Get Back to School Safely!

The actions below can help prevent the transmission of COVID-19 on school campuses and help keep schools open for in-person learning. By following these guides, students can attend school in person.

Get vaccinated if eligible

- Persons ages 12 years or older are eligible for the COVID-19 vaccine. Fully vaccinated people:

  o Are far less likely to get infected.
  o Are far less likely to experience severe illness, hospitalizations, or even death from COVID-19, if a breakthrough infection[1] occurs.
  o Do not need to quarantine if exposed to COVID-19 unless symptoms develop.

- COVID-19 vaccines[2] are safe, effective, and free! We recommend students and families also consider getting the flu vaccine and following current immunization requirements[3] for back to school.
- To find a COVID-19 vaccination site near you, visit the County of San Diego vaccine website[4] or call 2-1-1.

Wear a face covering

- While wearing a face covering is not always fun, they are proven safe to wear for all over age 2.
- **Regardless of vaccination status, all students and staff must wear masks indoors** per the California Department of Public Health COVID-19 Public Health Guidance for K-12 Schools in California,[5] 2021-22 School Year, unless due to certain medical conditions.*
- Face coverings, along with other safety practices, allow all students to attend school in-person without class size limits.
- Current evidence[6] supports the use of face coverings and shows that high-quality, well-fitting masks can partially block exhaled respiratory droplets, which are thought to be the primary way[7] the virus spreads — and may offer some protection to the wearer.
- The American Academy of Pediatrics,[8] California Department of Public Health, [9] and the Centers for Disease Control and Prevention[10] also recommend face coverings in schools for K-12 students.

What to do if sick or exposed

- Even if a student is fully vaccinated, **no student should go to school if they have one or more symptoms of COVID-19.**[11]
- If a student tests positive for COVID-19 or is in close contact** with someone with COVID-19, please notify school administration, follow instructions provided by the school, and work with the County Health Department Case Investigators — who will contact you.
- For more information, view the San Diego County Office of Education and San Diego County Public Health's COVID-19 K-12 Decision Trees[12] for Isolation and Quarantine, as needed.

Get tested

- Regardless of vaccination status, please get tested if exposed to anyone with COVID-19 **(3 – 5 days after exposure)** or if feeling one or more symptoms of COVID-19 **(immediately)**. In addition, please follow school and healthcare provider guidance and refer to the COVID-19 K-12 Decision Trees.
- Some schools offer on-site testing to routinely screen for COVID-19 or respond to students and staff who have symptoms. This allows for easy access to testing and faster results.
- Please try the following options if a student needs to be tested for COVID-19:

  o Contact school administration or check the school's website for more information about the availability of on-site testing.
  o Connect with the student's healthcare provider to schedule a COVID-19 test.
  o Visit any County of San Diego COVID-19 testing site.[13]
  o Call 2-1-1 for additional assistance.

* Persons exempt from wearing a face covering due to a medical condition must wear a non-restrictive alternative, such as a face shield with a drape on the bottom edge if their condition permits it.
** A close contact is defined as being within 6 feet of a COVID-19 patient for 15 minutes or more over 24-hours.

For more information on COVID-19, please visit:

coronavirus-sd.com

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Resources

1   https://www.cdc.gov/coronavirus/2019-ncov/vaccines/effectiveness/why-measure-effectiveness/breakthrough-cases.html

2   https://www.cdc.gov/coronavirus/vaccine

3   https://www.cde.ca.gov/ls/he/hn/immunization.asp

4   https://www.coronavirus-sd.com/vaccine

5   https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx

6   https://www.tandfonline.com/doi/full/10.1080/02786826.2020.1862409

7   https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html

8   https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-
    planning-considerations-return-to-in-person-education-in-schools/

9   https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2021-22-School-Year.aspx

10 https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html

11 https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

12 https://covid-19.sdcoe.net/Health-Practices/Guidelines-for-Schools#Decision-Tree

13 https://www.coronavirus-sd.com/testing

For more information on COVID-19, please visit:

coronavirus-sd.com

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