



Sierra Sands Unified School District

COVID-19

# **District Plan For All Elementary and Secondary Schools**

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## Implementation of COVID-19 School Plan

To enable and assist schools with their day-to-day operations, it is important to adopt and implement actions to slow the spread of COVID-19 inside the school and out in the community. The district has utilized guidance documentation from the Centers for Disease Control and Prevention (CDC), the California Department of Public Health (CDPH), the Kern County Public Health Department (KCPHD), the California Department of Education (CDE) and Kern County Superintendent of Schools (KCSOS) to develop this district plan in conjunction with site administration. It is reasonable to expect that the protocols in this document will change as local conditions change. This plan will also be a part of each school's site safety plan.

Out of an abundance of caution, Sierra Sands USD will enforce all procedures that are recommended by the CDC and CDPH. In some cases, the district might choose to enforce stricter safety precautions than what is recommended if conditions worsen. Any general questions or concerns regarding the District's COVID-19 Safety Plan which will be implemented at every district site and facility should be directed to Bryan Auld, Assistant Superintendent of Human Resources and COVID-19 Safety Coordinator for Sierra Sands USD at 760-499-1620.



# Health and Safety Protocols



## **Purpose**

The purpose of this guidance is to outline the procedures the school will follow to provide in-person support services and instruction.

The CDC and CDPH highly recommend that all eligible individuals get the COVID-19 vaccination and booster(s) if eligible because, according to their guidance, the vaccine is the single most effective way to slow the spread of COVID-19. Preventative measures such as sanitation and washing of hands remain a defense against the spread of COVID-19 within schools and offices.

## **Face Coverings**

Students in all grade levels TK-12 are no longer required to wear face coverings. Adults, including all staff, in TK-12 settings are also no longer required to mask when sharing indoor spaces with students.

## COVID-19 Testing



Guidance from the CDPH indicates that antigen tests should be used including OTC antigen tests.

District staff will be provided testing free of charge and during regular work hours for any employee who exhibits symptoms of COVID-19. Staff and students receive free OTC test kits upon request.



## Hand Washing

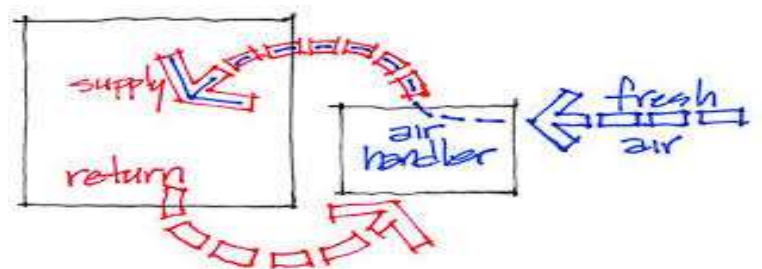
Students and staff should wash their hands frequently. When staff or students are washing their hands, it is recommended that they use soap and water and rigorously rub fingers together for a minimum of 20 seconds. Hand sanitizer is recommended when soap and water are not available. Hand sanitizer, which contains at least 60% ethyl alcohol as recommended by the CDPH, will be available at multiple locations on each school site including each classroom.

Students and staff should wash their hands or use hand sanitizer at the following times:

- Before and after eating
- After using the restroom
- After using a tissue to blow their nose or coughing into their hand

## Coughing or Sneezing

All students and staff are reminded to use a tissue or the inside of their elbow as a barrier when coughing or sneezing. If a tissue is used, it must be disposed of immediately.



## HVAC Ventilation and Air Purification

The district is committed to providing the safest equipment available for reducing the risk of transmission. Research has determined that the virus travels through ventilation systems that do not allow for high efficiency filters. The highest rated filtration system is the MERV 13 HVAC filter. Currently, every HVAC system in the district has a MERV 13 filter. In addition, and where necessary, the district will provide portable high efficiency air cleaners in each classroom.

# What Families and Students Can Expect on Campus

## Symptom and Exposure Screening

Note to Parents: Daily screening for COVID-19 symptoms and for exposure to someone with COVID-19 prior to leaving for school can prevent students with COVID-19 from coming to school while infectious, thus preventing in-school transmission.

If your student has any symptom(s) that are common in COVID-19, **DO NOT BRING THEM TO THE SCHOOL SITE.** Instead, keep your child at home and contact the school's office manager for guidance on how to proceed.

## Quarantine Protocols & Exposures:

There is only one reason why a student would need to quarantine/isolate in the most current CDPH guidance: **If the student tests positive for COVID-19.**

Please review the quarantine/isolation guidelines listed below:

## Persons Who Test Positive for COVID-19

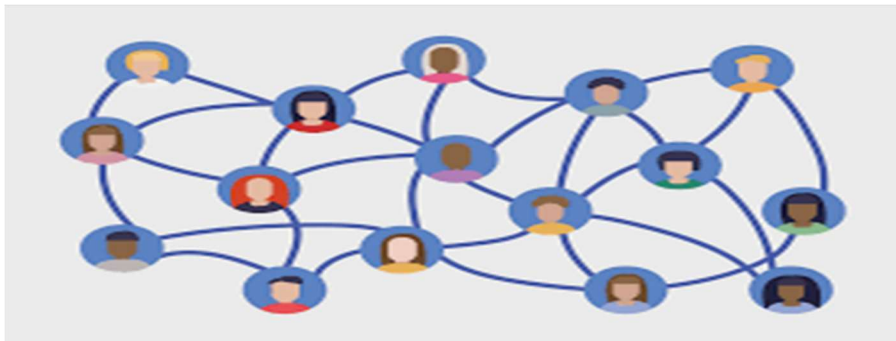
- Stay home for at least 5 days after the start of symptoms or after date of first positive test.
- Isolation can end after day 5 if symptoms are not present or are mild and improving; AND fever has been resolved for 24 hours (without the use of fever-reducing medication).
- If fever is present, isolation should be continued until **24 hours after** fever resolves.
- If symptoms, other than fever, are not improving, continue to isolate until symptoms are resolved or until after day 10.
- After ending isolation, if symptoms recur or worsen, test again and if positive, restart isolation.

## **Persons who are exposed to someone with COVID-19**

- Exposed, asymptomatic students, may now continue in-person instruction and all other aspects of K-12 schooling, including sports and extra-curricular activities, regardless of vaccination status or exposure location.
- However, it is strongly recommended (not required) that exposed students:
  1. Test 3-5 days following exposure.
  2. Close contacts should wear a well-fitting mask, indoors around others for at least 10 days following the date of last exposure.
  3. Monitor closely for symptoms.
  4. If symptoms develop, test, and stay home. If the test is positive, follow the isolation recommendations on previous page.

## **Contact Tracing Protocols**

The Human Resources Department, in partnership with Kern County Department of Public Health (KCPH), will be responsible for managing the contact tracing protocols. As such, every COVID-19 positive case within the SSUSD community must be reported to H.R. Please contact the H.R. department by calling (760) 499-1620.





## Transportation



**Face coverings are no longer required for all students and employees during transportation activities but are highly recommended.**

School buses will be cleaned and/or disinfected daily to protect student passengers and staff. In addition, the drivers use a hydroelectric sprayer to clean the bus, ensuring all surfaces are cleaned.

## Classroom Protocols



### **Classroom Space:**

- Classrooms will be cleaned every day after students and staff have left.
- Manipulatives used for instruction will be stored in personal bins and are not to be shared.
- Backpacks are permitted.

## Food Service



Please note, if your student has a medical need or food-related allergy contact our Child Nutrition Services Director, Sue LeBlanc at 499-1881 or email her at [sleblanc@ssud.org](mailto:sleblanc@ssud.org).

Breakfast and lunch will be provided by food services. Students will be allowed to bring their own bottled water.

The district will implement the following CDPH guidance regarding food services:

- Clean frequently touched surfaces. Surfaces that come in contact with food should be cleaned before and after meals.
- Given very low risk of transmission from surfaces and shared objects, there is no need to limit food service approaches to single use items and packed meals.

## Cleaning and Disinfecting Protocols



The district will implement the following CDPH guidance regarding cleaning:

- In general, cleaning once a day is usually enough to sufficiently remove potential viruses that may be on surfaces. Disinfecting removes any remaining germs on surfaces, which further reduces any risk of spreading infection. The cleaning agent the district uses for everyday cleaning has a disinfectant in it.
- If a facility has had a sick person with COVID-19 within the last 24 hours, clean AND disinfect the spaces occupied by that person during that time. Again, the district uses a cleaning agent that is also a disinfectant every day.

## Mental Health Support/Additional Family Resources



### **Purpose**

The following are social, emotional, and mental health resources available for our students and families. We welcome and encourage anyone who may be struggling or know of someone who is, to reach out for support. We are all stronger together.

### **Mental Health Supports:**

Please contact your school principal or school counselor if any mental health support is needed.

### **Additional Supports**

This year has been extremely difficult for people of all ages due to the many uncertainties surrounding the COVID-19 pandemic. Many Californians are out of work and under serious financial stress. Children are partaking in virtual learning, which has come with unforeseen challenges and setbacks. **Parents Anonymous®** offers a NO COST Parent and Youth Helpline which provides immediate emotional support from a trained and compassionate helpline counselor. Open 12 hours every day: Monday-Sunday 8 am – 8 pm CALL, TEXT OR CHAT in any language.



**California  
Parent & Youth  
Helpline**  
1-855-4A PARENT  
1-855-427-2736

**8am-8pm Monday-Sunday**

CALL, TEXT OR LIVE CHAT NOW  
FOR EMOTIONAL SUPPORT OR TO  
SIGN UP FOR ONLINE PARENTING  
SUPPORT GROUPS

caparentyouthhelpline.org  
info@caparentyouthhelpline.org

**Asking for Help is a Sign of Strength®**



**California  
Parent & Youth  
Helpline**  
1-855-4A PARENT  
1-855-427-2736

**8am-8pm Lunes-Domingo**

LLAME, ENVÍE UN MENSAJE DE TEXTO O CHATEE  
EN VIVO AHORA PARA RECIBIR APOYO  
EMOCIONAL O PARA REGISTRARSE EN  
GRUPOS VIRTUAL DE APOYO PARA PADRES

caparentyouthhelpline.org  
info@caparentyouthhelpline.org

**Pedir Ayuda Es Un Signo De Fortaleza®**

Crisis Stabilization Unit

760-463-2880, 1141 Chelsea St.

College Community Health (for students with MediCal)

760 499-7406, 1400 N. Norma St. #133

Omni Family Health (has sliding fee scale)

1-800-300-6664, 1133 N. Chelsea Street

Rural Health Clinic Mental Health

760 499-3863, 1111 N. China Lake Blvd.

Southern Sierra Mental Health

760-446-6404, 105 E. Sydnor

## **Resources for Suspected Child Abuse or Neglect**

If you suspect child abuse or neglect, please call the Kern County Child Abuse Hotline.

Child Protective Services Hotline:

(661) 631-6011 (County)

(760) 375-6049 (Ridgecrest)

## **Substance abuse**

College Community Services Adolescent Substance Use Disorder Treatment Team (12 to 17 years old)

760 499-7406, 1400 N. Norma Ste. 127-133

## **Ridgecrest Health Resources:**

### **Pediatricians/Family practice**

Omni Family Health (has sliding fee scale)

1-800-300-6664, 1133 N. Chelsea Street

Rural Health Pediatrics

760 499-3846, Suite 301, 1111 N. China Lake Blvd.

### **Immunizations**

Omni Family Health (has sliding fee scale)

1-800-300-6664, 1133 N. Chelsea Street

Rural Health Pediatrics

760 499-3846, Suite 301, 1111 N. China Lake Blvd.

## **Urgent Care**

Heather Stone Urgent Care

760 446-4571, 900 N Heritage Dr Ste E

Rural Health Clinic Urgent Care

760 499-3800, 1111 N. China Lake Blvd.

## **Emergency Care**

Ridgecrest Regional Hospital

Call 9-1-1 for emergencies, 1081 N. China Lake Blvd.

## **Dentists**

Bachman Family Dentistry

760 375-8512, 700 N. Sanders St. Ste B

Children's Dental Group

760 446-8688, 501 W Joyner Ave #B

Palm Tree Pediatric Dentistry

760 463-9006, 1101 N Norma St, Suite B

Rural Health Dental Clinic

760 499-3296, 1111 N. China Lake Blvd.



## **Hearing**

High Desert Audiology

760-375-9399, 121 S. China Lake Blvd Ste. B

## **Vision**

VisionCare

760 446-5555, 1409 N Norma St.

Focus Optometry Center

760 375-9709, 905 Drummond Ave.

Walmart Vision Center

760 463-6058, 201 E Bowman Rd.

## **Orthopedics**

Healthy Bone & Joint Center

760 446-8692, 1041 N. China Lake Blvd.

Valley Orthopedic Institute (in Ridgecrest on Thursdays)

661 949-8643, 1533 North Downs Street

## **Pharmacies**

Center Pharmacy

760 446-4141, 1109 N. China Lake Blvd.

Rite Aid

760 375-0223, 101 North China Lake Blvd.

Sav-on at Albertsons

760 384-4020, 927 S China Lake Blvd.

Walgreens

760 384-2358, 101 Drummond Ave.

### **Physicals/Sports physicals**

Omni Family Health (has sliding fee scale)

1-800-300-6664, 1133 N. Chelsea Street

Rural Health Pediatrics

760 499-3846, Suite 301, 1111 N. China Lake Blvd.

### **Sports Medicine/Chiropractic**

Ridgecrest Regional Hospital Chiropractic Clinic

760 371-1300, 840 N. Norma St., Suite B

Ledesma Chiropractic Sports Medicine

760 499-2367

### **Women's Health**

Ridgecrest Regional Hospital Women's Health Services

760 499-3640, 1011 N. China Lake Blvd., Suite A

Ridgecrest Pregnancy Care Center

760 384-2273, 341 Ridgecrest Blvd

Women's Center High Desert

760 371-1969, 134 China Lake Blvd