

COVID-19 Guidance for the 22-23 School Year

What are the current mask requirements?

Masking is not required, but rather strongly recommended.

No person can or will be prevented from wearing a mask (unless it is a safety hazard, such as with watersports). Additionally, schools are required to provide face coverings to anyone student who wants to wear one.

Does my child need to test for COVID-19 to go to school or play sports?

COVID-19 testing is not required for students in the school setting, but the California Department of Public Health (CDPH) recommends that staff and students be tested for COVID-19 prior to returning to school after a major break- e.g. summer or winter break. Antigen or rapid, at-home tests are recommended.

Routine testing is no longer required, but strongly recommended for youth sports that are moderate (i.e. Volleyball) to high-risk (i.e. basketball, wrestling).

Testing when your child is sick or has been exposed to COVID-19 will be covered below.

Will take-home COVID-19 test kits be available to all students and employees?

Take-home rapid antigen test kits will be available for any student or staff member who needs one - no sign up or enrollment necessary.

Are there other ways to get a COVID test?

You can contact your health care provider about COVID testing

Many over-the-counter tests can be purchased at stores such as CVS or Walgreens

The SNAP nurses offer free, walk-in COVID testing at locations in Trinity County. For full details, locations, and dates visit: <https://www.trinitycounty.org/COVID-19>

If your child is sick or has COVID-like symptoms (fever, cough, congestion, sore throat, vomiting or diarrhea):

1. Please keep your child home and do not bring them to school
2. Test (Antigen or rapid, at-home tests can be used)
3. Families should notify schools if their child has COVID-19 and was on school grounds during their infectious period (2 days before symptoms started)
4. If symptoms are mild, improving and are due to non-infectious cause, like allergies, their COVID test is negative, and they have not had a fever for 24hrs without the use of medications like Tylenol/Ibuprofen then your child could return to school at that time

When can my child return to school if they test positive for COVID-19?

They can return to school after **5 days** if:

1. Symptoms are gone or resolving
2. No fever for 24hrs without the use of medications like Tylenol or Ibuprofen
3. **And** they have a negative rapid (antigen) test on day 5 or later

If your child continues to test positive they will need to stay home until they test negative or after 10 days have passed and symptoms are gone or resolving and they have not had a fever for the past 24 hours without the use of medications.

If you or child chooses not to test on day 5 or after, they would need to stay home for 10 days as described above. After 10 days a negative test is not needed to end isolation.

What if my child is exposed to COVID-19 at home or at school?

If without symptoms, students may continue to take part in all aspects of K–12 schooling including sports and extracurricular activities.

CDPH Recommends the following for someone exposed to COVID-19:

- Recommend wearing a well-fitting mask around others for a total of 10 days
- Test (Antigen or rapid at-home test) 3-5 days after the exposure or at any time symptoms develop
- Persons infected within the prior 90 days do not need to be tested

Resources/Additional Information:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/K-12-Guidance-2022-23-School-Year.aspx#>

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/Guidance-on-Isolation-and-Quarantine-for-COVID-19-Contact-Tracing.aspx>

<https://testing.covid19.ca.gov/school-testing/>