



NCS COVID-19 Safety Plan

2022-2023

Introduction

This guidance reflects the most current research which balances the importance of maintaining high quality in-person instruction with the recommended actions that mitigate the spread of COVID-19 in our school. Current recommendations from the Center for Disease Control (CDC), the California Department of Public Health (CDPH), and Butte County Public Health (BCPH) suggest that our plan should offer flexibility that allows our school community to adapt to the changes of our local situation, including the health impacts that continue to result from COVID-19.

The guidance that this plan follows can change and shift quickly. The strategies that we present take this volatility into consideration. The layered prevention recommendations also serve to mitigate the spread of other airborne pathogens, including allergens and pollutants such as wildfire smoke.

NCS School Administrators will ensure that these community guidelines are updated to reflect the most current information from our public health experts. Nord staff and board acknowledges that COVID-19 continues to be a factor that can disrupt our learning community, but that there are ways to minimize its impact by encouraging and recommending reasonable practices to ensure safe learning for all at NCS. New changes to the guidelines will be communicated in a timely manner to all school community members.

General Measures

- This guidance is effective as of July 1, 2022, and, unless otherwise stated, will continue to be reviewed as NCS receives updates from local and state public health officials.
- Staff will regularly review updated guidance from the state, county and local health officials.
- NCSNCS will update their Injury and Illness Prevention policy (IIPP) to address the unique long-term complications that have been generated by COVID-19.
- NCS ensures that it is compliant with the Cal/OSHA COVID-19 Emergency Temporary Standards (ETS) and continues to consult those regulations for updated requirements.
- When applying the guidance, the following factors are taken into account:
 - Community input, from students, families, and staff;
 - CDC community levels indicators of COVID-19 and their trajectory;
 - local COVID-19 outbreaks or transmission patterns;

- indoor air quality in all classrooms, the cafeteria, intervention and staff rooms;
- special considerations of high-risk individuals and demographic groups;
- NCS will communicate to the entire school community about the measures in place to safeguard the health and well-being of all through the following measures;
 - COVID-19 resources button will be available on the homepage of the website;
 - a family letter will be emailed to all school community members at the start of the year, with the highlights of the plan when it is adopted;
 - the plan will be presented and discussed at staff, PTO, and School Site Council meetings.

Safety Measures

Using Facemasks

- No person will be prevented from wearing a mask, unless wearing a mask would pose a safety hazard (e.g. watersports or heavy exercise);
- If a student would like to wear a mask but inadvertently fails to bring one, masks will be available for use in all classrooms upon request;
- NCS encourages students and staff to follow CDE masking recommendations in the case of exposure, infection, or the presence of symptoms, or having recently experienced exposure that are listed on our COVID-19 Resources website page, and in Tables 1 and 2, below.

Cleaning, Disinfecting and Ventilation

- Each classroom will have a supply of appropriate cleaning and disinfecting supplies.
- Portable, high efficiency air purifiers will be utilized in each classroom and the cafeteria, office, and staff room, and filters will be changed regularly (every 3-4 months).
- Ventilation will be maximized in the classrooms to the extent possible by opening windows and doors where practical.
- Special filters with a rating of MERV 11 or better will be installed in all HVAC systems to provide enhanced filtration.

Vaccinations: Staying Up-to-Date

- The CDE recommends that all eligible individuals receive the COVID-19 vaccination. Evidence suggests that high levels of vaccinations among a population provide an added layer of protection against acute disease. Information on the COVID-19 vaccination and booster shots are available on the homepage of the NCS website, labeled “COVID-19 Resources.”
- Due to the strain that the COVID-19 pandemic placed on regular health services, NCS will review all regularly required vaccinations for school entry, using resources provided by BCPH and the CDPH.

Getting Tested for COVID-19

NCS recommends that the school community use testing as a key mitigation strategy for preventing a school outbreak. NCS encourages staff and students to take an antigen COVID-19 test upon returning to school and after any school vacation or break from school. Tests will be provided to any staff or student upon request. Further testing recommendations are shown in the appendices.

Raising Awareness among All Staff and Families

- Staff, students and parents will be encouraged to understand the importance of protecting themselves from the spread of COVID-19 for the safety of the community as well as the continued in person operation of the school.
- Staff will review the updated safety guidelines for the 2022-2023 school year, as noted in this plan.
- Prior to school starting, all families will have access to wellness information through the school website. The COVID-19 Resources button on the website will include all of the updated safety plans, procedures, and protocols.
- Students will receive direct instruction from teachers on the importance and proper techniques of hand washing, and coughing and sneezing into elbow or tissue.
- Any families and/or employees that are new to NCS will receive information regarding the school safety plan upon joining our school community.

Managing Individuals with Symptoms:

Students

- All students will be treated with respect and care, regardless of the diagnosis of, or exposure to, COVID-19.
- If a student has any flu-like symptoms, they will be asked to stay home until at least 24 hours after they no longer have a fever (temperature of 100.4 or higher) or signs of a fever (chills, flushed appearance or sweating) without the use of fever-reducing medicine (e.g., Tylenol).
- NCS will follow all BCPH and Butte County Office of Education guidelines if a staff member or student is diagnosed with, or exposed to, COVID-19.
- NCS recommends that families follow the BCPH guidelines when individuals are diagnosed with COVID-19. These guidelines are available on the homepage of the NCS website under “COVID-19 Resources, and are listed in Tables 1 and 2 in the Appendix. The following recommendations include:

- Staying home for at least 5 days;
- Wearing a well-fitting mask while around others for 10 days, especially in indoor settings.

Staff

- Staff members will review the elements in this safety plan, especially during times of known high transmission periods of COVID-19.
- All staff will be asked to self-monitor for signs of infectious illness every day.
- If a staff member has any symptoms they will be instructed to stay home until at least 24 hours after they no longer have a fever (temperature of 100.4 or higher) or signs of a fever (chills, flushed appearance or sweating) without the use of fever-reducing medicine (e.g., Tylenol).
NCS will follow any newly-created reporting requirements by state and local public health offices

Managing COVID-19 Exposure

- In lieu of individual exposure notification, NCS will provide a general, school-wide communication during times of high transmission rates in the community. A letter, via email, will be sent which will report to all families and staff members that there is an increased potential for exposure to COVID-19. The letter will include a reminder for all individuals to monitor for symptoms and to get tested.
 - NCS will recommend all students and staff with known exposure to follow the guidance listed in Table 1 of the Appendix of this document.
 - Individuals who test positive are encouraged to follow guidance in Table 2 of the Appendix of this document. This information will be posted in the school office and will be available on the homepage of the NCS website.

Communication Plans

We have designated our school Administrators, Kathy Dahlgren and Allison Ward, as the liaisons responsible for responding to COVID-19 concerns. The Administrators will stay updated on any new protocols involving reporting outbreaks to the BCPH office during high transmission occurrences.

Final Comments

NCS anticipates that the new recommended guidelines will allow in-person instruction to continue, uninterrupted, for the 2022-2023 schoolyear. Although the title of the document includes the phrase “Opening” plan, this updated guidance assumes that only under dire circumstances will Nord need to face a school closure, and that with careful attention to our plan, the school community will be able to operate at a level that is as close to pre-COVID-19 pandemic as is safely possible.

Appendix

Table 1: Isolation Guidelines for COVID-Positive Test

Positive Test for COVID-19	Recommended Actions
<p>Everyone, regardless of vaccination status.</p>	<ul style="list-style-type: none"> • Stay home for at least 5 days after start of symptoms (or after date of first positive test if no symptoms). • Isolation can end after Day 5 if symptoms are not present or are resolving and a diagnostic specimen* collected on Day 5 or later tests negative. • If unable to test, choosing not to test, or testing positive on Day 5 (or later), isolation can end after Day 10 if fever-free for 24 hours without the use of fever-reducing medications. • If fever is present, isolation should be continued until 24 hours after fever resolves. • If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after Day 10. If symptoms are severe, or if the infected person is at high risk of serious disease, or if they have questions concerning care, infected persons should contact their healthcare provider for available treatments. • Per CDPH masking guidance, infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings (see masking section on page 3 for additional information). <p>*Antigen test preferred.</p>

Table 2: Close Contact Guidance (No Quarantine)

COVID-19 Exposure (No Quarantine)	Recommended Actions
<p>Everyone, regardless of vaccination status.</p> <p>Persons infected within the prior 90 days do not need to be tested, quarantined, or excluded from work unless symptoms develop.</p>	<ul style="list-style-type: none"> • Test within 3-5 days after last exposure. • Per CDPH masking guidance, close contacts should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease (see masking section below for additional information). • Strongly encouraged to get vaccinated or boosted. • If symptoms develop, test and stay home (see earlier section on symptomatic persons), AND • If test result is positive, follow isolation recommendations above (Table 1).