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PETALUMA CITY SCHOOLS

# STUDENT & FAMILY HANDBOOK FOR COVID-19 SAFETY

2021-2022

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March 2022

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## Overview

The goal of Petaluma City Schools (PCS) is to ensure a safe and healthy environment for students and staff, reduce the risk of COVID-19 transmission among students, staff and the public, and quickly respond to infections when they occur. To that end, this handbook was developed in accordance with the most recent guidance from the California Department of Public Health (CDPH), Sonoma County Department of Health Services, and Sonoma County Office of Education. It is intended to serve as a helpful resource for students, families and staff.

The protocols and practices outlined within this document are effective as of the date noted on the cover page and in the page footers. Included below for your review and reference is both the source material for our PCS COVID safety protocols as well as additional resources that may be helpful to your household during the school year.

## Source Materials and Additional 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](#)
  - [Group-Tracing Approach to Students Exposed to COVID-19 in a K-12 setting](#)
  - [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:**
  - [SoCo Youth Sports and Extracurricular Activities Guidance](#)
  - COVID 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](#)
- **Cal/OSHA**
  - [COVID-19 Prevention Emergency Temporary Standards](#)

- **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 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.**

## Noteworthy Changes since the Last Version

- **Masking:** Effective Monday, March 14, 2022, masking in PCS during in-class instruction will be strongly recommended, but not required. However, school site administration may require masking for some indoor situations and events as a precautionary measure. Outdoor masking continues to be optional.
- **Exposure Tracing and Notification:** As of January 13, 2022, we have adopted the CDPH's recommended group tracing approach for students exposed to COVID-19 in the school environment to replace the "modified quarantine" guidance we followed for notification and testing protocols in the Fall.
- **Isolation Protocols after Positive Diagnosis:** We have aligned with the CDPH guidance for isolation protocols and timeline for release from isolation when a student or staff member tests positive for COVID-19.
- **Testing Results and School Reentry:** To facilitate testing and safe return to school protocols, all school sites now have a [COVID Test Results Form and a School Reentry Form](#) to be completed by students and staff in instances of exposure, symptoms, and/or a positive diagnosis.
- **Acceptable Tests for Symptomatic Students to Return to School:** Results from professionally-administered rapid antigen tests (not *At-Home* or *Over-The-Counter* tests) will now be accepted to return to school/work when students and staff experience symptoms of COVID-19.

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- **At-Home or Over-The-Counter (OTC)** rapid antigen tests are accepted to return to school/work after a positive diagnosis in compliance with the CDPH isolation protocols. These tests are **not accepted to return to school after experiencing symptoms of COVID-19**.
- **Field Trip and Overnight Field Trip** protocols have been updated to permit all students to participate regardless of vaccination status.
- **The PCS Visitor Policy** has been updated, allowing visitors on campus subject to safety protocols.
- **The PCS Volunteer Policy** has been updated to allow volunteers regardless of vaccination status subject to testing protocols. Also, volunteers no longer need to be immediate household members of a student in a given class to volunteer inside the classroom.
- **Drinking fountains** on all campuses will be turned on and available after Spring Break 2022.

The requirements, recommendations and protocols outlined in this Student and Family COVID-19 Safety Handbook are based on guidance from the California Department of Public Health (CDPH), Cal/OSHA, Sonoma County Department of Health Services, the PCS Board of Trustees and PCS Administration and **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 and staff, 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 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:

- Teach your child / children about proper hand hygiene, avoiding contact with eyes, nose, and mouth, and covering coughs and sneezes.
- Masks are strongly recommended. Please ensure your child arrives at school with a face covering daily (pack a back-up face covering in their backpack).
- Teach your child not to comment or make assumptions regarding someone's beliefs or health status based upon their choice to wear or not wear a mask.
- Talk to your child about precautions to take at school to keep themselves and others safe.
- Instruct your child to visit the school health office only if they feel sick. It is a high-risk area.
- Check your household and child / children each morning for signs of illness.
- Do NOT send your child / children to school if they exhibit any symptoms of COVID-19. Per the [CDC](#), 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. Contact your healthcare provider immediately to discuss testing for appropriate household members.
  - The presence of any of the [symptoms listed by the CDC](#) generally suggests a student, teacher, or staff member has an infectious illness and should not attend school, regardless of whether the illness is COVID-19.
  - For students, staff, and teachers with chronic conditions, the presence of symptoms should represent a change from their typical health status to warrant exclusion from school.
- Encourage your child to ask questions and express their feelings with you and their teachers. Remember that your child may have different reactions to stress; be patient and understanding. Prevent stigma by using facts and reminding students to be considerate of one another.
- If your student expresses any anxiety, please reach out to your school's principal or counselor for additional support as needed.

## Layered Prevention Strategies

Using layered prevention measures has been the cornerstone of our COVID safety plan to limit COVID 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. These include daily self screening for symptoms, staying home when sick, regular hand hygiene and respiratory etiquette, physical distancing, and maximizing ventilation whenever possible to keep our schools safe and thriving.



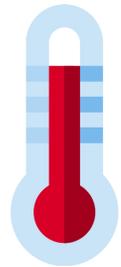
## Preventative Measures

### Stay Home When Not Feeling Well

Students, teachers, and staff 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.**

### When To Stay Home From School ▾

- ★ If your student has a **fever of 100.4°F or higher or any symptoms of illness**.
  - a. Parents / guardians should check their child / children for symptoms of illness **every morning** before bringing them to school.
  - b. Before screening, do not pre-medicate your child with symptomatic relief medications (e.g., ibuprofen [Motrin], acetaminophen [Tylenol], pseudoephedrine / Sudafed, diphenhydramine [Benadryl]) *unless for known, chronic conditions; e.g., seasonal allergies; sinusitis*.
  - c. If your child has **ANY ONE** of the following [more common symptoms of COVID-19](#), they must stay home and get tested for COVID-19, get an alternative diagnosis from a medical provider or stay at home and isolate for at least 10 days.
    - Fever (100.4°F or higher) or chills
    - Cough (for students with chronic cough due to allergies or asthma, this should be a change in their cough from baseline)
    - Sore throat



- Chills
- Sore throat
- New onset of stuffy or runny nose (different from pre-existing allergies)
- Muscle or body aches
- Fatigue or lethargy
- Shortness of breath or difficulty breathing (for students with asthma, this should be a change from their baseline breathing)
- Not being able to taste or smell
- Headache
- Diarrhea
- Nausea or vomiting



***The presence of any of the symptoms above generally suggests a student, teacher, or staff member has an infectious illness and should not attend school, regardless of whether the illness is COVID-19.***

***For students, staff and teachers with chronic conditions, symptoms presence should represent a change from their typical health status to warrant exclusion from school.***

Students with known underlying health conditions may be at increased risk of severe illness. These health conditions may include Diabetes (Type I and II), immune system deficiencies, or chronic respiratory conditions. If your child has a chronic health condition, please consult with your child's healthcare provider to determine if/when it is safe to attend school.

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

Students, teachers and staff may return to school after experiencing symptoms consistent with COVID-19 by either **providing results of a negative PCR or professionally-administered rapid antigen COVID-19 test (not an at-home or OTC test) or an alternate diagnosis made by their healthcare provider** indicating that the student/staff member may safely return to school (e.g. doctor's note). Anyone experiencing symptoms of illness should follow the criteria for returning to school related to that diagnosis.

A student experiencing [symptoms of COVID-19](#), can return to campus when:

- proof of a negative test result has been submitted using the School Reentry Form (found on the home banner of your school's website or in the COVID 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.

**OR**

Proof of an alternative diagnosis from a healthcare provider that rules out COVID-19 has been submitted to the school site.

**OR**

If the symptomatic person declines to test for any reason, they must not come to school until at least 10 days have passed since onset of symptoms.

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 your school site's Illness Policy.

## **Please Notify The School Immediately... ▾**

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

**If your child is symptomatic and is being evaluated for COVID-19.**

- They may return to school with a negative PCR or professionally-administered rapid antigen test or if they have received an alternate diagnosis made by their healthcare provider and they follow any criteria for returning to school related to that diagnosis.

**If your student has tested positive for COVID-19.**

- Please submit positive test results to the school site using the [COVID Test Results Form](#), follow [isolation protocols](#) and closely adhere to all safe return to school criteria including completion of the [School Reentry Form](#).

**If a household member is being evaluated for COVID-19.**

- The household member should [isolate / quarantine](#) as appropriate and get tested right away. Your child / children may come to school unless the household member tests positive for COVID-19 and your child is not fully vaccinated.

**If a household member tests positive for COVID-19.**

- Household members who have been in close contact with the individual who tested positive within 2 days of when symptoms began (or test date if asymptomatic) should stay home and not return to school until after completing quarantine **if not fully vaccinated**. Students who have been fully vaccinated and who have submitted proof of vaccination to the school site, may continue with normal activities, closely monitor for symptoms for 14 days from last exposure and

get tested 3-5 days after last exposure (or periodically if exposure is ongoing). Contact your school nurse for support and guidance on quarantine and testing protocols.

## If an unvaccinated household member has a known COVID-19 exposure.

- The exposed household member should [isolate / quarantine](#) as appropriate.
- Your child/children may come to school unless it is determined that your child/children have been in close contact with a confirmed positive case.

## If your child has had *close contact* with someone (outside of the school setting) who has tested positive for COVID-19.

Helpful Tip: Someone who was less than [6 feet away from an infected person](#) 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*) is considered a “close contact”. Someone is also considered a close contact if any of the following situations apply regardless of the amount of time (i.e. no 15 minute requirement):

- Direct physical contact with a COVID-19 case (e.g. hugged, kissed, played high-contact sports together, huddle, etc.)
  - Providing direct care to someone who is sick with COVID-19.
  - Someone with COVID-19 sneezed, coughed or somehow got respiratory droplets on them.
  - Shared eating or drinking utensils with a COVID-19 case.
- **If not fully vaccinated**, the student is required to stay home and quarantine for 5 - 10 days (Day 0 being the date of most recent exposure). The quarantine can end as early as Day 6 following last exposure if they remain asymptomatic and test negative on or after Day 5. If they decline to test, quarantine may discontinue after Day 10 from last exposure.
  - **If fully vaccinated**, 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, test and stay home.

This can be confusing so we have included common scenarios in the Appendix to illustrate the relevant safety measures and protocols.

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## Daily Screening

Staying home when sick keeps infections out of schools and prevents spread to others. Therefore, if your child is sick or has [symptoms of COVID-19](#), please keep your child home and contact your child's healthcare provider for testing and care. If you need assistance navigating your students' return to school after absence due to illness, please contact your school nurse or the PCS COVID-19 Information line.

Families should review the Petaluma City Schools COVID-19 Screening Tool to check for symptoms and risk factors **each day before leaving for school** and confirm that they do not have symptoms of COVID-19 or have had close contact with a confirmed positive case. The district is using an online screening module in ParentSquare as the primary tool to support daily self-assessment for symptoms and exposure.

## ParentSquare



Petaluma City Schools uses ParentSquare for school and District communication. ParentSquare automatically generates an account for each parent using their email address and phone number originating in Aeries, our student information system. For email or cell phone number changes, please contact your student's school. ParentSquare can only recognize you as a parent/guardian if your information is correct on your student's Contact page in Aeries.

## ParentSquare for Daily Screening

High school students should review the COVID-19 symptom list each day **before leaving for school** and confirm with an e-signature that they do not have a fever or symptoms of COVID-19 and have not had close contact with a confirmed positive case. Families/caregivers will perform the daily screening for all TK - 8 grade students.

This handout ([English](#) / [Spanish](#)) includes simple instructions to fill out the health screening form via web or mobile. You must be logged into your ParentSquare account to access this feature. There is also an instructional video on using ParentSquare for daily screening available in the [COVID-19 Hub](#).



## COVID-19 Vaccination

Getting vaccinated remains the best way to prevent getting very sick with COVID-19. 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 5 years 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:
  - [COVID-19 vaccines for children and teens](#)
  - <https://www.vaccines.gov/>
  - Find a COVID-19 vaccine: Search [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 Children and Teens for Vaccination▼

For children and teens, the experience of getting a COVID-19 vaccine will be very similar to the experience of getting routine vaccines.

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, you will be asked to stay for 15–30 minutes so your child can be observed in case they have a severe allergic reaction and need immediate treatment.

## COVID Testing

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.

## How to Get Your Child Tested▼

- You can visit **your child's regular medical provider**. Students, staff and families are welcome to submit test results from their own medical provider or preferred COVID 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/>

Please note, the County testing sites are free and confidential for all Sonoma County residents regardless of documentation status. No ID is required.

→ To ensure that testing is accessible to all students and staff, **Petaluma City Schools offers COVID testing** at the District Office at no cost.

## About Testing Through Petaluma City Schools - Students and Staff▼

To make COVID testing easy and accessible for students and staff, Petaluma City Schools has partnered with California Department of Public Health's Valencia Branch Labs and *Color* to offer both PCR and professionally-administered rapid antigen tests in our district.

We offer COVID testing at the Petaluma City Schools District Office located at 200 Douglas Street, Petaluma, CA 94952. The PCS COVID testing site is open every day that school is in session. No appointments are necessary.

Here is some important information about the PCS testing program:

- **A parent or guardian must register any minor under 18 years old.** You'll give a **one-time consent and HIPAA authorization** to share their results with the school and district. Please note, **you are registering on behalf of your student(s)** so please be sure to enter your student's information (not your own) in the testing system.
- All questions included in the registration process are required for California state public health reporting, but not all of the questions require you to provide an answer in order to complete the registration process.
- You will be asked to provide insurance information, including Group ID. You may want to have that accessible before registering. **Please note, this program is free regardless of insurance status and no uninsured student will be denied access to a test.**
- The PCS site offers PCR and rapid antigen tests.
- The PCS COVID testing site is supported by trained staff but the district office will not have a nurse on hand to assist with testing. The tests are designed so that students can easily self-administer. They are comfortable anterior nares (AN) swabs, which means that the sample is collected from just inside the nostrils instead of deep inside the nose reaching back to the throat. Parents are also welcome to assist their child if preferred.

If you are interested in taking advantage of this optional, free service, please visit the [COVID Testing Resources](#) page in the COVID Hub on the Petaluma City Schools website or call the PCS COVID-19 Information line, 707-778-4626, for additional details and instructions about registering for testing,

types of tests available as well as the specific days and hours of operation of the PCS testing site at the District Office.

## ***Language Support for the Color Platform***

CDPH provides free interpretation services for over 300 languages to overcome language barriers at COVID-19 testing sites. These interpretation services are immediately available over the phone, 24/7.

Here's how to access an interpreter over the phone:

1. Call Lionbridge (interpretation services provider): 800-444-6627
2. Enter the PIN for Molecular Testing: 2467-1364
3. Select language
  - A. For Spanish, press 1
  - B. For Vietnamese, press 2
  - C. For Mandarin, press 3
  - D. For Korean, press 4
  - E. For Russian, press 5
  - F. For all other languages, press 0
4. Connect with an interpreter

Questions on interpretation services? Reach out to the CDPH Testing Taskforce at [Testing.Taskforce@cdph.ca.gov](mailto:Testing.Taskforce@cdph.ca.gov).

## **Important Note About COVID 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.

While we offer PCR, professionally-administered rapid antigen tests and OTC rapid tests (on a limited basis while supplies last) at the District Office, not all of these tests are acceptable in all instances to return to school/work due to variances in accuracy, self-administration, etc. The following chart outlines which tests can be used in different situations.

# Petaluma City Schools

Situation	<p>PCR Test</p> 	<p>Professionally-administered Rapid Antigen Test</p> 	<p>Over The Counter/At-Home Rapid Antigen Test</p> 
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 (<6ft. for > 15 total mins.) <u>outside of the school setting</u> with a confirmed case of COVID-19.	✓*	✓	✓
I am testing as a precautionary measure (e.g. regular surveillance testing, testing for special events like overnight field trips).	✓*	✓	✓
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](#). Additionally, OTC tests must either be observed by trained school staff or submitted to the school using the [COVID Results Form or School Reentry Form](#) (which includes parent/guardian attestation of results) to be accepted by PCS.

## Response to COVID Cases

### 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, beginning the day after the day the first symptoms occurred, or beginning the day following the day the test was collected if asymptomatic.

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*.** Even if the student got tested through the PCS testing solution (e.g. at the District Office), do not assume the school automatically knows test results. You may receive test results before the school/district, so reporting those results to the school right away will help us take timely and necessary action to respond to exposures in the school community.
- **Step 2: Isolate at home and do not participate in *any* school or community activities.** The standard isolation period after a positive result has been ten (10) days. Under the most recent [CDPH guidance](#), individuals who test positive *may* end isolation after a minimum of 5 days only under the following conditions:
  - Symptoms must not be present or improving, AND
  - No fever for at least 24 hours without the use of fever-reducing medication, AND
  - No vomiting or diarrhea for at least 24 hours without use of medication, AND
  - **After 5 days have passed**, students/families can submit negative test results from an antigen test to the student's school site to end isolation. Parents/guardians **must complete a School Re-Entry Form** which is available [electronically here](#).
- **Step 3:** Once approved to return, it is strongly recommended that **your student wear a well-fitting mask around others for a total of 10 days (from symptoms onset or test date if asymptomatic) for all activities on school campuses, especially indoors.** Please note, this recommendation includes sports and extracurricular activities.

## Important Points Returning to School after a Positive Diagnosis ▾

- Do not return to school until getting a negative rapid antigen test. Although PCR tests are acceptable, they are highly sensitive and tend to produce a positive result.
- At-home tests that are FDA-approved are acceptable.
- If your student is unable to test or chooses not to test, isolation can end after Day 10 (after symptoms onset or test date if asymptomatic) .
- In all cases, if fever is present, isolation should continue until fever resolves.
- If symptoms, other than fever, are not resolving, isolate until symptoms are resolving or after Day 10.

**IMPORTANT NOTE:** After testing positive for COVID-19, individuals are not advised to test again 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 (not an at-home test or a PCR test).

## Multisystem Inflammatory Syndrome in Children (MIS-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 ▾

A growing body of research has developed over the course of the pandemic indicating that there may be a variety of potential complications to youth heart health after a positive diagnosis of COVID-19.

**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.**

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. 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, access to testing, and proper isolation protocols layered with all of our other critical risk mitigation strategies like proper masking, diligent hand and respiratory hygiene, distancing and screening for symptoms daily 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:

1. Each PCS school will notify all 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. Notifications will be sent to all students/staff considered exposed.
3. In keeping with public health guidance, we will deliver that notification to families within 24 hours of learning about the positive diagnosis.

### 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.
2. 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 positive in the last 90 days.
3. Results should be reported to the school using the [COVID Test Results Form](#).
4. A positive result should be reported right away and the student should follow the isolation and return-to-school protocols outlined in this Handbook.
5. Students experiencing symptoms should stay home, get tested and follow the quarantine and return-to-school protocols outlined in this Handbook.

We understand that testing resources are strained in our community and it can be difficult to fulfill the prescribed testing recommendations to safely remain or return to school. As such, Petaluma City Schools is committed to helping our school community access testing resources to comply with these important guidelines. Here's how:

- For students or staff who receive a COVID exposure notification, we will continue to offer a suite of testing options at the District Office every day that school is in session.

- We will continue to work with Sonoma County and community partners to promote and communicate free community testing clinics.

## Important Points Returning to School after Exposure

- Students do not need to quarantine after an exposure.
- Students may stay in school for in-person instruction after an exposure.
- Students may continue with extracurricular activities after an exposure.
- Students should stay home and get tested ASAP if symptoms develop.
- Testing is strongly recommended but not required to participate in school and school-related activities.

## Health & Hygiene Practices at School

### Face Coverings

On February 28, 2022, [Governor Newsom and the California Department of Public Health \(CDPH\)](#) announced that after March 11, 2022 masks will be **strongly recommended but no longer required** in K-12 school settings. **Therefore, starting Monday, March 14th, masking in PCS during in-class instruction and on PCS school buses will be strongly recommended, but not required for students. Outdoor masking continues to be optional.**

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:

- 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

# Petaluma City Schools

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.

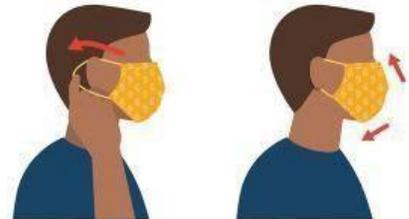
## Unacceptable face coverings ▾

- 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.)



## 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 staff 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.

## How to use hand sanitizer

- Apply the hand sanitizer to the palm of one hand (read the label to learn the correct amount).
- Rub the sanitizer over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

## 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 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 staff 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 staff is trained on proper use, application and requirements for cleaning, and disinfection.

## Water Access ▾

Each site is equipped with hydration stations to refill water bottles throughout the day. Students should bring a **personal labeled water bottle of their own from home that they do not share.**

After Spring Break 2022, all drinking fountains will be turned on for student/staff use. Since drinking from a water fountain requires unmasking, students are encouraged to come to school with their own water bottle, if possible, and remain socially distant from one another around water fountains.

## PCS COVID-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 you or your children are feeling worried or anxious, they can sometimes present with physical symptoms (e.g., headache, abdominal pain). [Help your child learn how to deal with that anxiety](#) in a healthy way.

### 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.

### Care Tents▼

Every school site has dedicated Care Tents to isolate and care for students experiencing symptoms of COVID-19 during the school day. The care tent is separate and distinct from the nurse's office. Any symptoms or exposure related to COVID should be directed to the care tent, while the nurse's office will be available for all non-COVID injuries, illnesses and symptoms.

If a student develops a fever of 100.4°F or higher and/or symptoms consistent with COVID-19, your child will be placed in an isolation area and observed until they are picked up. **Students must be picked up within 30 minutes by the parent/guardian or an identified emergency contact.** Siblings and/or other household members attending school may remain at school but should closely monitor for symptoms for 14 days.

- If a student starts exhibiting symptoms, staff will assure the student is isolated from the rest of the class right away and escorted to the Care Tent for care.
- When the parent arrives to pick up their child, the school will provide information about the proper steps for a safe return to school.
- Please contact your child's healthcare provider to schedule an appointment and/or schedule COVID-19 testing. Your child will not be allowed to return to school until he/she has been without fever for at least 24 hours AND receives negative test results for COVID-19 from an acceptable COVID test or completes the appropriate isolation (if tested positive).

- Please **inform your school** as soon as possible if your child / children are diagnosed with COVID-19.
- **Important Note:** Children who are [isolating](#) or [quarantining](#) at home cannot participate either in in-person instruction or in any extra-curricular activities (including youth sports).

## Return to School After Experiencing Symptoms

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

A child who tested positive for COVID and had symptoms can return to school 6 - 10 days after their symptoms first appeared *and* their symptoms have been improving *and* they have been fever-free for 24 hours without the use of fever-reducing medications. **Retesting is not required and not advised.** Please refer to the section entitled *Response to COVID Cases: [When a student tests positive for COVID-19](#)* for steps and instructions to safely return to school after a positive diagnosis.

### **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 after they test negative for COVID-19 (from a PCR test or a professionally-administered rapid antigen 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 isolate for at least 10 days *and* 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](#).

## Arrival at School and Departure from School ▾

Please check with your child's/children's individual school site for any specific arrival and departure recommendations and visitor policy. While each site may have an individual arrival and departure process, parents should be sure to comply with the school site's visitor policy anytime they go on campus including during arrival and departure. While masks are optional outdoors, we strongly recommend that students arrive at school with a mask in case it is needed at any point during the school day. Physical distancing protocols will also be followed to minimize contact between students, families and staff.

## Food Service▼

For the 2021-2022 school year, 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.

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.

- Staff, including all lunch helpers, follow food safety protocols for meal preparation and service.
- Staff 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▼

Generally, Petaluma City Schools tries to minimize non-essential visitors (including parents, where applicable) on campus. However, visitors will now be 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. Below is our current guidance for volunteers for this school year.

Anyone interested in being an athletic, classroom, field trip, or parent volunteer, should contact the school they would like to support. School site administration and teachers retain discretion to determine if they need an essential volunteer. If the school has a need for volunteers, prospective volunteers will need to complete the District's [volunteer application](#). In some cases, fingerprinting will be required. PCS welcomes volunteers regardless of their vaccination status. Also, volunteers no longer need to be immediate household members of a student in a given class to volunteer inside a classroom.

Volunteers who will have [close contact](#) or sustained interaction with students must either be fully vaccinated and boosted (if eligible) and provide vaccination information to the school site OR provide negative test results from a professionally-administered rapid antigen test (not an OTC test) administered within 24 hours before the volunteer activity. Volunteers are expected to adhere to all COVID 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 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 must participate in a closely monitored testing protocol both before and during the event.
  - Before Departure:
    - All students must take a COVID antigen test within 24 hours of leaving for the field trip (administered and monitored by PCS). Petaluma City Schools will offer this testing. Alternatively, parents may opt to test with their own medical provider, and submit test results to the school site prior to departure.
  - During the trip:
    - All students will be asked to take a self-administered rapid antigen COVID test every other morning, starting with the first day, during the field trip. This test administration will be supervised by school staff. Students who receive a positive result will isolate until they can be picked up. Petaluma City Schools will not be able to provide transportation home for students who test positive during the trip.

## *For Parents/Guardians*

When signing the [COVID 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 testing requirements outlined above.

## **Communications**

### **School Actions and Communications in Case of Possible Exposure at School**

Families will be notified of school or class cases and any restrictions in place to prevent COVID-19 exposure/transmission as soon as possible.

## Designated COVID-19 Contacts

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

- Maintaining communication systems that allow staff and 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.
- Responding to COVID-19 concerns.

Elementary Schools				
School Site:	Contact:	School Nurse:	Phone:	Email:
Grant	Amanda Grey, Principal	Dana Rodriguez	707-778-4742	agrey@petk12.org
Mary Collins at Cherry Valley	Liza Eichert, Principal	Dana Rodriguez	707-778-4740	leichert@petk12.org
McDowell Elementary	Samuel Martinez, Principal	Kristin Bianchi	707-778-4745	smartinez@petk12.org
McKinley Elementary	Ani Larson, Principal	Genevieve Foster-Freedman	707-778-4750	alarson@petk12.org
McNear Elementary	Melissa Becker, Principal	Kristin Bianchi	707-778-4752	mbecker@petk12.org
Penngrove Elementary	Amy Fadeji, Principal	Dana Rodriguez	707-778-4755	afadeji@petk12.org
Valley Vista Elementary	Catina Haugen, Principal	Kristin Bianchi	707-778-4762	chaugen@petk12.org
Secondary Schools				
School Site:	Contact:	School Nurse:	Phone:	Email:
Kenilworth Junior High	William Ortlinghaus, Asst. Principal	Stefanie Sutter	707-778-4710 ext. 1000	wortlinghaus@petk12.org
Petaluma Junior High	Kelly Kriss, Principal	Stefanie Sutter	707-778-4724	kkriss@petk12.org
Petaluma Accelerated Charter (PACs)	Ani Larson, Principal	Genevieve Foster-Freedman	707-778-4750	alarson@petk12.org
Casa Grande High	Erika Noone, Asst. Principal	Kristin Bianchi	707-778-4679	enoone@petk12.org
Petaluma High	Justin Mori, Principal	Genevieve Foster-Freedman	707-778-4652	jmori@petk12.org
	Giovanni Napoli, Asst. Principal	Genevieve Foster-Freedman	707-778-4944	gnapoli@petk12.org
	Erin Dinday, Asst. Principal	Genevieve Foster-Freedman	707-778-4955	edinday@petk12.org

School Site:	Contact:	School Nurse:	Phone:	Email:
San Antonio High	Rebecca Lofton, Principal	Genevieve Foster-Freedman	707-778-4758	rlofton@petk12.org
Valley Oaks High	Rebecca Lofton, Principal	Genevieve Foster-Freedman	707-778-4794	rlofton@petk12.org
Sonoma Mountain High	Greg Stevenson, Principal	Kristin Bianchi	707-778-4738	gstevenson@petk12.org
Carpe Diem High	Greg Stevenson, Principal	Genevieve Foster-Freedman	707-778-4796	gstevenson@petk12.org
South County Consortium	Melinda Susan, Director	Ramona Popa	707-778-4641	msusan@petk12.org
Petaluma Adult School	Nancy Emanuele, Principal	N/A	707-778-4766	nemanuele@petk12.org
Community Adult Transition Program	Molly Nagel, Director of Special Services		707-778-4614	mnagel@petk12.org

## District Office, Transportation, and Maintenance and Operations

Department:	Contact:	Phone:	Email:
Superintendent	Matthew Harris	707-778-4604	mharris@petk12.org
Business Services	Chris Thomas	707-778-4621	cthomas@petk12.org
Education Services	Tony Hua	707-778-4619	thua@petk12.org
Human Resources	Jason Sutter	707-778-4815	jsutter@petk12.org
Student Services	Maite Iturri	707-778-4605	miturri@petk12.org
Transportation	Marcia Short	707-778-4821	mshort@petk12.org
Maintenance and Operations	Bennett Holley	707-778-4638	bholley@petk12.org

## COVID-19 Team

Wellness & COVID-19 Coordinator	Jimena Gomez	707-778-4970	kgomez@petk12.org
COVID-19 Assistant	Joe Ramirez		joeramirez@petk12.org
Health Tech	Megan Krag		mkrag@petk12.org
COVID-19 Information Line		707-778-4626	

## 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 2022-2023 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.

## Independent Study for the 2021-2022 School Year

The PCS Online Independent Study Program allows students to work remotely from home with guidance from teachers. The program is available for Petaluma City Schools students in all grade levels.

Students in the PCS Online Independent Study Program receive both synchronous and asynchronous instruction, Monday through Friday; however, students will complete most assignments independently. This program is designed to provide rigorous high-quality instruction.

Additionally, students will have the option to participate in on-campus events at the school that is associated with their Online Independent Study Program (see the list below).

The Online Independent Study Program will be associated with the following schools:

TK-6: Valley Vista Elementary	7-8: Petaluma Junior High School	9-12: Valley Oaks
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More information about PCS Independent Study programs can be found [here](#).

## 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. What steps do I need to take to get back to school?**

- Step 1: Report your positive result to your school site *immediately*. Even if you got tested through the PCS testing solution (e.g. at the District Office), do not assume the school automatically knows your result.
- Step 2: Isolate at home and do not participate in *any* school or community activities. The standard isolation period after a positive result has been ten (10) days. **Under the new CDPH guidance, individuals who test positive *may* end isolation after a minimum of 5 days only under the following conditions:**
  - Symptoms must not be present or improving
  - **After 5 days have passed**, you can submit negative test results from an antigen test to your school site to end isolation. Parents/**guardians *must* complete** a School Re-Entry Form which is available [electronically here](#).
  - Once approved to return, your student will be asked to double-mask or wear a surgical mask, from day 6 through 10 for all activities on school campuses including outdoors.

### Important points

- Do not return to school until getting a negative rapid antigen test. Although PCR tests are acceptable, they are highly sensitive and tend to produce a positive result.
- At-home tests that are FDA-approved are acceptable.
- If your student is unable to test or chooses not to test, isolation can end after day 10.
- In all cases, if fever is present, isolation should continue until fever resolves.
- If symptoms, other than fever, are not resolving, isolate until symptoms are resolving or after day 10.

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

If you are unvaccinated and one of the parties is unmasked, you will be required to stay home for at least 7-10 days after your last contact with a person who has COVID-19. This also applies to anyone who was previously infected with COVID-19 in the last 90 days.

- If testing positive, follow isolation recommendations above as listed in Scenario #1.

- Quarantine can end after day 7-10 if symptoms are not present and a diagnostic specimen collected on day 5 or later tests negative using PCR or Rapid Antigen.
- If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10.
- While under quarantine, wear a well-fitting mask around others for a total of 10 days, especially in indoor settings
- You are strongly encouraged to get vaccinated or boosted, when booster eligible.
- If symptoms develop, test and stay home.

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

- You will be on a **modified quarantine** if you test. This means that you:
  - Test on day 1 and 5 from exposure with Rapid Antigen Test provided by PCS.
  - Must submit results of a rapid test to continue to come to school. **Unvaccinated students who do not submit test results will be required to quarantine at home for 10 days from the exposure date above.**
  - Complete the Google form provided to you with the Rapid Antigen Test.
  - Cannot participate in sports or extracurricular activities for at least 8 days from the last date of exposure on modified quarantine.

**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.

- Test on day 1 and 5 from exposure with Rapid Antigen Test provided by PCS.
- Complete the Covid Exposure Form provided to you with the Rapid Antigen Test.
- If testing positive, follow isolation recommendations in Scenario #1.
- 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:**

- **Unvaccinated: (Quarantine)**
  - The student is required to stay home in standard quarantine.
  - The quarantine can end as early as day 6 following last exposure if they remain asymptomatic and test negative on or after day 5. Continue to monitor symptoms for 14 days.
- **Vaccinated: (No Quarantine)**
  - The student may attend school if they are asymptomatic and the positive case is isolated away.
  - Testing is recommended as soon as possible to determine infection status and again 5 days after being exposed. If symptoms develop, test and stay home.

## Glossary of Terms

### 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 not infected, usually after you have a negative COVID-19 test.

### Quarantine:

You **quarantine** when you have had “close contact” with someone with COVID-19 and might be infected.

### 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. The CDC’s definition of a close contact is below:

### Close Contact

Close Contact through [proximity and duration of exposure](#): Someone who was less than **6 feet away from an infected person** (laboratory-confirmed or a [clinical diagnosis](#)) 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*). An infected person can spread SARS-CoV-2 starting 2 days before they have any symptoms (or, for asymptomatic people, 2 days before the positive specimen collection date)

#### What counts as close contact?

- You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

### 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 Positive Isolation Timeline

Anyone who has tested **positive** should stay home and isolate for a minimum of **5** days, beginning the day after their symptom onset (or the day after their positive test collection date, if no symptoms).

**Day 0** = mm/dd (symptom onset or test date)

**Day 5** = mm/dd (last full day of isolation if symptoms not present or resolving AND a diagnostic specimen\* collected on day 5 or later tests *negative*). If unable to test or choosing not to test, and symptoms are not present or are resolving,

Isolation can end after day 10

- If fever is present, isolation should be continued until fever resolves.
- If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after day 10.

**Day 6-10** = mm/dd-mm/dd (wear a well-fitted mask around others if released after day 5)

**Day 10** = mm/dd (last full day of isolation if ineligible for earlier release)

**Day 11** = mm/dd (release date if ineligible for earlier release)