

PETALUMA CITY SCHOOLS

# STUDENT & FAMILY HANDBOOK FOR COVID-19 SAFETY

2023-24 School Year

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# PETALUMA CITY SCHOOLS

## Overview

Petaluma City Schools (PCS) goal is to ensure a safe and healthy environment for students, reduce the risk of COVID-19 transmission among students, and the public, and quickly respond to infections when they occur. This handbook has been developed in accordance with the most recent guidance from the California Department of Public Health (CDPH), Sonoma County Department of Health Services, Sonoma County Office of Education (SCOE), PCS Board of Trustees and PCS Administration. It is intended to serve as a helpful resource for students and families. The protocols and practices outlined within this document are effective as of the date noted on the cover page and in the page footers.

## Noteworthy Changes since the Last Version

- **2023-24 COVID Protocols: Effective August 23, 2023** Individualized COVID absence/ isolation timelines will no longer be sent home for students and staff members who test positive for COVID-19. Isolation recommendations made effective on March 13, 2023 are still in effect. If we know of three or more positive cases in a self-contained classroom, we will communicate with families in that classroom and send that classroom of students and staff home with a test kit (for as long as our supply of at-home test kits lasts). Each school site will have at-home test kits available for students, staff, and families to bring home for as long as our supply of at-home tests lasts.
- **Changes in Isolation Recommendations: Effective March 13, 2023** In alignment with the CDPH's updates to COVID-19 guidance, Individuals who have tested positive for COVID-19 should isolate for 5 full days, but may leave isolation after the 5 days are complete, if:
  - The individual feels well enough to return to school activities,
  - Symptoms are improving, and
  - The individual has been without fever for 24 hours.Under previous guidance, a negative COVID-19 test was also required to end isolation before 10 full days had been completed.
- **Masking Protocol Following Isolation: Effective March 13, 2023** After ending isolation, individuals are not required to wear a mask for the remainder of the 10 days following symptom onset or a positive test result as long as they receive 2 negative test results at least one day apart. Under previous guidance, infected individuals were strongly recommended to wear a mask around others for a full 10 days following symptom onset or a positive test result.

The requirements, recommendations and protocols outlined in this Student and Family COVID-19 Safety Handbook **apply to all extracurricular activities that are operated or supervised by PCS schools as well as all activities that occur on a PCS school site and/or include PCS students, whether or not they occur during school hours.** Examples may include, but are not limited to, sports, band/chorus, clubs, special events, fundraisers and PTA or parent-led events/activities. Petaluma City Schools will continually monitor updates from state and county departments of public health and make adjustments to these protocols accordingly to ensure we remain aligned with requirements. Therefore, this document is intended to serve as a dynamic plan that will adapt to the many changes we will encounter as the school year continues. This plan will not address every situation but we will face new challenges as they arise with transparency, resilience and partnership as we all work together as a school community to make the rest of this school year as safe, enriching and fun as possible for every member of our PCS community.

Please remember, your input is helpful. Parents/Guardians and students are empowered with the authority and hold the responsibility to exercise their own individual leadership in encouraging health and safety considerations in all aspects of our school programs. As such, parents/guardians and students are encouraged to respectfully share their input and perspectives about District safety protocols with District/School leadership. As District/School leaders consider whether feedback can/will lead to a change in policy or protocols, please continue to honor the PCS COVID-19 safety protocols in place until they are changed.

## General Reminders to help us maintain a safe and healthy learning environment

Petaluma City Schools is a community and minimizing the risk of COVID-19 in the school environment is a shared responsibility. Here are some general tips that are very helpful to keeping our students and schools safe:



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- Check your household and your child each morning for signs of illness.
- Do NOT send your student to school if they exhibit any symptoms of COVID-19. Symptoms may appear 2-14 days after exposure to the virus. Contact your healthcare provider immediately to discuss testing for appropriate household members.

## Preventative Measures

### Layered Prevention Strategies

Using layered prevention measures has been the cornerstone of our COVID-19 safety plan to limit COVID-19 infections and transmission in school. When one strategy cannot be employed, the other risk mitigation strategies take on greater importance. So, as conditions change throughout the pandemic, we ask all members of our community to continue to employ layers of risk mitigation protocols as appropriate.

### When To Stay Home From School ▼

Students who have symptoms of infectious illness, such as influenza (flu) or COVID-19, should stay home and contact their healthcare provider for testing and care **regardless of vaccination status**. **Staying home when sick is essential to keep COVID-19 infections out of schools**. If your student has a **fever of 100.4°F or higher or any symptoms of illness**. If your child has **ANY ONE** of the following [more common symptoms of COVID-19](#), they should stay home and get tested for COVID-19, get an alternative diagnosis from a medical provider or stay at home and isolate following CDPH isolation protocols.

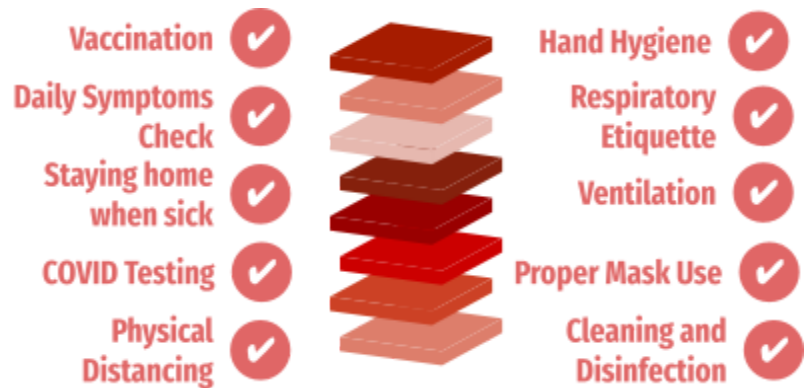
- |   |                              |
|---|------------------------------|
| ★ Fever or chills                             | ★ New loss of taste or smell |
| ★ Cough                                       | ★ Sore throat                |
| ★ Shortness of breath or difficulty breathing | ★ Congestion or runny nose   |
| ★ Fatigue                                     | ★ Nausea or vomiting         |
| ★ Muscle or body aches                        | ★ Diarrhea                   |
| ★ Headache                                    |                              |

***The presence of any of the symptoms above generally suggests a student has an infectious illness and should not attend school, regardless of whether the illness is COVID-19. Students with chronic conditions, symptoms, or underlying health conditions may be at increased risk of severe illness should stay home and contact your medical provider.***

### Return to School After Experiencing Symptoms▼

A student experiencing [symptoms of COVID-19](#), should follow the criteria for returning to school related to that diagnosis. The following are strong recommendations:

- Intent to return to school has been submitted using the School Reentry Form (found on the home banner of your school's website or in the COVID-19 Hub on the PCS website) **AND**
- Symptoms have improved or are resolving (lingering cough is OK) **AND**
- at least 24 hours have passed with no fever (without use of fever-reducing medications), **AND**
- no vomiting or diarrhea for at least 24 hours without use of medication
- you have not experienced any new symptoms consistent with COVID-19.





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If your child was diagnosed with another illness / communicable disease, a clearance from the student's healthcare provider may be required for return to school after illness depending upon the illness. Please follow the PCS Illness Policy.

**IMPORTANT NOTE:** After testing positive for COVID-19, individuals are not advised to test again with a PCR for 90 days following the original diagnosis as it is possible that they may continue to test positive.

If a person who has tested positive within the last 90 days develops symptoms consistent with COVID-19, they should be evaluated by their healthcare provider. **To return to school**, students should provide either a doctor's note or negative test results from a professionally-administered rapid antigen test or an at-home test.

## **Notify the School Immediately if COVID-19 Positive...▼**

**All of the information indicated below will be kept confidential.**

### **When a student tests positive for COVID-19...**

Students who test positive for COVID-19, with or without symptoms and regardless of vaccination status, must stay home and **isolate** for at least 5 days, and follow the most recent [CDPH guidance](#). Following is an overview of the required steps to complete isolation and return to school safely.

- **Step 1: Report positive results to the school site *immediately*** using the [COVID Test Results Form](#).
- **Step 2: Isolate at home and do not participate in *any* school activities.** Under the most recent [CDPH guidance](#), individuals who test positive *may* end isolation **after a minimum of 5 days** have been completed only under the following conditions:
  - The individual feels well enough to return to school activities,
  - Symptoms are improving, and
  - The individual has been without fever for 24 hours.

Under previous guidance, a negative COVID-19 test result was also required to end isolation before 10 full days had been completed. This is no longer in effect as of March 13, 2023.

- **Step 3: Following the 5th day of isolation, the individual may return to school if they fit all of the criteria outlined above.** Parents/guardians *must* complete a School Re-Entry Form which is available [electronically here](#).

**After ending isolation, individuals are not required to wear a mask for the remainder of the 10 days following symptom onset or a positive test result as long as they receive 2 negative test results at least one day apart.** Under previous guidance, infected individuals were strongly recommended to wear a mask around others for a full 10 days following symptom onset or a positive test result. This is no longer in effect as of March 13, 2023.

## **COVID-19 Vaccination**

COVID-19 testing remains a powerful tool for preventing transmission of COVID-19 in the school environment. Petaluma City Schools is committed to helping our school community access testing resources. People who are fully vaccinated against COVID-19 are at lower risk of symptomatic or severe infection. COVID-19 vaccines are safe and effective; minimize the risk of getting and spreading the virus that causes COVID-19; and help prevent serious illness if diagnosed with COVID-19. Learn more about the different COVID-19 vaccines [here](#). **Everyone 6 months and older is now eligible for COVID-19 vaccination.** For more information about vaccines or assistance finding a vaccine near you, the following are trustworthy resources:

- Centers for Disease Control and Prevention:



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- [COVID-19 vaccines for children and teens](#)
- Find a COVID-19 vaccine: Search [vaccines.gov](https://vaccines.gov), text your ZIP code to 438829, or call 1-800-232-0233 to find locations near you.
- State of California:
  - Safe Schools for All Hub (Parent Page): <https://schools.COVID19.ca.gov/>
  - California Department of Public Health: <https://www.vaccinateall58.com/>
- Sonoma County: <https://socoemergency.org/emergency/novel-coronavirus/vaccine-information/>

## Preparing for Vaccination▼

The experience of getting a COVID-19 vaccine will be very similar to the experience of getting routine vaccines. Below are some recommendations:

- Talk to your child before vaccination about [what to expect](#).
- It is not recommended you give pain relievers before vaccination to try to prevent side effects.
- Tell the doctor or nurse about any allergies your child may have.
- To prevent fainting and injuries related to fainting, your child should be seated or lying down during vaccination and for 15 minutes after the vaccine is given.
- After your child's COVID-19 vaccination, stay for 15–30 minutes so your child can be observed by a medical provider in case your child has a severe allergic reaction and needs immediate treatment.

## How to Get Your Child Tested for COVID-19▼

- ➔ You can visit **your child's regular medical provider**. Students, and families are welcome to submit test results from their own medical provider or preferred COVID-19 testing service.
- ➔ If you do not have a regular medical provider, or if you are not currently insured, here is a list of **free, confidential testing options provided by Sonoma County**:  
<https://socoemergency.org/emergency/novel-coronavirus/testing-and-tracing/>

## Types of COVID-19 Testing▼

There are two types of COVID-19 diagnostic tests that show if you are currently infected with SARS-CoV-2, the virus that causes COVID-19.

1. Molecular tests, such as [polymerase chain reaction](#) (PCR) tests which detect the genetic material of the virus.
2. Antigen tests, often referred to as "rapid tests", detect specific proteins on the surface of the virus. Antigen tests can be professionally-administered rapid tests or over-the-counter (OTC, or "at-home tests").

PCR tests are the gold standard for COVID-19 testing. Positive results are highly accurate and considered confirmatory and are generally more accurate than at-home tests. Please note that not all of these tests are acceptable in all instances to return to school due to variances in accuracy, self-administration, etc. The following chart outlines which tests can be used in different situations.

Situation	PCR Test	Professionally-administered Rapid Antigen Test	Over The Counter/At-Home Rapid Antigen Test
I am experiencing symptoms consistent with COVID-19 and would like to return to school/work.	✓*	✓	✓
I have tested positive for COVID-19 and I would like			✓





to end isolation after 5 days.			
I have been exposed <u>in the school setting</u> to someone with COVID-19 (e.g. I received an exposure notice from the school).	✓*	✓	✓
I have had close contact <u>outside of the school setting</u> with a confirmed case of COVID-19.	✓*	✓	✓
I am testing as a precautionary measure	✓*	✓	✓
I am required to test as a result of participation in a high-risk sport or extracurricular activity.		✓	✓

\* Unless tested positive for COVID-19 within the last 90 days.

**Important:** Over the Counter (OTC)/At-home tests are acceptable forms of testing as long as they have been approved by the [FDA Emergency Use Authorization \(EUA\) for COVID-19 Diagnosis](#).

## Response to COVID-19 Cases

### Multisystem Inflammatory Syndrome in Children (96MIS-C) ▼

Some children infected with COVID-19 develop an extremely rare condition called [Multisystem Inflammatory Syndrome in Children \(MIS-C\)](#). Children with MIS-C may have a fever and various symptoms, including abdominal (gut) pain, vomiting, diarrhea, neck pain, rash, bloodshot eyes, or fatigue. Contact your healthcare provider immediately if your child has any of these symptoms.

### Graduated Return to Play after a Positive COVID-19 Diagnosis▼

The American Academy of Pediatrics has published important information for families and caregivers as well as graduated Return to Play protocols which can be referenced here: ([AAP](#)). It is important to note that the student's primary care provider is responsible for clearing the student's safe return to play and the conditions under which that should happen. **Children or adolescents who have tested positive for COVID-19 within the prior 6 months should visit their pediatrician/medical provider for a post-illness visit prior to returning to physical activity such as athletics or physical education.** Petaluma City Schools will comply with the recommendations of the student's medical provider.

### Group Tracing Approach to Students Exposed to COVID-19

Petaluma City Schools has adopted the [CDPH's recommended group tracing approach for students exposed to COVID-19](#) in the school environment. We are confident that this framework will allow for a quicker and broader response to cases identified in our schools as well as minimize disruption to our students' school experience when cases do arise. Prompt notification, testing, and proper isolation protocols layered with all of our other critical risk mitigation strategies will keep our schools safe, our community informed and our students in classrooms and enjoying their extracurricular activities. Here's what that means for your student and family.

#### 1. NOTIFICATION:



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Each PCS school will send notification to families to notify students who spent more than 15 cumulative minutes (within a 24-hour period) in a shared indoor airspace (e.g. a classroom, team) with someone who has tested positive of COVID-19.

## 2. TESTING:

1. It is recommended that exposed students, regardless of vaccination status or prior infection, get tested for COVID-19 within 3-5 days after last exposure.
    - i. Any FDA-approved antigen diagnostic test, PCR diagnostic test, or over-the-counter (OTC) test is acceptable. To avoid a false positive reading, **PCR tests should not be taken if your student has been identified as COVID-19 positive in the last 90 days.**
  2. A positive result should be reported to the school site right away and the student should follow the isolation and return-to-school protocols outlined in this Handbook.
  3. Students experiencing symptoms are recommended to stay home and get tested for COVID-19.
- For students/Staff who receive a COVID-19 exposure notification, **OTC tests are available every school's front office as well at the District Office.**

## Health & Hygiene Practices at School

### Face Coverings ▼

Masking remains a highly effective risk mitigation strategy. Therefore, students are encouraged to continue to bring an appropriate face covering to school each day. By changing the universal mask mandate from “required” to “strongly recommended”, CDPH has empowered school sites to employ masking requirements as deemed necessary based on a variety of factors. As such, the following are representative examples of when masks may be required:

- Instances of significant increases in community level indicators of COVID-19 case rates and their trajectory.
- Instances of epidemiologically-linked COVID-19 outbreaks and their trajectory in classrooms, schools, or club/extracurricular activities (including field trips) that involve PCS students and .
- Large indoor gatherings during the school day (e.g. assemblies, rallies, etc.)
- Large indoor gatherings after the school day (e.g. dances, Family Nights, Movie Nights, etc.)
- Large indoor gatherings where students and adults from different households may intermingle
- On buses for field trips when more than one class is being transported

### Acceptable face coverings ▼

A face covering means: a covering made of fabric that covers only the nose and mouth and surrounding areas of the lower face. Research shows a high thread-count cotton outperforms low thread-count and synthetic materials. A face covering includes a surgical mask, a medical procedure mask, a respirator worn voluntarily, or a tightly woven fabric or non-woven material of at least two layers that covers the nose and mouth.

### Unacceptable face coverings ▼

- Bandanas, gaiters, scarfs, balaclavas, turtleneck collar, masks with a single layer of fabric, Halloween or plastic masks, ski masks with holes for the nose or mouth, or masks that have a one-way valve designed for easier breathing (the valves are often a raised plastic disk about the size of a quarter, on the front or side of the mask)
- Face coverings worn by students must be appropriate and meet district dress code requirements (e.g. no inappropriate fabric patterns, no Halloween masks, no hate symbols, etc.)



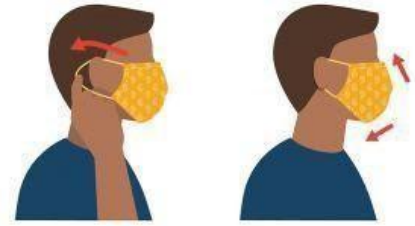




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## Wearing face coverings correctly ▾

- Wash your hands before putting on your face covering
- 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
- Avoid touching the face-covering while it is on. If you do need to touch or adjust the face covering, wash your hands right away.



## Removing face coverings correctly ▾

Be careful not to touch your eyes, nose, and mouth when removing. Wash hands immediately after removing. CDC How to Safely Wear and Take Off a Cloth Face Covering ([English](#)) ([Spanish](#))

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine (learn more about [how to wash face coverings.](#))

## Hand Hygiene ▾

Frequent hand hygiene is one of the most important preventative practices to help slow the spread of COVID-19 and will be encouraged at school. We ensure adequate supplies to support healthy hygiene behaviors, including soap, tissues, trash receptacles, face coverings, and hand sanitizers with at least 60 percent ethyl alcohol for and children who can safely use hand sanitizer.

Students will wash their hands frequently throughout the day. Time for hand hygiene will be encouraged throughout the day including before eating; after coughing or sneezing; after classes where there is the potential to handle shared items, such as outside recreation, art, or shop; and before and after using the restroom.

## Five steps to proper handwashing

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them. You can find tips in this [Handwashing is a Family Activity](#) PDF.

## Cough Etiquette and Other Important Health and Hygiene Practices ▾

Please help us teach your child / children these important preventative measures to reduce the spread of COVID-19 and other illnesses.

- Cough and sneeze away from other people, and into a tissue or into the crook of the elbow, throw the tissue into the trash right away and wash hands.
- Avoid touching the eyes, nose, and mouth with unwashed hands.
- Avoid close contact with anyone who is sick.
- Maintain physical distance from others outside your home whenever feasible. Keeping distance from others is especially important for individuals at higher risk for severe illness.



## Physical Distancing ▾

Petaluma City Schools will encourage courtesy distancing as often as feasible as a precautionary measure to minimize the possibility for close contact.

## Ventilation ▾

Improving ventilation can reduce the number of virus particles in the air. We maximize, to the extent feasible, the quantity of outside air for our buildings with





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mechanical or natural ventilation systems. Classroom HVAC systems have been adjusted for maximum fresh air circulation. HVAC units are checked on-site routinely to ensure proper operation, which includes replacing air filters on a rotating schedule. All of our HVAC units use upgraded air filters (MERV-13 where applicable).

In addition to normal air ventilation/airflow, we have purchased and provided Apache AIRROW Light 2000 Portable Air Treatment units that use a combination of HEPA filtration and UVC light (decontamination) to clean the air in a room three times per hour. Each classroom and small learning space are equipped with a mobile AIRROW Light 2000. Cleaning and Disinfecting ▼

Petaluma City Schools custodial follows the cleaning recommendations of the CDC and Cal/OSHA with routine cleaning and disinfecting of classrooms, restrooms, and all other school site areas. This includes cleaning high-touch surfaces such as pens, counters, tables, doorknobs, light switches, handles, stair rails, desks, keyboards, phones, toilets, faucets, and sinks at least once a day. In addition to general high-touch surface cleaning, custodial clean classrooms, restrooms and shared spaces at the end of each day and sanitize with an electrostatic sprayer each evening using a disinfectant consistent with EPA List N.

All cleaning products and supplies are EPA-approved. Further, cleaning products (e.g. disinfectants) are kept away from students and custodial is trained on proper use, application and requirements for cleaning, and disinfection.

## **PCS COVID-19 Related Health Policies and Practices**

### **School Health Office**

Parents / guardians, teachers, and staff should instruct students to visit the school health office only if they are sick or injured. The school health office is a high-risk area that should only be used if medical assistance is necessary. If the health concern is not urgent, teachers and staff will attempt to resolve the matter with first aid interventions before sending a student to the school health office.

### **If a student develops symptoms at school**

If a child develops symptoms at school, parents / guardians will be contacted to pick up their child within 30 minutes. If the school is unable to reach the child's parents within 5 minutes, the emergency contact will be called to pick up the child. The student cannot wait in an isolation area for the rest of the school day. As such, we ask that parents / guardians always have a plan for picking up their child.

### **Return to School After Experiencing Symptoms**

#### ***If your child tested positive for COVID-19 and had symptoms...***

Isolate your child in your household for a minimum of 5 days. Your child who tested positive for COVID-19 and had symptoms **can return as early as day 6 (please refer to the guidance previously stated on page 4 of this handbook)**. Your child must be fever-free for 24 hours without the use of fever-reducing medications and have improved symptoms.

#### ***If your child stayed home or was sent home because of COVID-19 symptoms...***

If your child stayed home or was sent home for COVID-19 symptoms, they may return to school if they test negative for COVID-19 (from a PCR test or a professionally-administered rapid antigen test or at-home test) and/or after their healthcare provider provides an alternate diagnosis - e.g., migraine, strep throat - and their symptoms are improving and they are fever-free for 24 hours without the use of fever-reducing medications.

If students do not get tested or do not have an alternate diagnosis, they must be fever-free for 24 hours without the use of fever-reducing medications before returning to school. *Siblings and other household members attending school* may come to school unless they begin to experience symptoms or it is determined that your child/children have been in close contact with a confirmed positive case. All household members must follow Sonoma County Public Health's [At Home Quarantine Guidance](#).

### **Food Service▼**

School meals are available and free for all PCS students during the school day. Petaluma City Schools uses a combination of outdoor and indoor spaces across the district to safely serve students food each day. Generally, outdoor seating significantly reduces the risk of virus transmission. Therefore, with the exception of inclement weather and poor air quality days, PCS strives to use additional spaces outside of the cafeteria/multi for mealtime seating to facilitate distancing as much as possible and maximize ventilation provided the areas are warm and dry.



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Further, the considerations outlined below represent aggregated guidance from Sonoma County Department of Health Services, CDPH and the CDC and are intended to reduce transmission risk and minimize unmasked close contact when students are indoors during lunch.

- Including all lunch helpers, follow food safety protocols for meal preparation and service.
- Wash hands before, after and during shifts; before and after eating; after using the restroom; after handling garbage, dirty dishes/trays; and after removing gloves.
- Frequently touched surfaces are cleaned. Surfaces that come in contact with food are washed, rinsed and sanitized before and after meals. Tables are cleaned between class seatings.
- Ventilation is maximized as much as possible in food preparation/serving areas and seating areas. Windows/doors remain open (weather permitting) and Apache air scrubbers are running at all times.
- Areas where students are required to wait facilitate distancing as much as possible and groups arriving at the lunch area are staggered as much as possible to minimize crowding.
- Students should wash hands and/or sanitize on their way into and out of the lunch area.
- Students should absolutely not share/trade food or drinks.

More information about PCS Food Services can be found [here](#).

## Visitor Policy▼

Visitors allowed on campus for special events. Student assemblies, parent meetings, special performances, and community events will be conducted in-person as allowed by health guidelines whenever and/or via a virtual platform, if possible. School sites will communicate the special events that visitors are welcome to attend. Visitors do not need to submit essential volunteer paperwork and documents but must follow all campus safety protocols.

## Volunteer Policy▼

Petaluma City Schools promotes and celebrates volunteers on campus to support students. Volunteers no longer have to provide documentation of their vaccination status or test prior to volunteering at school sites ([Click here](#) for more information). Volunteers are expected to adhere to all COVID-19 mitigation protocols including screening for symptoms before arrival to the school site as well as all regular [guidelines for school volunteers](#).

## Field Trips ▼

**All students may participate in field trips regardless of vaccination status.** As with overnight trips, field trips will be carefully considered on a case-by-case basis. If there is a compelling curricular reason for a field trip and it can be done within the stable classroom cohort, each school site will follow the *PCS Classroom Field Trip Checklist*. In the event a field trip is approved, all COVID-19 mitigation strategies will be followed, including masking (when appropriate), hand hygiene, physical distancing (especially during snack and meal times), adherence to volunteer requirements, and fidelity to classroom cohorts on the bus/car transportation and throughout the field trip as much as practicable.

## Overnight Field Trips ▼

Safe and full in-person instruction remains our **primary goal** for the year. At the same time, Petaluma City Schools promotes and celebrates hands-on, experiential learning opportunities and curricular-based field trips and overnight field trips for students. We believe that we can allow for these opportunities for our students without compromising our commitment to a safe school environment. Overnight field trips will be carefully considered on a case-by-case basis. If approved, it is important to note that they could be canceled due to an updated County Health Order.

Below is our current policy for overnight field trips:

### For Students

**All students may participate in overnight field trips regardless of vaccination status.** To ensure as safe of an environment as possible during these events, all students who wish to participate in an overnight field trip must adhere to the following safety protocols:

- All students attending must complete a COVID-19 Liability Waiver (provided by the school site)
- All students who wish to attend an overnight field trip are requested to test both before and during the event.





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- Before Departure:
  - All students are requested to take a COVID-19 antigen test within 24 hours of departing for the overnight field trip. PCS will provide all students with an at-home rapid antigen test kit and request that test results be submitted to the school site within 24 hours of departure.
- During the trip:
  - Any student with symptoms consistent with COVID-19 will be provided a rapid-antigen COVID test. Administration of this test will be supervised by school staff. Students who receive a positive result will isolate until they can be picked up. PCS will not be able to provide transportation home for students who test positive during an overnight field trip.

## **For Parents/Guardians**

When signing the [COVID-19 Liability Waiver](#), it is important for parents/guardians to consider that they are responsible for picking up a student if they become ill or test positive for COVID-19 during the trip. For example, if a child has traveled out of the County or State for a Petaluma City Schools-sponsored event, and tests positive during the trip, the parent or guardian will be required to travel to the destination and immediately assume responsibility for ensuring that their child safely returns home after a positive diagnosis. **Petaluma City Schools cannot provide extended oversight, lodging, or care for students who may not be able to return home due to a positive diagnosis.**

## **For Staff/Volunteers**

All staff members and volunteers who participate in the overnight field trip must adhere to the same risk mitigation protocols as the students, including the at-home rapid antigen testing requirements outlined above.

## **COVID-19 Contacts by School**

The designated person at each site listed on the following page is responsible for:

- Maintaining communication systems that allow families to self-report symptoms and receive prompt notifications of exposures while maintaining confidentiality.
- Providing impacted individuals with family-student guidance documents, including materials in Spanish as needed.

Elementary Schools		
School Site:	Contact:	Email:
Grant	Saranya Sureshkumar, Principal	ssureshkumar@petk12.org
Mary Collins at Cherry Valley	Liza Eichert, Principal	leichert@petk12.org
McDowell Elementary	Ruth Miller, Principal	rmiller@petk12.org
McKinley Elementary	Gina Roberts, Principal	groberts@petk12.org
McNear Elementary	Melissa Becker, Principal	mbecker@petk12.org
Penngrove Elementary	Carley Harp, Principal	charp@petk12.org
Valley Vista Elementary	Jaime Buschman, Principal	jbuschman@petk12.org
Secondary Schools		
School Site:	Contact:	Email:
Kenilworth Junior High	Justin Mori, Principal	jmori@petk12.org
Petaluma Junior High	Ray McClintock, Principal	rmcclintock@petk12.org
Petaluma Accelerated Charter (PACs)	Gina Roberts, Principal	groberts@petk12.org
Casa Grande High	Erika Noone, Asst. Principal	enoone@petk12.org



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Petaluma High	Giovanni Napoli, Principal	gnapoli@petk12.org
<b>School Site:</b>	<b>Contact:</b>	<b>Email:</b>
San Antonio High	Rebecca Lofton, Principal	rlofton@petk12.org
Valley Oaks High	Rebecca Lofton, Principal	rlofton@petk12.org
Sonoma Mountain High	Greg Stevenson, Principal	gstevenson@petk12.org
Carpe Diem High	Greg Stevenson, Principal	gstevenson@petk12.org
South County Consortium	Melinda Susan, Director SCC	msusan@petk12.org
Petaluma Adult School	Nancy Emanuele, Principal	nemanuele@petk12.org
Community Adult Transition Program	Sarah Fountain, Director of Special Services	sfountain@petk12.org

## PCS Health and Wellness Policies and Support

### Immunizations ▼

While California is in the process of determining whether COVID-19 vaccine mandates will be required for the 2023-2024 school year, [the current immunization requirements](#) remain unchanged for the current school year. We are closely monitoring the issue of vaccination mandates for schools and will keep our school community apprised of any applicable changes, if applicable. More information can be found at [www.shotsforschool.org](http://www.shotsforschool.org).

### Flu Vaccine ▼

Sonoma County Public Health strongly recommends that all Sonoma County residents 6 months and older get their seasonal flu vaccine. Find more information about the flu vaccine [here](#).

### Attendance Policies

To report an illness or absence, please contact your school office. Parents / guardians should inform the school if their child / children *or a household member* (including a caregiver):

- 1) Is being evaluated for COVID-19; or,
- 2) If they test positive for COVID-19; or,
- 3) If they may have been exposed to COVID-19.

Student absences related to illness and/or quarantine will comply with CA Ed Code. Please contact the School Principal or Administrative Assistant at your student's school. This information will be kept confidential.

### Health and Wellness Support and Services

The [PCS Health and Wellness Hub](#) provides information about Federal, State, local and District resources and services available on a wide range of mental and physical health-related topics.

### Community Clinics

You can find a list of community health centers and clinics in Sonoma County on the [Redwood Community Health Coalition's website](#). These health centers and clinics are dedicated to providing high quality, affordable health services to families and children and will serve uninsured/underinsured families.

## Appendix

### Common Scenarios

**Scenario #1: I am a student and I have tested positive for COVID-19. What steps do I need to take to get back to school?**

- Step 1: Report your positive result and ensuing absence to your school site *immediately*.
- Step 2: Isolate at home and do not participate in *any* school or community activities. **Recent CDPH guidance allows individuals who test positive to end isolation after a minimum of 5 complete days only under the following conditions:**





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- The individual feels well enough to return to school activities,
- Symptoms are improving, and
- The individual has been without fever for 24 hours.

**Under previous guidance, a negative COVID-19 test result was also required to end isolation before 10 full days had been completed. This is no longer in effect as of March 13, 2023.**

- Step 3: After 5 days have passed, parents/guardians *must* complete a School Re-Entry Form which is available [electronically here](#).
- **After ending isolation, individuals are not required to wear a mask for the remainder of the 10 days following symptom onset or a positive test result as long as they receive 2 negative test results at least one day apart.** Under previous guidance, infected individuals were strongly recommended to wear a mask around others for a full 10 days following symptom onset or a positive test result. This is no longer in effect as of March 13, 2023.

## Important points

- In all cases, if fever is present, isolation should continue until fever resolves.
- If symptoms, other than fever, are not resolving, isolate until symptoms have improved and the student feels well enough to participate in school activities.

**Scenario #2: I am an unvaccinated student. I was exposed to someone with COVID-19 and one or more of the people are unmasked.**

In this scenario, you are not required to quarantine.

- Recommend to test within 3-5 days after last exposure.
- If testing positive, follow isolation recommendations in Scenario #1.
- Recommended to wear a well-fitting mask around others for 10 days, especially in indoor settings.
- If symptoms develop, test, and stay home.

**Scenario #3: I am a student who has been exposed to a positive case on campus and is not fully vaccinated and/or have not provided proof of vaccination to the school.**

In this scenario, you are not required to quarantine.

- Recommend to test within 3-5 days after last exposure.
- If testing positive, follow isolation recommendations in Scenario #1.
- Should wear a well-fitting mask around others for 10 days, especially in indoor settings.
- If symptoms develop, test and stay home.

**Scenario #4: I am a student who was exposed to COVID-19 on campus. I am fully vaccinated. Do I quarantine or not?**

In this scenario, you are not required to quarantine.

- Recommend to test within 3-5 days after last exposure.
- If testing positive, follow isolation recommendations in Scenario #1.
- Recommended to wear a well-fitting mask around others for 10 days, especially in indoor settings.
- If symptoms develop, test and stay home.

**Scenario #5: I am a student who was exposed to a positive case OFF CAMPUS and I am:**

- **Regardless of Vaccination Status**
  - The student may attend school if they are asymptomatic and the positive case is isolated.
  - Testing is recommended as soon as possible to determine infection status and again 5 days after being exposed. If symptoms develop, isolate and COVID-19 test.

## Resources

- **California Department of Public Health (CDPH):**
  - [COVID-19 Public Health Guidance for K-12 Schools in California:](#)
  - [CDPH K-12 Q&A / FAQ](#)
  - [CDPH Guidance for Face Coverings](#)
  - [CDPH Recommended Action to Provide General Notification to Students Exposed to COVID-19 in a K-12 setting](#)





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- [Guidance for Local Health Jurisdictions on Isolation and Quarantine of the General Public](#)
- **State of California Safe Schools for All Hub**
- **County of Sonoma Emergency Readiness, Response and Recovery:**
  - COVID-19 Cases & Resources:  
<https://socoemergency.org/emergency/novel-coronavirus/coronavirus-cases/>
  - Emergency Preparedness:  
[Sonoma County Emergency and Preparedness Information](#)
- **Sonoma County Office of Education:**
  - [Coronavirus Information for Schools and Families](#)
- **American Academy of Pediatrics:**
  - [COVID-19 Guidance for Safe Schools and Promotion of In-Person Learning](#)
- **Petaluma City Schools COVID-19 Hub:** <https://www.petalumacityschools.org/COVID-19>
  - The COVID-19 Hub on the district website includes information and resources, including free community support services, available to individuals and households impacted by COVID-19.
- **Petaluma City Schools District website:** <https://www.petalumacityschools.org>
  - The District site also includes a wealth of information and resources regarding student services, educational services and special services available through our school district.
- For questions about COVID-19 safety and resources, please call the Sonoma County Health and Human Services phone call center at (707) 565-4400.

For questions about PCS COVID-19 policies and protocols, please call the **PCS COVID-19 Information line at 707-778-4626**.

## Glossary of Terms (CDPH)

### Isolation:

You isolate yourself when you have been infected with the virus, even if you do not have symptoms. If you have symptoms that could be from COVID-19, you also must isolate until you know you are no longer infectious.

### Quarantine:

Restricts the movement of persons who were exposed to a contagious disease in case they become infected.

### Close Contact:

Someone sharing the same indoor airspace, e.g., home, clinic waiting room, airplane etc., for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes) during an infected person's (laboratory-confirmed or a clinical diagnosis) Infectious period.

### Exposure - Infectious Period:

The infectious window for COVID-19, the time in which someone can transmit the virus to others, begins 2 days prior to symptom onset, or 2 days prior to test collection test date if the person does not have symptoms. The person will continue to be infectious for at least 5 days after symptom onset. Anyone who had close contact with a positive case while they were infectious is considered exposed.

### Fully Vaccinated:

*Student:* Defined as having received the second vaccination dose at least two weeks prior.

### Unvaccinated:

*Student:* Defined as not having received the two full doses of the vaccine at least two weeks prior.

## COVID-19 Positive Isolation Timeline

Regardless of your vaccination status or infection history:

- Isolate for at least 5 full days following symptom onset OR receiving a positive COVID-19 test result (if asymptomatic).



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- End isolation on Day 6 if:
  - You are without fever for 24 hours without taking fever-reducing medication, AND
  - Your other symptoms are gone or improving, AND
  - You feel well enough to return to school.