

MORGAN HILL UNIFIED SCHOOL DISTRICT

FAMILY HANDBOOK



FOR CAMPUS REOPENING



TABLE OF CONTENTS

1.	Reopening Response to COVID-19.....	3
2.	How Families can help?	4
3.	How to Talk to Kids about Face Masks.....	8
4.	Health & Safety Procedures at School.....	10
5.	School Settings.....	16
6.	Watch out for Symptoms.....	20
7.	COVID-19 Testing.....	22
8.	Social Emotional Learning & Mental Health Counseling.....	24
9.	Appendix.....	25
	o Daily Screener Form	
	o Home Isolation & Quarantine Guidelines	

Reopening Response to COVID-19

Dear Parents and Guardians,

Thank you for your support in our efforts to return to in-person instruction. We can all feel the excitement building in preparation for Phase VI, which allows for the return of students whose parents elect to have their children receive in-person instruction for a portion of their educational time.

The expanding access to COVID-19 vaccines and the decrease of community spread in are all reasons to celebrate. At the same time, we know how important to be vigilant in our social distancing practices and other health protocols.

As the events surrounding COVID-19 continue to evolve rapidly, we remain fully dedicated to the safety, health, and well-being of our students, teachers, and staff at the Morgan Hill School District.

This guide provides you with safety protocols and steps to take to help keep both you and the school community safe.

We intend that these policies will lessen, not eliminate, risk. While no single action or actions completely eliminate the risk of COVID-19 transmission, implementing several coordinated interventions can greatly reduce that risk.

A handwritten signature in black ink, appearing to read "Steve B. Stando". The signature is fluid and cursive, with a long horizontal flourish extending to the right.

How Families Can Help

A safe school environment begins at each student's home, each day. We rely on **YOU** to help us out by keeping an eye on your child's health and by explaining and supporting the systems and methods we have put into practice here at school so that we can continue to remain open and provide in-person instruction in the safest way possible.

Health and Safety at Home

Each morning:

- ✓ Check in with every person in your house each morning for signs of illness, including taking their temperature. If your child has a temperature of 100°F or higher, they may not attend school. You will need to keep your child home until they have had 24 hours without any fever-reducing medication (i.e., Tylenol, Advil, etc.)
- ✓ Make sure your child does not have a sore throat or other signs of illness, like a cough, diarrhea, severe headache, vomiting, or body aches. If they do, they should not attend school.
- ✓ To assist you with this, we recommend using the Center for Disease Control's daily screening questions [linked here](#).
- ✓ Watch for other signs of possible illness such as flushed cheeks, rapid or difficulty breathing, unusual fatigue, and/or irritability, sneezing, or frequent use of the bathroom.
- ✓ Plan for your student to wear a cloth face covering on the bus or in the company of others. Please talk to your child about the importance of following bus rules and spaced seating rules.



Be Prepared, Be Preventive

- ✓ Students who have had close contact with someone who has or is suspected of having COVID-19 should not go to school. Contact your health-care provider or county Department of Health for guidance on how to proceed. It's a good idea to locate the contact information for these ahead of time and keep it handy—just in case you need it.
- ✓ Be familiar with local COVID-19 testing sites offering free testing (sccfreetest.org) in the event you or your child develops symptoms.
- ✓ If your child gets sick, please contact their clinician and the school health office to keep us informed.
- ✓ Make sure your child is up-to-date with all recommended vaccines, including for flu. All school-aged children should get a flu vaccination every season with few exceptions. This is especially important this year because we do not yet know if being sick with COVID-19 at the same time as the flu will result in more severe illness.
- ✓ Review and practice proper hand-washing techniques at home, especially before and after eating, sneezing, coughing, and adjusting a face cover. Be sure to thoroughly explain to your child why this is important.
- ✓ Develop daily routines before and after school—for example, things to pack for school in the morning (such as an additional—back-up— cloth face covering) and things to do when you return home (such as washing hands immediately and washing cloth face coverings that have been worn).
- ✓ Talk to your child about precautions to take at school. Remind them to:
 - Wash and sanitize their hands often.
 - Keep a safe distance from other students.
 - Wear a cloth face covering.
 - Do not share objects with other students, including water bottles, electronic devices, pens and pencils, and books.
- ✓ Consider limiting your child's interactions outside of school to people in the same group consistently or to activities where physical distancing can be maintained.

Cloth Face Coverings

Morgan Hill School District requires all students, teachers, and staff to wear effective face coverings. Parents can do the following things to make this a better situation for everyone.

- ✓ Have multiple cloth face coverings available so you can wash them daily and have back-ups ready. Choose cloth face coverings that not only fit snugly but comfortably against the side of the face, but also:
 - Completely cover the nose and mouth
 - Are secured with ties or ear loops
 - Include multiple layers of fabric
 - Allow for breathing without restriction
- ✓ Label your student's cloth face coverings clearly in a permanent marker so they are not confused with those of other children.
- ✓ Practice with your child putting on and taking off cloth face coverings without touching the cloth.
- ✓ As a family, model wearing cloth face coverings, especially when you are in situations where physical distancing is difficult or impossible to maintain.
- ✓ Allow your child to choose their cloth face covering that meets our dress code.
- ✓ Consider providing your child with a container (e.g., a labeled, resealable bag) to bring to school to keep the cloth face covering when not wearing it (e.g., when eating).
- ✓ Explain the importance of wearing a cloth face covering and the way it protects other people from getting sick.
- ✓ Consider talking to all of your children about other people who may not be able to wear cloth face coverings for medical reasons (e.g., asthma). This can help prevent problems that may arise if they see others not wearing a mask and do not understand why they still have to.
- ✓ Please click [HERE](#) to see CDC guidelines on how to select, wear, and clean your face coverings.

Note: Some students with identified needs in their IEP may be exempt from the mask requirement. These are very rare cases of medical need, and accommodations will be addressed through the IEP process.

How to Talk to Kids about Face Coverings

Explaining why and when we should cover our face is an important step to get students to wear masks—and it's more effective when you use age appropriate messages. What you say and how you say it will depend on the age and maturity level of your child, but here are some general guidelines. With all children, be honest and direct and explain that people sometimes wear masks when they are sick or when they are trying to keep from getting sick. Explain that some people may be sick without realizing it and could spread the disease to others if they are not wearing a mask.

- ✓ **Preschoolers:** Keep the conversation simple and concrete, saying something like “We are washing our hands, wearing masks, and not getting too close to others so that we can keep the germs away.”
- ✓ **Grade K - 8th:** For elementary school- and middle school aged kids, use a more visual medium, such as showing them videos of how respiratory droplets leave the mouth and spread through the air to demonstrate how masks protect people.
- ✓ **Highschool:** Engage in a conversation about self-protection as well as protection of others. Discuss the importance of self-care and respect for others who may have conditions that place them at higher-risk.

Families can be direct and detailed, saying, for example, “People can spread the virus without feeling sick. Wearing a mask helps ensure we don't spread the virus to other people who could get seriously sick or die from it.” If teens want to learn more, tell them they can find more information at the Center for Disease Control and Prevention website, www.cdc.gov

Tips for Helping Kids Wear Masks When They Don't Want To

Some children may not want to wear a mask at first. When that happens, give them a chance to practice at home, letting them pick out or decorate their own masks. Making mask-wearing fun can help encourage regular use.

Model the Behavior

Be consistent, and incorporate wearing a mask into your family's routine. Seeing other people wearing masks can help make it seem less scary or strange, especially for young children. In addition to wearing a mask yourself, you could try putting a face covering on your child's favorite stuffed animal or showing them pictures of other kids their age wearing them.

Practice Wearing Masks Properly at Home

Younger children might need a little practice wearing a mask before they feel comfortable wearing them outside the home. Give them a chance to master how to wear the mask properly—completely covering the nose and mouth—without fiddling with it, as well as taking the mask on and off correctly (by the loops or ties) and washing your hands before and after.



Health & Safety Procedures at School



Backpack Guidelines

In an effort to maintain school safety, please limit the contents of backpacks to essentials only, keep contents clean, and instruct your child not to share any items brought from home with others.

Since effective hand sanitizers contain alcohol, it is not allowed on school buses. You should be certain your child does not have hand sanitizer in their backpack before leaving for school. Handwashing stations and sanitizer will be available at the school for your child to use.

Symptom Screening for Students and Adults:

✓ Staff and students will complete a Daily Home-based Screening every day before coming to school using the CDC checker [linked here](#).



For Drop off and Pick up or Bus Arrivals and Departures

- ✓ Designated staff members will supervise arrivals and departures.
- ✓ Each site will have areas and schedules to stagger arrivals and departures to minimize the intermixing of student groups. As the physical layout of each school varies, schools will communicate further information specific to their site. Please be patient and plan ample time for drop off and pick-up to help us maintain safety. Doing so will reduce congestion in the hallways and limit direct contact between students and staff to help us maintain social distancing and keep everyone healthy.

No Visitor Policy

- ✓ Adult access to the building will be limited. We will not allow unauthorized visitors until further notice.
- ✓ We encourage parents and other family members to call the school office or other appropriate personnel with any questions or concerns they may have.
- ✓ We will conduct all family sessions, IEPs and SST meetings, reinstatement meetings following suspension, and any other meetings via Zoom video conferencing or conference call until further notice.
- ✓ If you must drop off or pick up your student at school outside of normal drop-off and pick-up time, you must first call to arrange this.

- ✓ When you arrive at the school outside of normal drop off and pick up times, please call the main office to let us know you have arrived. Someone will meet or direct you to safely get in or out of the building.



Access to the School Sites

- ✓ Adult access to the building will be limited.
- ✓ Home-based screening is required for everyone prior to coming to campus. Anyone with a temperature of 100°F or higher should not come to campus.
- ✓ We will allow therapists (e.g., speech, language, PT, OT) to provide services on-site as required by students' individualized education programs (IEPs).
- ✓ Some sites may take temperatures of any adult prior to admitting to the building.

Masks and Face Coverings

- ✓ Face coverings help prevent the spread of the virus.
- ✓ Staff and other adults in the building are required to wear masks. Face shields may be worn in addition to masks.
- ✓ ***All students are required to wear face coverings while at school.*** If a medical reason exists and your student cannot tolerate a mask, please contact the School office / Principal to inquire about an IEP exception or accommodation, such as remaining in distance learning.

- ✓ Face coverings must meet the same guidelines for “appropriateness” as other attire. Specifically, they may not contain pictures, logos, or other designs that could disrupt the educational process. They must not contain symbols related to profanity, drugs, alcohol, gangs, sexuality, violence, or insults against race, gender, or religion.
- ✓ Students who continue to demonstrate unsafe behavior regarding wearing masks and/or not following other safety measures may be placed in distance learning at least until a meeting with the school administrator is held to review all safety protocols and the necessity for adhering to them.

Social Distancing

- ✓ Social distancing is required.
- ✓ Social distancing, also called “physical distancing,” means keeping a safe distance of 3 to 6 feet of space between yourself and other people who do not live with you.
- ✓ To practice social or physical distancing, stay about 2 arms’ lengths from other people.
- ✓ We have reconfigured all areas of the building (including all classrooms, meeting rooms, cafeteria, etc.) to allow for appropriate social distancing.



- ✓ Elementary students will remain in the same classroom throughout the day to avoid large numbers of people in the hallways and to promote stable groups. Due to the nature of the master schedules, secondary students will move between classes using block schedules to limit the number of class changes and students with whom they are in contact each day.

Cleaning and Sanitizing throughout the Day

- ✓ We will continue regular, routine cleaning. Additional deep cleaning and disinfecting will be used in the event of a positive case.
- ✓ Routine, regular cleaning includes disinfecting student and staff restrooms daily and cleaning frequently touched/used items (e.g., desks, tables, doorknobs, light switches, faucets, toilets, sinks, etc.) daily.



School Settings

How might students' experiences on campus change?

Common strategies to reduce the risk of disease transmission in schools and other community settings include:

- ✓ minimizing the number of people who come into contact with each other,
- ✓ maximizing the physical distance between people,
- ✓ reducing the time that people spend in close proximity to others,
- ✓ adopting measures to minimize dispersion of droplets and aerosols (e.g., using face coverings and covering coughs and sneezes).



Student Arrival and Departure

- ✓ Schools will implement procedures to limit the contact between students, families, staff, and the broader community during pick-up and drop-off.
- ✓ Parents or caregivers dropping off students will generally be asked to remain in their vehicles.
- ✓ When it is necessary for a parent or caregiver to accompany a student on campus, only one parent or caregiver should enter the school with the student. Adults entering campus for pick-up or dropoff must wear a cloth face covering. This must be planned ahead of time with the front office / Principal.
- ✓ Students will be assigned entry and exit routes.
- ✓ Schools will be utilizing as many entrances and exits to campuses as possible to minimize crowding.

- ✓ Schools will mark spaces six feet apart for adults waiting outside to drop off or pick up students on foot, by bicycle, or other means of active transportation.

Elementary Schools

Physical Distancing

- ✓ Classrooms: Students and staff will remain in a stable cohort for the entire day to avoid mixing with other students or staff, with limited exceptions, to allow for students with disabilities and staff providing special education and related services to rotate into stable classroom groups to provide in-person instruction. Students will be placed at least 3 feet apart.
- ✓ Some classrooms may further separate students with clear partitions while students are seated.

Face Coverings

- ✓ All students are required to wear face coverings while arriving and departing from school campus, in any area outside of the classroom where they may come into close contact with someone outside of their stable classroom group, and while waiting for or riding on a school bus.
- ✓ Students must use face coverings when in the classroom even if they are in a stable classroom cohort.
- ✓ All staff must wear face coverings, except while eating or drinking.
- ✓ Teachers may wear face coverings with clear windows or face shields with an appropriate seal during phonological instruction to allow students to see the teacher's mouth and when wearing a face covering would pose a barrier to communicating with a student who is hearing impaired or a student with a disability.



Middle and High Schools

Physical Distancing

- ✓ Classrooms: Middle school students will be placed at least 4 feet apart. High school students will be placed at least 6 feet apart.
- ✓ Some classrooms may further separate students with clear partitions while they are seated.

Face Coverings

- ✓ All students are required to wear face coverings when in the classroom even if they are in a stable classroom group.

Classrooms

- ✓ Some schools may decide to separate students with clear partitions.
- ✓ Teacher desks will be at least six feet away from students to reduce the risk of transmission. Teachers and students should maintain six feet of distance between each other as much as possible.
- ✓ Students will be assigned specific, consistent seats to reduce close contacts within classrooms.
- ✓ Schools may use large non-classroom spaces, including outdoor spaces, for instruction or hold classes outside to allow for greater physical distancing.

During Non-Instructional Activities

- ✓ Playgrounds and Recess: Students may be assigned playground areas to keep them apart from other stable classroom groups. Recess and playground use will be staggered throughout the day to limit mixing of students from different classrooms.

Electives and Extracurricular Activities

- ✓ Schools will allow elective classes and extracurricular activities in which physical distancing and face coverings can be maintained at all times.

- ✓ Students may be allowed to participate in in-person activities that produce high levels of aerosols, including in-person choir, band, and vocal cheerleading activities (cheers and chants). Such activities will be conducted in accordance with current safety guidelines.

Athletics

- ✓ School athletics may only occur in compliance with the California Public Health Department's guidance on [youth sports](#).

Watch out for Symptoms

People with COVID-19 have reported a wide range of symptoms, ranging from mild to severe illness. Symptoms may appear 2 to 14 days after exposure to the virus. People with these symptoms may have COVID-19:

- ✓ Cough
- ✓ Fever
- ✓ Chills
- ✓ Muscle pain or body aches
- ✓ Fatigue or inability to wake up/stay awake
- ✓ Shortness of breath or difficulty breathing
- ✓ Sore throat
- ✓ New loss of taste or smell
- ✓ Nausea or vomiting
- ✓ Diarrhea

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

If you, a household member, or your child has any of the symptoms above, please keep them home until they are symptom-free for 24 hours. For fevers, children must be fever-free for 24 hours without the assistance of fever-reducing medication.

If your student develops any of these symptoms while at school, we will isolate them from the group, and call you. Please have a plan in place to have your child picked up within one hour of receiving the phone call. Adults who are ill should not drop off or pick up students.

Depending on the symptom(s), a note from your child's doctor may be required for your child to return to school.

Developing Symptoms While at School

If a staff or student presents with symptoms consistent with COVID-19 during the school day, we will isolate them from the rest of the school, and they will need to leave within one hour. That person will need to follow the recommendations of the California State Department of Health before we allow them to return to school. All public health protocols for reporting and notifying close contacts will be followed.

We will clean and disinfect all designated areas of the building after a positive case. Having stable groups and seating charts allows the school to identify close contacts and areas to clean and disinfect whenever there is a positive case.

Communicating Urgent Matters

If we need to communicate with all parents regarding an urgent matter, such as a temporary school closure, we will use our mass messaging system which allows us to send an email, text, and/or call to everyone at the same time, resulting in the timeliest notification. Because the need to communicate this way could happen at any time, it is extremely important that you let us know if your phone number changes so we can update our school database.

COVID-19 Testing

Schools will require students and staff to get tested for COVID-19 as soon as possible after they develop one or more COVID-19 symptoms or one of their household members or non-household close contacts tests positive for COVID-19.

- ✓ Positive test results:
 - Parents/guardians and staff must notify school administration immediately if a student or staff tests positive for COVID-19 or one of their household members or non-household close contacts tests positive for COVID-19.
- ✓ Negative test results:
 - Students or staff with COVID-19 symptoms who test negative for COVID-19 should remain home until at least 24 hours after resolution of fever (if any) and improvement in other symptoms.
 - Students or staff who have contacts to a confirmed case but don't have symptoms should remain at home for 10 days from the date of last exposure or 7 days if they have a negative Covid-19 test on day 6 or later. If the confirmed case is a household member, the quarantine period would start when the positive household member completes their isolation.
 - Students and staff who have COVID-19 symptoms or who are close contacts of a COVID-19 case must provide school administration with documentation of a negative test result before returning to school.
 - In the place of documentation of a negative test result, a symptomatic student or staff member may return to school after providing a medical note that provides an alternative explanation for symptoms and reasons for not ordering COVID19 testing.
- ✓ Information regarding testing sites is available at www.sccfreetest.org
- ✓ Schools will strongly encourage staff to get routine COVID-19 testing on a monthly basis even if they have been vaccinated.

How will schools respond to suspected or confirmed COVID-19 cases and close contacts?

- ✓ The Public Health Department provided detailed guidance to schools regarding steps to take in response to suspected or confirmed COVID-19 cases and close contacts with someone who tested positive for COVID-19. Families should closely monitor school communications related to COVID-19, prepare for the possibility that students may need to isolate or quarantine for specified periods of time, and plan to provide evidence of a negative test result before returning to school. If students or staff are identified as having COVID-19 or as close contacts of a COVID-19 case, the affected staff and families will be contacted about any necessary testing and isolation or quarantine.



Social Emotional Learning & Mental Health Counseling

Social and emotional learning (SEL) is the process through which children and adults understand and manage emotions, set and achieve positive goals, feel and show empathy for others, establish and maintain positive relationships, and make responsible decisions.

A systemic approach to social and emotional learning (SEL) intentionally cultivates a caring, participatory, and equitable learning environment and evidence-based practices that actively involve all students in their social, emotional, and academic growth. This approach infuses social and emotional learning into every part of students' daily lives—across all of their classrooms, during all times of the school day, and when they are in their homes and communities.

Social Emotional Help for Families

If you have any concerns or need help, please call 408-201-6000 Ext 51050 to speak to our Coordinated Advocacy for Resources in Education (CARE) team members.



Appendix

You will find the following forms below:

- ✓ Daily Screener Form (attached and Center for Disease Control's daily screening questions [linked here.](#))
- ✓ Home Isolation & Quarantine Guidelines

DAILY HOME-BASED SCREENING TOOL FOR COVID-19 SYMPTOMS

Name/Date: : _____

Please check if student has ANY of these symptoms. If ANY symptoms below are checked, student may **NOT** attend in-person.

- Fever of 100 or higher
- Cough
- Shortness of breath/difficulty breathing
- Fatigue
- Muscle/body aches
- New loss of taste or smell
- Sore throat
- Headache
- Congestion or runny nose (unrelated to allergies)
- Nausea or vomiting
- Diarrhea

None of the above – MAY attend in-person

Name/Date: : _____

Please check if student has ANY of these symptoms. If ANY symptoms below are checked, student may **NOT** attend in-person.

- Fever of 100 or higher
- Cough
- Shortness of breath/difficulty breathing
- Fatigue
- Muscle/body aches
- New loss of taste or smell
- Sore throat
- Headache
- Congestion or runny nose (unrelated to allergies)
- Nausea or vomiting
- Diarrhea

None of the above – MAY attend in-person

Name/Date: : _____

Please check if student has ANY of these symptoms. If ANY symptoms below are checked, student may **NOT** attend in-person.

- Fever of 100 or higher
- Cough
- Shortness of breath/difficulty breathing
- Fatigue
- Muscle/body aches
- New loss of taste or smell
- Sore throat
- Headache
- Congestion or runny nose (unrelated to allergies)
- Nausea or vomiting
- Diarrhea

None of the above – MAY attend in-person

Name/Date: : _____

Please check if student has ANY of these symptoms. If ANY symptoms below are checked, student may **NOT** attend in-person.

- Fever of 100 or higher
- Cough
- Shortness of breath/difficulty breathing
- Fatigue
- Muscle/body aches
- New loss of taste or smell
- Sore throat
- Headache
- Congestion or runny nose (unrelated to allergies)
- Nausea or vomiting
- Diarrhea

If none of the above – MAY attend in-person

Name/Date: : _____

Please check if student has ANY of these symptoms. If ANY symptoms below are checked, student may **NOT** attend in-person.

- Fever of 100 or higher
- Cough
- Shortness of breath/difficulty breathing
- Fatigue
- Muscle/body aches
- New loss of taste or smell
- Sore throat
- Headache
- Congestion or runny nose (unrelated to allergies)
- Nausea or vomiting
- Diarrhea

If none of the above – MAY attend in-person

Name/Date: : _____

Please check if student has ANY of these symptoms. If ANY symptoms below are checked, student may **NOT** attend in-person.

- Fever of 100 or higher
- Cough
- Shortness of breath/difficulty breathing
- Fatigue
- Muscle/body aches
- New loss of taste or smell
- Sore throat
- Headache
- Congestion or runny nose (unrelated to allergies)
- Nausea or vomiting
- Diarrhea

If none of the above – MAY attend in-person

Home Isolation & Quarantine Guidelines

Isolation and Quarantine Steps for People Before and After COVID-19 Diagnostic Test Results

There are a number of reasons why you may need to be tested for COVID-19: (1) because you have symptoms of possible infection, (2) because you were in close contact with someone who was infectious with COVID-19, or (3) because you are in a job that recommends or requires testing. The directions below will help you to determine what you should do while you are waiting for your diagnostic test results, and what to do after your test results are available.

What to do while you're waiting for test results:

(1) If you have any COVID-19 symptoms*, follow the Isolation Steps while you are waiting for results.

**COVID-19 symptoms include:*

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Sore throat
- Muscle or body aches
- Fatigue
- Nausea, vomiting, or diarrhea
- Headache
- Loss of taste or smell

(2) If you have no symptoms but were in CLOSE CONTACT with a person who was infectious with COVID-19, follow the Quarantine Steps while you are waiting for your test results.

(3) If you do not have COVID-19 symptoms and are not a close contact, you just need to wait for your test results. You do not need to follow Isolation or Quarantine Steps.

CLOSE CONTACT of a COVID-19 positive person = someone who was within 6 feet of the infected person for at least 15 minutes at any time beginning 2 days before the infected person had symptoms or tested positive. Close contacts include people who had 15 minutes of continuous contact with the infected person, as well as people who had repeated short-duration interactions with the infected person. Being considered a close contact does not depend on whether the contact or the infected person was wearing a face covering during their interaction.

What to do after you get your test results:

If you test COVID-19 positive, follow the Isolation Steps.

If you test negative AND:

1. You were a close contact of a COVID-19 positive person
⇒ continue to follow the Quarantine Steps.
2. You have COVID-19 symptoms* but are not a Close Contact ⇒ follow Isolation Steps until 24 hours after resolution of fever and improvement of other symptoms (unless otherwise directed by the Public Health Department or a physician to stay home for longer)
3. You were not a close contact and have no COVID-19 symptoms ⇒ you can resume your regular activities.

Restrictions & Information that Apply to BOTH Home Isolation & Home Quarantine:

Separate yourself from others:

- Stay at home except to seek medical care.
- Do not use public transportation.
- Separate yourself from others in your home.
- Do not prepare or serve food to others.
- Limit contact with pets.
- Do not allow visitors.
- Do not go to work, school, or public areas.

If you cannot meet the requirements for Isolation or Quarantine, you can call the COVID-19 Support Team at 408-885-3980 to request assistance with housing, food, or other needs.

Prevent the spread:

- Wear a mask and cover your coughs and sneezes.
- Clean and disinfect all "high-touch" surfaces every day.
- Wash your hands often.
- Do not share household items.

Practice homecare:

- Rest and drink plenty of fluids.
- Seek medical care if you develop symptoms or your symptoms get worse.
- Seek medical care if you experience: difficulty breathing, inability to keep fluids down, dehydration, or confusion.
- Call ahead before seeking medical care, notify the provider you are under isolation, and wear a mask at all times.

Home Isolation Steps	Home Quarantine Steps
<p>If you have been diagnosed with COVID-19 or you are awaiting COVID-19 test results, you must follow the Home Isolation Steps to prevent the spread of disease.</p> <p><u>Stay home until you have recovered and are not infectious</u></p> <ul style="list-style-type: none"> • Most people with COVID-19 have mild illness and can recover at home. • Monitor your symptoms closely and seek medical care if symptoms worsen, especially if you are at a higher risk of serious illness¹. • If you have symptoms, you can be with others after: <ul style="list-style-type: none"> ○ At least 10 days since symptoms first appeared, AND ○ 24 hours with no fever (without use of fever-reducing medication) AND ○ Improvement in symptoms • If you have no symptoms, you can be with others after: <ul style="list-style-type: none"> ○ 10 days have passed since your first positive test was collected <p>Note: If you are severely immunocompromised or ill, your doctor may recommend a longer isolation period.</p> <p><u>Close Contacts</u></p> <ul style="list-style-type: none"> • If you have a test confirmation or doctor's diagnosis of COVID-19, then everyone who you had close contact with from 48 hours before your symptoms began until you self-isolated should follow the Home Quarantine Steps. Please share this document with them. To request help in notifying your Close Contacts without revealing your identity to them, please call 408-970-2870. <p><u>What if you cannot separate yourself from others?</u></p> <ul style="list-style-type: none"> • Anyone who continues to be in close contact with you will need to extend their quarantine until 14 days from the day you finish isolating. 	<p>If you live in a household with or had close contact with someone diagnosed with COVID-19, you must follow these Home Quarantine Steps. It can take up to 14 days to become infected with COVID-19. You must stay home and monitor your own health during this time to prevent passing infection to anyone else.</p> <p><u>Stay home to see if you develop symptoms</u></p> <ul style="list-style-type: none"> • You must stay home, even if you test negative, and continue to quarantine for the full 14-day period. • If you are unable to avoid close contact with the person with COVID-19, you must stay in quarantine for 14 full days <u>after</u> the case's isolation period. This could mean quarantine for 24 days. • If you do not have symptoms, get tested around 7 days after last exposure to a case. If you are tested before that, get tested again towards the end of your quarantine period. <p><u>What if you develop symptoms?</u></p> <ul style="list-style-type: none"> • If you develop any COVID-19 symptoms, and they are new symptoms that you do not usually have in daily life, then you may have COVID-19, and you must follow the Home Isolation Steps (to the left). • Get tested immediately. <ul style="list-style-type: none"> ○ If positive, continue to follow Home Isolation Steps ○ If negative and the test was earlier than 7 days after last exposure to case, get tested again towards the end of your quarantine period. ○ If negative and the test was done after 7 days from the last exposure to the case, no additional testing is needed, but you must remain in quarantine for a full 14 days. <p><u>Which groups should seek additional information on the period of their quarantine?</u></p> <ul style="list-style-type: none"> • Certain workers² should consult with their employer, who may contact the Public Health Department for additional guidance.
<p>¹If you are 60 years or older or have a condition such as heart, lung, or kidney disease, diabetes, high blood pressure, or a weakened immune system, you are at higher risk of getting more seriously ill.</p>	
<p>²Workers with special quarantine considerations: Consult your employer if you are considered a first responder or healthcare worker and compliance with the Public Health Department's isolation and quarantine guidance would compromise the continuity of service of your operation or department.</p>	