

West Contra Costa **Unified School District**



COVID-19 **Health and Safety Guide** **for Students and** **Families** **2020-2021**



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Overview

West Contra Costa Unified School District's plan for the return to school focuses on the health and safety of all staff and students. This handbook was developed to support a healthier school environment during the COVID-19 pandemic. We have implemented health and safety measures that include the regular cleaning and disinfecting of all high-touch surfaces, restrooms, and common areas. Additionally, we have installed plexiglass barriers in our school offices, upgraded our HVAC filters, prepared classrooms and common areas for physical distancing with visual markers, and posted signs across campus reminding students and staff to frequently wash their hands and to wear the face coverings at all times. All measures taken are in accordance with the Contra Costa County Office of Education (CCCOE) Contra Costa County Health Services (CCCHS), California Department of Education (CDE), the California Department of Public Health (CDPH), and the Centers for Disease Control and Prevention (CDC).

This Handbook will remain fluid and responsive to new information from local, regional, state, and federal agencies. This Handbook is intended to offer each community member a central location to access information during this continually evolving experience. As new decisions are made and as content is developed, it will be added to this Handbook.

The successful implementation of our reopening plan depends on the cooperation and support of our whole school community. By adhering to the safety precautions outlined in our plan, we are confident that together we can safely and successfully reopen.

Attending School

We are asking all families to partner with the school in support of these guidelines to better ensure the health and safety of all students and staff, and to prevent the spread of COVID-19. It is our goal to maintain a safe and healthy learning environment for all students and staff.

- ***Parents will be asked to take the child's temperature and observe each child daily*** for symptoms related to COVID-19 prior to bringing/sending them to school (Daily Home Health Screening).
- ***Do NOT send a child to school if they exhibit any symptoms of COVID-19*** (or

any other illness) which may include fever, chills, cough, shortness of breath, fatigue, muscle aches, the new loss of taste or smell, nausea, diarrhea, sore throat. Students who are presenting with COVID-19 symptoms should report the absence/illness to the school, list the related symptoms, and call their healthcare provider as soon as possible for further guidance and possible COVID-19 testing. All health information provided to the school will remain confidential.

Daily Home Health Screening

We are asking all parents to monitor their child’s health on a daily basis and to complete a “passive health screening.” This includes temperature checks and monitoring for any of the symptoms related to COVID-19. Prior to coming to school each day, parents must review the following questions. If answered in the affirmative, please call the office and keep students at home. If “no,” then please proceed to school.

- 1. In the past 10 days, have you or anyone in your household had close contact with someone who has or is suspected to have COVID-19?**
 - a. Yes
 - b. No
- 2. Are you currently experiencing any of the following symptoms: Fever, Headache, Cough, Sore Throat, Runny Nose, Shortness of Breath, Chills, Muscle Aches, New Loss of Taste or Smell, Nausea, Vomiting, or Diarrhea**
 - a. Yes
 - b. No

Travel Guidelines:

If you travel outside the Bay Area, it is strongly recommended that you self-quarantine for 10 days after your return if your activities while traveling put you at higher risk of getting COVID-19. These higher-risk activities include:

- Spending time within 6 feet of people you do not normally live with, while you or anyone around you was not wearing a face mask – especially if you were indoors.
- Traveling on planes, buses, trains, public transportation, or other shared vehicles, if face masks were not worn at all times by both you and the other people in the vehicle

Please follow these guidelines to help us maintain a safe and healthy learning environment:

- Instruct your child/children in proper hand hygiene and respiratory etiquette.
- Limit travel and social activity to reduce possible exposure to COVID-19.
- Limit participation in group activities and gatherings with mixed households.
- As practicable, children should not participate in more than two (2) cohorts.
 - What is a cohort? A cohort is a group of children who participate in extended activities together to minimize COVID-19 exposure by limiting cross-over. Examples include elementary school class, aftercare, youth sports club, recreational class. Your household and transportation group (e.g., bus) are not considered cohorts.
- Maintain physical distance and wear face coverings.
 - As part of a statewide effort to help stop the spread of Coronavirus, and as recommended by the CDC, **face coverings are required to be worn by all staff and students at all times**. Face coverings must adhere to current [Contra Costa Public Health Department Guidelines](#).
 - Instruct your child to safely wearing and taking off face covers. Ensure your child arrives at school with a face-covering daily (pack a backup face-covering in their backpack).
- Plan for possible cohort or school closures.
- Instruct your child to visit the school health office only if they feel sick. Check your household and child/children each morning for signs of illness.
 - 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*
 - Do NOT send your child/children to school if they *or anyone in the household* (e.g., caregivers, siblings) exhibit any symptoms of COVID-19. Per [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.
- **Test or 10** - COVID-19 testing is required for the scenarios listed below unless a healthcare provider provides an alternate diagnosis [e.g., migraine, strep throat]. If students/staff are not tested or evaluated by a healthcare provider, they must stay at home and isolate for at least 10 days. * Students/staff who present with these symptoms but have tested positive for COVID-19 in the past 3 months, should not have repeat COVID-19 testing. They should be evaluated by a healthcare provider.
 - If a student/staff has cough • shortness of breath/difficulty breathing • loss

of taste or smell.

- If a student/staff has *two or more* of the following symptoms:

- *fever (100.4°F/38°C or higher) or chills

- sore throat
- headache
- nausea or vomiting
- diarrhea
- fatigue
- congestion / runny nose

■ Students may return to school:

- after they test negative for COVID-19 with a copy of a negative test (symptomatic);

- *or*, after the school receives communication from a healthcare provider;
- *and*, their symptoms are improving;
- *and*, they are fever-free for 24 hours without the use of fever-reducing medications.

- A school nurse or trained staff member at the school site may require a healthcare provider evaluation if they suspect COVID-19 when a student/staff presents with only *one* of the following symptoms (fever (100.4°F/38°C or higher) or

chills

- sore throat • headache
- nausea or vomiting
- diarrhea
- fatigue • congestion / runny nose)

■ **Notify the school** immediately if:

- If your child is being evaluated for COVID-19, they may return to school if they test negative with a copy of a negative test.

- If a household member is being evaluated for COVID-19, the household members must [isolate/quarantine](#) as appropriate.

- Your child/children *must stay home* until the household member tests negative for COVID-19.

- If the household member tests positive for COVID-19, your child/children must quarantine for 10 days from their last contact with the household member. They *may not* return to school even if they test negative for COVID-19. They must complete their quarantine.

- If a household member has a known COVID-19 exposure, the household members must [isolate/quarantine](#) as appropriate.

- If your child has had close contact with someone who has tested positive for COVID-19, *they should get tested 5 – 7 days after their last contact with the person who has COVID-19.*

- Your child must stay at home and quarantine for 10 days after their last

contact with the person who has COVID-19. They *may not* return to school even if they test negative for COVID-19. They must complete their quarantine.

More resources can be found at:

[Contra Costa County Health and Human Services Coronavirus Information](#)

[Contra Costa County Health and Human Services Coronavirus Information - Schools](#)

[CDC Back to School Planning for In-Person Classes](#)

[Contra Costa County Office of Education \(CCCOE\) website](#)

For questions about COVID-19, please call the Contra Costa Health Services at Coronavirus Call Center 844-729-8410 [8 am to 5 pm weekdays]. Interpreter services are available.

Absences

To report an illness or absence, please contact the school office via phone or email. If your student is ill, please be sure to report all symptoms your child is experiencing, when the symptoms began, and any other pertinent medical information such as doctor's diagnosis and/or test results. This information will be kept confidential.

- Parents/guardians should inform the school if their child or family member tests positive for COVID-19. Contact the site administrators, the nurse, or the admin assistants in the main office. This information will be kept confidential.
- Students who have been absent due to illness and/or COVID-19 infection shall be excluded from campus until the school receives written clearance from a healthcare provider that the student is no longer contagious, and/or all isolation and quarantine requirements have been met, and the student no longer has symptoms of illness. (Education Code 49451; Health and Safety Code 120230; 5 CCR 202). (See "Healthcare Provider Clearance", below)
- Student absences related to illness or quarantine are considered excused absences (Ed Code 48205).

1. PROTECT ME

- Monitor for the symptoms of COVID-19 and do not come to campus if I experience any of the following without the use of fever-reducing medicine:

Fever (over 100.4),

Headache,

Cough,

Sore Throat,

Runny Nose/Congestion,

Shortness of Breath,
 Chills,
 Muscle Aches,
 Loss of Taste or Smell, Gastrointestinal (nausea, vomiting, or diarrhea).

- Wash my hands often with soap and water for at least 20 seconds or use hand sanitizer when hand washing is not possible.

2. PROTECT OTHERS

- Wear a face covering on campus at all times, both indoors and outdoors.
- Maintain appropriate physical distancing at all times.
- Stay home if I feel ill or after exposure to someone who is ill or has tested positive for COVID-19.

3. PROTECT THE WCCUSD COMMUNITY

- Keep my belongings, personal spaces, and shared common spaces clean.
- Follow all public health requests and guidance to preserve the wellness of the community.
- Read and follow instructional signs and directions.
- Respect all WCCUSD community members and act with civility.

Arrival and Dismissal from School

Families should refer to instructions regarding arrival and dismissal procedures that are provided by each individual school site and make appropriate arrangements to arrive and depart no more than 15 minutes prior to instruction and after dismissal. Also, transportation agencies have adopted a seating plan that dramatically reduces the number of students that can ride on each bus. Families should not depend on public transportation (AC Transit/WestCat) alone and should plan alternative transportation arrangements to get their students to and from school. At the same time, bus passes will be available at each site for middle and high school students.

Visitors, Gatherings, and Field Trips

Visitors (including parents) will not be allowed on campus. Student assemblies, parent meetings, field trips, special performances, and student assemblies will be conducted via a virtual platform whenever possible. Schools will promote distancing of at least 6 feet between people in person, as much as practicable, and limit the number of people allowed into the office and common indoor spaces at one time. Any visitor permitted on

the campus must first check-in at the school office, complete a brief QR code questionnaire, and adhere to all posted health and safety protocols.

Cleaning Procedures

Classrooms, bathrooms, and common areas will be cleaned and sanitized frequently, and all our procedures comply with the County of Contra Costa guidance. For more information, please reference your school's CPP.

Heating and Ventilation

As part of the district's School Site Specific Protection Plan (CPP) for a return to in-person instruction, the district conducted an assessment for all heating and ventilation (HVAC) equipment at all campuses throughout the West Contra Costa School District.

Our existing HVAC systems were evaluated to:

- Ensure our current systems comply with recommended state and local codes and recommendations from the Centers for Disease Control and Prevention (CDC).
- Ensure the appropriate amount of outside air is delivered to each instructional or office space.

As a result, we are confident that all measures we are taking will ensure the health and safety of our students.

- Building and classroom exterior windows and doors will be opened as practicable to allow for outside air ventilation. Fresh air will be brought into the building through the HVAC system and/or teachers will be encouraged to keep all windows and doors open in order to maximize the flow of fresh air.
- Minimum efficiency reporting value (MERV)-13 air filters have been installed on all of our HVAC units.
- High-efficiency particulate air (HEPA) air purifiers have been purchased for classrooms that require supplemental ventilation.

Shared Objects

The sharing of materials will be kept to a minimum. In scenarios where materials will be shared, teachers will establish clear procedures to ensure the materials are cleaned and sanitized between each use, or that students have their personal set of materials. In general, school staff will:

- Discourage students from sharing items that are difficult to clean, sanitize or disinfect.
- Ensure each child's belongings are kept separate from others and in individually

labeled containers, cubbies, or other areas.

- Limit sharing of supplies between students and disinfect between uses if sharing is unavoidable.
- Ensure adequate supplies to minimize sharing of high-touch materials to the extent possible (e.g., assigning each student their own art supplies, equipment) or limit the use of supplies and equipment by one group of children at a time and clean and disinfect between uses.

Face Coverings/Masks

As part of a statewide effort to help stop the spread of Coronavirus, and as recommended by the CDC, face coverings are required to be worn by all staff and students at all times. Face coverings must adhere to current [Contra Costa Public Health Department Guidelines](#).

- 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.).
- Disposable masks will be available for students who come to school without a mask, whose mask breaks or gets soiled at school, or who wear an unacceptable face covering to school.
- Face coverings shall not be required for students or staff if there is a medical or behavioral reason for not wearing a face covering. This should be verified in writing from a medical professional, member of the school IEP team, or the school counselor.
- Face coverings may be removed only for meals, snacks, or when one needs to be replaced.
- If a student refuses to wear a face covering, the teacher will direct the student to put their face covering on and will offer a safe mask break if needed. If the student continues to refuse to wear a face-covering the site administrator will be notified. The following steps will be taken:
 1. The student will be directed to move to a safe space outdoors.
 2. A mask break will be recommended.
 3. Reasons for wearing a mask will be explained.
 4. If refusal to wear a mask continues, the parent/caregiver will be contacted to pick up their child.
- Regarding Filtering Facepiece Respirators (FFR)
 - There remains a limited supply of filtering facepiece respirators (FFRs), like N95 masks, in the United States
 - Public Health guidelines do not recommend FFRs in classrooms (outside times when aerosolizing procedures occur)

- Users can wear FFRs up to 20 times or until it is damaged, soiled, or causing noticeably increased breathing resistance
- FFRs should only be reused by the same wearer and stored in a way that protects them from danger (i.e., hang used respirators in a designated storage area or keep them in a clean, breathable, separate container such as a paper bag between uses)

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.

- Untie the strings behind your head or stretch the ear loops.
- Handle only by the ear loops or ties.
- Fold outside corners together.
- Wash the face covering

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. Hand hygiene stations will be accessible on campus. Students and staff will be required to wash or sanitize their hands upon arrival to school each day before entering the classroom. Time for hand hygiene will be scheduled throughout the day including before eating and before returning to the classroom after recess.

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.

How to use hand sanitizer:

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

Cough/Sneeze Etiquette

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

- Cough and sneeze 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.
- If your mask becomes soiled due to sneezing or heavy coughing, replace it with a clean mask.

Physical Distancing

Based on current guidelines from the California Department of Public Health and Contra Costa County Public Health, a separation of six feet between students/staff is recommended for mitigating the risk of COVID-19 transmission. WCCUSD has the following measures in place to ensure students stay 6 feet apart when practicable, and no less than 4 feet apart, while in the classroom, waiting in lines, in hallways, and at all other times:

- Markings on floors and sidewalks to indicate physical distancing
- Signage on walls and around campuses to serve as a reminder to maintain physical distance from others
- Signage and arrows to indicate directional walking patterns
- Classroom seating/desks maintain physical distancing
- A limited number of students allowed in common spaces at one time

Please also remember to practice these measures outside of school:

- Maintain a 6 ft distance from others outside your home. Keeping distance from others is especially important for individuals at higher risk for severe illness.
- Discuss with your child the importance of community physical distancing measures while not at school, including discouraging students from gathering

elsewhere.

Water

Students should bring filled water bottles from home, labeled with the child's name, to use during the school day. All drinking fountains will be disabled in order to reduce the possibility of virus transmission. Water refill stations will be available for students and staff to refill reusable water bottles. If water refill stations are not available bottled water will be available.

Eating Procedures

If students are eating on campus, they will eat in assigned areas outside (as per usual and weather permitting). Students will be required to wash hands or use hand sanitizer prior to eating and to maintain a distance of 6 feet and remain in their assigned area. Snacks will continue to be available for students. Students who are not going to be eating lunch on campus will be able to pick up their snacks to take home with them.

Medical Needs and Front Office Health Room

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. Illness and injuries that would be handled in the health office may include:

- If your child requires medication(s) at school
- Severe head injuries, severe cuts, or suspected broken bones
- Other urgent medical care
- In case of a medical emergency, 911 and parents will be called

If you know your child has mental health concerns that present as physical symptoms (e.g., headache, stomachache, nausea), please inform their teacher and work with your child to recognize their symptoms and practice self-soothing techniques, as possible. 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. Our school counselors are also available for consultation in this area.

Students with known underlying health conditions may be at increased risk of severe illness related to COVID-19 infection. These health conditions may include Diabetes

(Type I and II), immune system deficiencies, and 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 in person and notify the District Nurse involved normally in your student's care plan, IEP, or 504. In addition to this, please make sure to note any medical conditions on your student's emergency card.

COVID Symptoms on Campus

- If your child/children have any of the more common symptoms of COVID-19 (cough • shortness of breath/difficulty breathing • loss of taste or smell), they must schedule COVID-19 testing and/or visit with a healthcare provider.
 - Siblings and other household contacts must stay home until a negative COVID-19 test is confirmed or a healthcare provider provides an alternate diagnosis (e.g., migraine, strep throat).
 - The sick person may return to school after they test negative for COVID-19 (with a copy of a negative test) or after evaluated by a healthcare provider and given an alternate diagnosis (with communication from a healthcare provider to school);
 - if symptoms improved **AND** fever-free for > 24 hours w/o fever-reducing medications.
 - If the sick person is not tested or evaluated by a healthcare provider, they must stay at home and isolate for at least 10 days (**Test or 10**). [Updated October 27, 2020].
 - If your child/children have *two or more* of the following symptoms: (fever [100.4°F/38°C or greater] or chills
 - sore throat
 - headache
 - nausea or vomiting
 - diarrhea
 - fatigue
 - congestion / runny nose), they must schedule COVID-19 testing and/or visit with a healthcare provider.
 - Siblings and other household contacts must stay home until a negative COVID-19 test is confirmed or the healthcare provider provides an alternate diagnosis (e.g., migraine, strep throat).
 - The sick person may return to school after they test negative for COVID-19 (with a copy of a negative test) or after evaluated by a healthcare provider and given an alternate diagnosis (with communication from a healthcare provider to school);
 - if symptoms improved **AND** fever-free for > 24 hours w/o fever-reducing medications.
 - If the sick person is not tested or evaluated by a healthcare provider, they must

stay at home and isolate for at least 10 days (**Test or 10**). [Updated October 27, 2020].

- If your child/children have any *one* of the following symptoms (fever [100.4°F/38°C or greater] or chills • sore throat • headache • nausea or vomiting • diarrhea • fatigue • congestion / runny nose), they may return to school after symptoms improved and fever-free for 24 hours without the use of fever-reducing medications.
 - Siblings and other household contacts do not need to stay home.
 - COVID-19 testing and/or healthcare provider evaluation are *not* necessary unless required by a school nurse who suspects COVID-19 [Updated October 27, 2020].
- If a household member (incl. caregiver) has any of the more common symptoms of COVID-19 or two or more of the COVID-19 symptoms listed above.
 - They should contact their healthcare provider or schedule testing immediately.
 - Students and staff must stay home until their household member tests negative for COVID-19.
 - If the household member tests positive for COVID-19, your family must [quarantine](#) for 10 days from their last contact [Updated, 2020].
- 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.

Close Contact/Potential Exposure

- If a household member is being evaluated for COVID-19 or has a known COVID-19 exposure, the household member must isolate/quarantine as appropriate. Your child/children must stay home until the household member tests negative for COVID-19. If the household member tests positive for COVID-19, your child/children must quarantine for 10 days from their last contact.
- If your child/children had close contact (within 6 feet of an infected person for at least 15 minutes) with a person who has tested positive for COVID-19, they must stay at home and quarantine for 10 days after their last contact with the person who has COVID-19. *Your child/children should be tested for COVID-19 five to seven days after their last exposure.*

When to Stay Home from School

- If your child/children have any of the more common symptoms of COVID-19 (cough

- shortness of breath/difficulty breathing • loss of taste or smell), they must schedule COVID-19 testing and/or visit with a healthcare provider.
 - Siblings and other household contacts must stay home until a negative COVID-19 test is confirmed or a healthcare provider gives an alternate diagnosis (e.g., migraine, strep throat).
 - The sick person may return to school after they test negative for COVID-19 (with a copy of a negative test) or after evaluated by a healthcare provider and given an alternate diagnosis (with communication from a healthcare provider to school);
- if symptoms improved AND fever-free for > 24 hours w/o fever-reducing medications.
 - If the sick person is not tested or evaluated by a healthcare provider, they must stay at home and isolate for at least 10 days (*Test or 10*). [*Updated October 27, 2020*].
- If your child/children have *two or more* of the following symptoms (fever [100.4°F/38°C or greater] or chills
 - sore throat
 - headache
 - nausea or vomiting
 - diarrhea
 - fatigue
- congestion / runny nose), they must schedule COVID-19 testing and/or visit with a healthcare provider.
 - Siblings and other household contacts must stay home until a negative COVID-19 test confirmed or the healthcare provider provides an alternate diagnosis (e.g., migraine, strep throat).
 - The sick person may return to school after they test negative for COVID-19 (with a copy of a negative test) or after evaluated by a healthcare provider and given an alternate diagnosis (with communication from a healthcare provider to school);
- if symptoms improved AND fever-free for > 24 hours w/o fever-reducing medications.
 - If the sick person is not tested or evaluated by a healthcare provider, they must stay at home and isolate for at least 10 days (*Test or 10*). [*Updated October 27, 2020*].
- If your child/children have any *one* of the following symptoms (fever [100.4°F/38°C or greater] or chills
 - sore throat

- headache
- nausea or vomiting
- diarrhea • fatigue
- congestion / runny nose), they may return to school after symptoms improved and fever-free for 24 hours without the use of fever-reducing medications.
 - Siblings and other household contacts do not need to stay home. COVID-19 testing and/or healthcare provider evaluation are *not* necessary unless required by a school nurse who suspects COVID-19 [*Updated October 27, 2020*].
- If a household member (incl. caregiver) has any of the more common symptoms of COVID-19 or two or more of the COVID-19 symptoms listed above.
 - They should contact their healthcare provider or schedule testing immediately. ◦ Students and staff must stay home until their household member tests negative for COVID-19.
 - If the household member tests positive for COVID-19, your family must quarantine for 14 days from their last contact [*Updated October 27, 2020*]. ● If they had close contact with a person who tested positive for COVID-19 (e.g., relative, friend). If your child has had close contact with someone who has tested positive for COVID-19, they must stay at home and quarantine for 10 days after their last contact with the person who has COVID-19.
- 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.

Any student or staff member who has tested positive for COVID-19 or who has been exposed to COVID-19 must stay home from school and follow Contra Costa County Public Health [At Home Quarantine & Isolation Safety Guidance](#). Parents/guardians must notify the school immediately if their child or household member tests positive for COVID-19 or if a household member may have been exposed to COVID-19. This information will be kept confidential.

When to Return to School

“My child tested positive for COVID-19 but had no symptoms.”

If your child continues to have no symptoms, they can return to school after 10 days have passed since they had a positive viral test for COVID-19. Retesting is not required and not advised. If your child develops symptoms after testing positive, contact your healthcare provider.

“My child tested positive for COVID-19 and had symptoms.”

A child who tested positive for COVID and had symptoms can return to school 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.

“My child stayed home or was sent home because of COVID-19 symptoms.”

- If your child/children had (1) any of the more common symptoms of COVID-19
 - Cough
 - shortness of breath/difficulty breathing
 - loss of taste or smell), or (2) *two or more* of the following symptoms
 - (fever [100.4°F/38°C or greater] or chills
 - sore throat
 - headache
 - nausea or vomiting
 - diarrhea
 - fatigue
 - congestion / runny nose), they may return to school after they test negative for COVID-19 (with a copy of a negative test) or after evaluated by a healthcare provider and given an alternate diagnosis (with communication from a healthcare provider to school);
 - Symptoms must be improved **AND** child/children must be fever-free for > 24 hours w/o fever-reducing medications.
- If your child/children have any *one* of the following symptoms
 - (fever [100.4°F/38°C or greater]
 - or chills • sore throat • headache
 - • nausea or vomiting
 - • diarrhea
 - • fatigue • congestion / runny nose), they may return to school after symptoms improved and fever-free for 24 hours without the use of fever-reducing medications. COVID-19 testing and/or healthcare provider evaluation are *not* necessary unless required by a school nurse who suspects COVID-19 [*Updated October 27, 2020*].

“My child or a household member was exposed to COVID-19 (at school or at home).” If your child or household member was exposed to COVID-19, they must stay at home and quarantine for 10 days after their last contact with the COVID positive person. Your child/children should be tested for COVID-19 *five to seven days after their last exposure*. They must complete a 10-day quarantine and may *not* return to school even if

they test negative for COVID-19. Contact your healthcare provider to review isolation and quarantine orders.

If your child develops symptoms during quarantine, they may not return to school until 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.

“My child was diagnosed with another illness / communicable disease.”

Depending upon the illness, a clearance from the student’s healthcare provider may be required for return to school after illness.

Reference:

Contra Costa County Public Health [At Home Quarantine & Isolation Safety Guidance](#).

School Actions and Communications in Case of Possible Exposure at School

Families will be notified of school or cohort closures and any restrictions in place to prevent COVID-19 exposure (e.g., limited hours of operation) as soon as possible.

For questions about COVID-19, please call the Contra Costa County Health and Coronavirus Call Center at 844-729-8410. The call center is open from 8 a.m to 5 p.m. on weekdays. Interpreter services are available.

Appendix

Appendix A - [WCCUSD COVID-19 In-Person Instruction Parent Contract](#)

Appendix B - [Covid Waiver XtraCurricular Activities](#)

Appendix C - [COVID Transportation SOP](#)

Appendix D - [Covid Waiver In-Person Learning](#)