either a PCR/NAAT test to return, two antigen tests taken 12 hours apart or a negative antigen test taken 5 days after onset of symptoms to return the next day, unless staff or student has documented a preexisting condition to explain symptoms.

Student Quarantines for Exposed Groups

Students who are exposed to a positive case must follow the guidance in the **Close Contacts and Exposure Tree** pertaining to student close contacts and members of an exposed group. This guidance is different for students than for staff.

- **All students (including those fully vaccinated and within 90 days of a prior infection who shared an indoor airspace for 15 minutes or more with a person who was contagious with COVID-19 must be notified that they were exposed.**
- **Exposed students who participate in testing on day 3, 4 or 5 days after exposure may continue to take part in all aspects of K-12 schooling including sports and extracurricular activities unless they test positive or develop symptoms. Students who are within 90 days of a prior Covid-19 infection are exempt from this requirement.**
- **If parent does not want child to be tested, student is excluded from school and extracurricular activities and must remain home for 10 days, returning on day 11.**
- **Parents are required to inform schools of positive test results or development of symptoms. Students who develop symptoms must isolate at home.**
- **If parent or guardian is notified of exposure outside the 5-day exposure window, it is strongly recommended that parent has child tested as soon as possible if within 10 days of exposure.**
- **If the exposure takes place in a household setting, and the student is not fully vaccinated, immediate testing is required to return to school as well as subsequent testing on day 3, 4 or 5 after the last date of exposure to the communicable case. Students with **community exposures** may remain in school but must commit to testing on day 3, 4 or 5 after the LAST DAY of exposure to a positive case while they were communicable. Please contact the County of San Diego for more information on community or household exposure quarantines or see the [Decision Tree FAQ's](#) (English) [Decision Tree FAQ's Spanish](#).**

Staff Close Contacts and Quarantine

Staff quarantines are addressed in the [Decision Tree](#) and are determined based on vaccination status and other factors. Per Cal/OSHA, the period of time before an employee can return to work after “close contact” or COVID-19 illness has been revised to be consistent with current CDPH guidelines. These time frames will automatically update if CDPH updates their guidelines pursuant to the Governor’s executive order. Please see the Cal/OSHA ETS and FAQ’s for more information.

Staff members within six feet of a positive case for 15+ minutes (over 24 hours) are considered close contacts per County of San Diego guidance.

If a staff member has been identified as a close contact at school, community, or household, they are [required by the County of San Diego Health Officer Order](#) to follow the guidance. *Unvaccinated staff* who are exposed to a Covid positive case on campus must stay home five days, test on day five after the exposure and may return on day 6 with proof of a negative lab test. Those who are fully vaccinated (2 shots) may remain at work provided they are asymptomatic and commit to testing day 3, 4 or 5 after the exposure. Those who are up-to-date on vaccinations (boosted if eligible) may remain at work as long as they are asymptomatic; testing is not required but is recommended day 3, 4 or 5 after the exposure.

If any symptoms develop, staff must isolate and follow guidance for symptomatic individuals.

Notification Letters

All individuals who were close contacts or exposed to a positive case will be sent a notification letter. All positive cases reported to CVESD as communicable on campus will be recorded on the [CVESD dashboard](#).

Testing

CVESD has partnered with the State of California and Primary Health to offer no-cost testing for CVESD staff and students. Both rapid antigen and PCR/NAAT tests are available, however, **we are prohibited from offering staff and students without any COVID-19 symptoms a PCR/NAAT test at the District office and Hedenkamp Elementary testing locations**. Asymptomatic staff and students will be given an antigen test.

CVESD is also working with Covid Clinic to provide PCR tests for asymptomatic or symptomatic individuals, providing surveillance testing onsite at participating schools, and at Kiosk locations at Castle Park Elementary, Clear View Elementary and Eastlake Elementary. COVID Clinic does not offer antigen testing.

Please check the [CVESD website](#) for locations and times. Testing is also available through local medical providers, clinics, urgent care centers, local laboratories, pharmacies, and San Diego County testing sites ([County of San Diego](#)).

In most circumstances we encourage you not to retest once you receive a positive, however, in the event of a home test or a test done outside the United States, you may

be asked to repeat the test at the District testing locations or another testing site in the County of San Diego.

This is the current home testing guidance for school students and staff from CDPH:

County of San Diego is currently allowing home testing to be used for any purpose that antigen tests can be used for in schools for STUDENTS. When at-home tests are used with employees Cal/OSHA requires the test be supervised/observed by employer or tele-health proctor.

Please note this guidance is subject to change. This guidance may be found in the updated SDCOE Decision Tree. Antigen tests are strongly recommended for close contact and exposure testing. Student may use home tests, but staff must provide proof of a lab antigen test.

Childcare/Preschool

Click here for the student/staff [Preschool/childcare](#) Decision Tree. Preschool programs follow separate guidance after isolation and exposure.

Other Safety Strategies

Gowns

Non-surgical gowns are used in minimal to low-risk situations. The District provides non-surgical gowns for those employees such as Nurses, Attendance/Health Specialists, Student Attendants, and other employees who work in special education, who conduct activities where they may encounter bodily fluids.

Gloves

Other personal protective equipment such as gloves are provided to staff as appropriate to their position. Each classroom has access to gloves for use during cleaning, or any other activities which necessitate protection for the hands. Gloves are also to be worn by Child Nutrition staff, Custodians, Nurses, Student Attendants, and Attendance Secretaries/Health Specialists for many duties.

Canopies

School sites received canopies that can be used at the discretion of the site administrator. These can provide shading for classes meeting outside, as an extra isolation area, or for small group instruction.

Sprayers/Disinfectant

Each site has received two pump sprayers and one Titan Flex handheld disinfectant sprayer. These sprayers will be used by the custodial staff when cleaning and disinfecting large areas such as classrooms, multi-purpose rooms, and outdoor lunch tables.

Other Safety Considerations

Drinking fountains have been enabled. Students may also bring their own water bottles and may refill their bottles at designated sinks on campus.

Bathrooms are cleaned and stocked with soap throughout the day.

Disinfecting/cleaning spray is provided in every classroom to be used if necessary by teachers and other staff.

HVAC systems have been serviced and inspected across the District to ensure proper operation and circulation of outside air.

Ventilation

The virus that causes COVID-19 spreads in droplets or aerosols that are exhaled by someone who has the virus. Ventilation can reduce viral particles in a specific area by diluting them and thus help decrease the risk of exposure.

CVESD is committed to improving air quality in classrooms by using the following strategies:

- Fresh Air: Encourage teachers and staff to introduce fresh outdoor air as much as possible, for example, by opening windows where practicable. If opening windows poses a safety or health risk (e.g., by allowing in pollen or exacerbating asthma symptoms) to persons using the facility, we consider alternatives such as maximizing central air filtration for HVAC systems or using the provided air purifier.
- Systems Maintenance: We replace and check air filters and filtration systems per manufacturer guidance to ensure optimal air quality.
- Systems Upgrades and Improvements: We have supplied each classroom and common area with an air purifier utilizing an H13 True HEPA Filter.

Volunteers and Visitors

Per the CDPH, schools should limit nonessential visitors, volunteers, and activities involving external groups or organizations with people who are not fully vaccinated.

CVESD requires all unvaccinated volunteers and chaperones to be tested weekly. Vaccinated volunteers and chaperones must provide proof of vaccination status.

Transportation

With the return to full in-person instruction CVESD will follow these practices:

- CVESD Transportation services will be prioritized to meet the transportation requirement for students with transportation services in their special education IEP.
- Parents should complete the daily health screening for their child(ren) prior to sending them to school.
- Students will have assigned seating/seating charts on ALL bus transportation. This will assist the District in conducting contact tracing should a student or employee test positive for COVID-19.
- Should a student become ill during transit, the driver will proceed to the destination and inform the school and/or parents. Students becoming ill during school hours will not be able to board the bus after school.

Bus Cleaning

- Drivers will clean the bus and wipe down high touchpoints.
- Each bus will be cleaned nightly and disinfected as appropriate.
- CVESD Bus Drivers have been trained in the steps to properly disinfect buses.
- Drivers are encouraged to assure airflow for constant ventilation by means of air conditioning, open windows, or open roof ventilation hatches.
- School bus windows will be open to ensure maximum ventilation unless doing so poses a safety or health risk for current or subsequent occupants.

School Meals

School meals for the 2021-22 school year will continue to be available and FREE to ALL students. Physical distance should be maximized as much as possible while eating (especially indoors), using additional spaces to facilitate distancing. Schools will arrange for eating outdoors as much as feasible.

Student Arrival/Departure

The District will allow parents to drop off and pick up their child on the school campus, following health and safety guidelines. Parents are expected to leave campus immediately following dropping off or picking up their child.

Special Education

IEP

The District is committed to providing the highest level of academic support to all students and will continue to comply with the Individuals with Disabilities Educational Act (IDEA) to ensure students have access to their education as indicated on their individualized education program (IEP).

504

The District will continue to implement all 504 plans, and teams may develop updated plans that identify precautions/ exceptions are necessary for working with students with significant support needs or who may be unable to comply with mask mandates due to a documented disability.

Consistent Communication

Sharing timely, accurate, and pertinent information will be essential to engaging the CVESD community in measures to prevent the spread of COVID-19 within our campus community. Parents should look for communication from their child's school site as well as communication from the District office.

As we are aware, public health guidelines are constantly changing during this pandemic, so the CVESD Emergency Preparedness and Security Department and Benefits and Risk Management Department will continue to monitor the very latest updates to current guidance coming from the County of San Diego and CDPH. We will communicate directly with our staff and families as guidance changes.