

Mill Valley School District



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



MVSD COVID-19 Health and Safety Guide for Students & Families

Overview

Mill Valley School District's plan for the return to school focuses on the health and safety of all staff and students. This handbook was developed in partnership with the Marin School Nurses Organization (MSNO) 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, HEPA air purifiers have been purchased for each classroom, 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 Marin County Office of Education (MCOE) Rethinking Marin Schools Task Force, Marin County Health and Human Services (MCHHS), 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.

MVSD School Site Specific Protection Plans

Mill Valley School District's Site Specific Protection Plans (SSSPP) were developed by the SSSPP Task Forces (teachers, administration, parent, staff) at each school and have been approved by the Marin County Office of Education. Please [click here](#) to access the plans.

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 other contagious illnesses) which includes fever, chills, cough, shortness of breath, fatigue, muscle aches, 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

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further guidance and possible COVID-19 testing. All health information given to the school remains 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 last 14 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. **In the last 24 hours, have you experienced any of the following symptoms without the use of fever-reducing medications?: Fever, Headache, Cough, Sore Throat, Runny Nose, Shortness of Breath, Chills, Muscle Aches, Loss of Taste or Smell, Gastrointestinal (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 14 days after your return if your activities while travelling 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.

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- 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 [Marin Public Health Department Guidelines](#).
 - Instruct your child in safely wearing and taking off face covers. Ensure your child arrives at school with a face covering daily (pack a back-up face covering in their backpack).
- Plan for possible cohort or school closures.
- Mill Valley School District's Site Specific Protection Plans (SSSPP) were developed by the SSSPP Task Forces (teachers, administration, parent, staff) at each school and have been reviewed by both the Marin County Office of Education and by Marin County Health and Human Services. Please [click here](#) to access the plans. Talk to your child about precautions to take at school.
- 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 student / 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 copy of a negative test;
 - or, after school receives communication from a healthcare provider;
 - and, their symptoms are improving;

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- *and*, they are fever-free for 24 hours without the use of fever-reducing medications.
- A school nurse 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 copy of a negative test.
 - If a household member is being evaluated for COVID-19, 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 14 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 member 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 14 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:

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

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

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

[Marin County Office of Education \(MCOE\) website](#)

[MCOE Rethinking Schools](#)

For questions about COVID-19, please call the Marin Health and Human Services phone call center at (415) 473-7191 [9:30 a.m. to noon and 1 to 5 p.m. 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.

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- 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).

The Mill Valley Learner Health and Safety Pledge

We encourage everyone in our community to take our health and safety pledge.

Please read the pledge below or [watch this video](#) of the pledge being read and show your commitment to health and safety in our community by [signing this pledge](#).



Pledge that you will do what it takes to keep yourself, your friends, and our community safe and healthy, because that's what being a Mill Valley Learner is about - being a "responsible, contributing member of our community" is part of our mission.

TAKE THE LEAD ON HELPING PROTECT THE WELL-BEING OF OUR COMMUNITY.

Together, we must protect the health and safety of every member on our campuses. If and when you are coming to campus, the following pledges below will help to ensure we are all doing our part.

I PLEDGE TO:

1. PROTECT MYSELF

- 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),

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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 MVSD 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 MVSD community members and act with civility in my words and deeds.

[Sign the pledge.](#)

Arrival and Dismissal from School

Families should refer to instructions regarding arrival and dismissal procedures that are provided by each individual school site.

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 survey, 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 Marin's guidance. For more information, please reference your school's [School Site Specific Protection Plan](#).

Heating and Ventilation

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

Our existing HVAC systems were evaluated to:

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- 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 particular air (HEPA) air purifiers have been purchased for each classroom.
- Work is underway to address additional recommendations from the report.

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 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 [Marin 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.

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- 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 collect 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

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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 Marin County Public Health, a separation of six feet between students/staff is recommended for mitigating the risk of COVID-19 transmission. MVSD 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

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- 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
- Limited number of students allowed in common spaces (bathrooms) 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.
- Please 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.

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. ChoiceLunch 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 ChoiceLunch 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 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

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(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, Nancy Nakae, RN nnakae@mvschools.org. 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 negative COVID-19 test confirmed or 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 copy of a negative test) or **after** evaluated by a healthcare provider and given an alternate diagnosis (with communication from 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 negative COVID-19 test confirmed or 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 copy of a negative test) or **after** evaluated by a healthcare provider and given an alternate diagnosis (with communication from healthcare provider to school);
 - if symptoms improved **AND** fever-free for > 24 hours w/o fever reducing medications.

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- 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 has 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].
- 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 14 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 14 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 negative COVID-19 test confirmed or healthcare provider gives an alternate diagnosis (e.g., migraine, strep throat).

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- The sick person may return to school after they test negative for COVID-19 (with copy of a negative test) or after evaluated by a healthcare provider and given an alternate diagnosis (with communication from 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 negative COVID-19 test confirmed or 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 copy of a negative test) or after evaluated by a healthcare provider and given an alternate diagnosis (with communication from 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 has 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 14 days after their last contact with the person who has COVID-19.

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- 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 Marin County Public Health's [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. [Enter school identified contact here] at the [Modify to your district/program name] District Office. 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 copy of a negative test) or after evaluated by a healthcare provider and given an alternate diagnosis (with communication from 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 has 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*].

MVSD COVID-19 Health and Safety Guide for Students & Families

“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 14 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 14-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. School Notices will be sent for other diseases ([as indicated](#)) according to the [MCOE Student Health Manual](#).

Reference: Marin 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.

**Mill Valley School District
Protocols for COVID-19 In Our Schools**



	Scenario	Action
1	A student or staff member either exhibits COVID-19 symptoms or has a temperature of 100.4 or above.	<ul style="list-style-type: none">• Report information to administrator, send home• Contact Healthcare provider/Public Health for testing (recommend testing)• If positive, see Scenario #3; If negative, see Scenario #4• School/Classroom OPEN
2	A family member or someone in close contact with a student or staff member tests positive for COVID-19.	<ul style="list-style-type: none">• Report information to administrator, send home, quarantine for 14 days• Contact Healthcare provider/Public Health for testing (recommend testing)• School/Classroom OPEN
3	A student or staff member tests positive for COVID-19.	<ul style="list-style-type: none">• Report information to administrator, send home, isolate as per Public Health• Families of Students and Staff: quarantine and contact Healthcare provider/Public Health for testing• Classroom CLOSED for 14 days from last exposure• School remains OPEN
4	A student or staff member tests negative for COVID-19 after symptoms or confirmed close contact.	<ul style="list-style-type: none">• May return to school 24 hours after symptoms resolve• 14 day quarantine required for close contact with COVID-19 positive case• School/Classroom OPEN

Community Clinics in Marin County

You can find a list of community health centers and clinics in Marin 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.

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For questions about COVID-19, please call the Marin Health and Human Services' call center at (415) 473-7191. The call center is open from 9:30 a.m. to noon and 1 to 5 p.m. on weekdays. Interpreter services are available.

Public Health Liaison Contacts by School Site

Staff Member	Contact Information
<u>Jessica Goode</u> Director of Human Resources, District Office	jgoode@mvschools.org ; (415) 389-7745
<u>Anna Lazzarini</u> Principal, MVMS	alazzarini@mvschools.org ; (415) 389-7711 ex 2276
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<u>Lisa Lamar</u> Dean of Students, MVMS	llamar@mvschools.org ; (415) 389-7711 ex 2873
<u>Leo Kostelnik</u> Principal, Edna Maguire	lkostelnik@mvschools.org ; (415) 389-7733
<u>Jason Matlon</u> Principal, Old Mill	jmatlon@mvschools.org ; (415) 389-7727
<u>Aubrey O'Connor</u> Principal, Park School	aconnor@mvschools.org ; (415) 389-7735
<u>Kimberley Rusell</u> Principal, Strawberry Point	krussell@mvschools.org ; (415) 389-7660
<u>Laura Myers</u> Principal, Tam Valley	lmyers@mvschools.org ; (415) 389-7731
<u>Nancy Nakae</u> District Nurse	nnakae@mvschools.org ; (415) 389-7711 ext 7768