2022-23 COVID-19 Protocols

ROBBINSDALE
Area Schools

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2022-23 COVID-19 Protocols

Updated August 26th, 2022

Background

The COVID-19 pandemic requires multiple layers of prevention strategies in order to reduce the spread of COVID in our schools and community. Robbinsdale Area Schools follows recommendations from the Centers for Disease Control and Prevention (CDC) and the Minnesota Department of Health (MDH) as the basis for their COVID protocols. In addition, we carefully monitor community transmission and COVID-19 vaccination rates regularly to determine the need for changes to this guidance. As the COVID-19 pandemic continues to evolve, this guidance will change to reflect new information.

Vaccines

Robbinsdale Area Schools, in alignment with the CDC, strongly encourages COVID-19 vaccination for teachers, staff, families, and eligible students. Individuals under 18 years old are considered **fully vaccinated** if they've received their primary series (2-dose series of a COVID-19 vaccine (Pfizer-BioNTech and Moderna) or a single dose of Janssen vaccine).

For students and staff that are 18 years of age or older, **up to date** means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible. For age specific information regarding vaccine recommendations, visit: CDC Vaccine Recommendations.

Families can find information about how to access free vaccinations by visiting the state's vaccine connector website.

Face Coverings

Masks are not required, however in alignment with the CDC, face coverings are highly recommended within district buildings/facilities when the COVID-19 Community Level in Hennepin County is High. You can search for the current COVID-19 Community Level here or on the district website.

The CDC also recommends masking at all times in healthcare settings, including school health offices, regardless of the current COVID-19 Community Level. It is recommended that individuals who have had a known or suspected exposure to COVID-19 wear a well-fitting mask

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around others for 10 days following their last exposure, regardless of vaccination status or history of prior infection.

Students, families and staff may continue to wear a face covering and are encouraged to make the decision that is best for them.

COVID-19 Testing

Robbinsdale Area Schools encourages students, staff, and visitors to complete regular COVID testing in order to help identify and isolate cases.The CDC provides the following guidance regarding key times to get tested for COVID-19:

- If you have symptoms, test immediately
- If you were exposed to COVID and are not experiencing symptoms, wait at least 5 full days after your exposure before testing. Testing too early may increase the chance of an inaccurate test results
- Consider testing before having contact with someone at high risk for getting very sick from COVID-19, especially if you are in an area with a medium or high COVID-19 Community Level

For more information about when to get tested for COVID-19, please visit the CDC's page COVID-19 Testing: What You Need to Know. COVID-19 test kits are available for students and staff in the school health office. To find a testing location, visit MDH: Find Testing Locations.

For additional information on COVID-19 testing, please review the following resources:

- MDH: COVID-19 Self-Testing
- MDH: Types of COVID-19 Tests
- MDH: COVID-19 Testing

Staying Home When Sick

COVID-19
People with COVID-19 have reported a wide range of symptoms – ranging from mild to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms. Common symptoms of COVID-19 are the following:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches

- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

*This list does not include all possible symptoms.

Prior to coming to school, individuals that are not feeling well should evaluate whether they may be experiencing symptoms of COVID. Students or staff experiencing potential symptoms of COVID-19 should stay home and are strongly encouraged to get tested.

While documentation of a negative COVID-19 test is not required, it is strongly recommended that individuals experiencing COVID-like symptoms get tested for COVID-19 before returning to work/school. For symptomatic individuals who receive a negative result on an antigen test (such as a home test), a second test is recommended to confirm the result.

If you or your student test positive for COVID-19, please complete the [COVID reporting form](#) and guidance will be provided.

General Illness
Robbinsdale Area Schools will follow Hennepin County's [General Exclusion for Ill Children/Staff](#) regarding students and staff that are ill. Students and staff should stay home if they are experiencing any of the following:

- Illness - student or staff member is unable to participate in routine activities or needs care beyond what can be provided by childcare/school staff
- Fever of 100 degrees Fahrenheit or higher
- Diarrhea or vomiting

Students and staff experiencing fever may return to school/work if they have been fever-free for 24 hours without the use of fever-reducing medications. Students and staff experiencing vomiting or diarrhea may return to school/work when at least 24 hours have passed since the last episode.

Positive Cases

Robbinsdale Area Schools will continue following guidance set forth by the CDC and MDH regarding positive cases of COVID-19:

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- Regardless of vaccination status, students and staff who test positive for COVID-19 should stay home (isolate) and **complete the [electronic reporting form](#)**. Once the form is submitted, communication regarding a return to school/work date will be provided.
- Individuals who have tested positive for COVID-19 must isolate for 5 days following the date of their positive test or symptom onset. After 5 days, if symptoms have improved and the individual has been fever-free for 24 hours without the use of fever-reducing medications, they can end isolation and return to work/school.
- People who are at risk for getting very sick with COVID-19 should consult with a healthcare provider right away for possible treatment.
- Staff members should immediately notify their supervisor.

*** Graphic from Minnesota Department of Health*

Please review the following resources from the Minnesota Department of Health for additional information:
- [COVID-19 Isolation Guide](#)
- [If You Are Sick or Test Positive: COVID-19](#)
- [What to Do if You Have COVID-19](#)

COVID-19 Exposure

Close contact or exposure is defined as being close to someone who has COVID-19 for at least 15 minutes within a 24-hour period. Per the most recent recommendations set forth by the Centers for Disease Control and Prevention, quarantine is no longer recommended for individuals who are exposed to COVID-19 except in certain high-risk congregate settings.

Students and staff do not need to report COVID-19 close contact or exposures. Individuals should follow guidance from the CDC and MDH for people who have a known or suspected exposure to someone with COVID-19:

- Wear a well-fitting mask for 10 days following their last exposure, regardless of vaccination status or previous history of infection.
- Get tested for COVID-19 at least 5 full days after your last exposure, even if you don't develop symptoms.

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- If you get symptoms, stay home and isolate as soon as possible and test right away for COVID-19. This includes people who have tested positive for COVID-19 in the last 90 days.

** Graphic from Minnesota Department of Health

Please visit [CDC: What to Do if You Were Exposed to COVID-19](#) and [MDH: Close Contact or Exposure to COVID-19](#) for more information.

COVID-19 Notification

Schools will notify all families and staff if the daily absence rate of COVID-like illness (including influenza) and/or lab confirmed, positive COVID-19 cases exceeds 5 percent. This has been the infectious diseases practice and requirement prior to the COVID-19 pandemic from Hennepin County. The district will update the [COVID Data Dashboard](#) on a weekly basis with the number of positive COVID-19 cases in each building. Buildings with fewer than 3 cases will be reported as 0 to protect the privacy of individual students and staff.

General Health and Safety Practices

Cleaning and disinfecting will be performed to reduce the potential of the virus on surfaces. The District has upgraded our ventilation systems to meet MDH and CDC standards to optimize air flow within our buildings. Schools will provide hand hygiene education to students and staff. Routines for hand hygiene will be built into the school schedule to reduce the spread of infectious illnesses, including COVID-19.

Activities and Community Education Guidance

Robbinsdale Area Schools students participating in district-sanctioned athletics, activities, performances and events, across all grade levels, will be subject to [Minnesota State High School League (MSHSL) COVID-19 Requirements](#) for individuals who have tested positive for COVID-19:

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- Days 0-5:
  - Individuals who have tested positive for COVID-19 may not participate in in-person practice or interscholastic competitions (including but not limited to games, meets, scrimmages, etc.)
- Day 6 and beyond:
  - Individuals may participate in in-person practice and interscholastic competition if:
    - They are fever-free for 24 hours without the use of fever-reducing medications AND
    - Their symptoms are improving
  - Individuals should wear a mask through day 10
    - Individuals may not actively participate in swimming and diving or while stunting in cheer as a mask cannot be worn safely
    - With two sequential negative antigen tests 48 hours apart, the mask may be removed sooner than day 10
- "Individuals" includes student participants, student managers, coaches and any others with regular proximity to a team of any MSHSL-governed activity or sport.
- Day 0 is the first day of symptoms or a positive viral test. Day 1 is the first full day after the symptoms developed or the test specimen was collected.

Please refer to the MSHSL COVID Resources page for more information. If you have specific questions related to school events, performances, activities or athletics, please reach out to coaches, event coordinators or performance directors.

District COVID Coordinator Contact Information

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