



ALUM ROCK UNION ELEMENTARY SCHOOL DISTRICT

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2024-2025 Respiratory Disease Guidelines

All the Information You Need to Stay Safe, Stay Healthy, and Get Vaccinated:

We can all work to reduce the spread of respiratory illness, including influenza (flu) and COVID-19, by taking steps to prevent getting sick. Learn more about what you can do for yourself, your family and the Alum Rock community.

Protective efforts, such as avoiding people who are sick, wearing well-fitting masks, handwashing, and vaccination are the most effective tools for prevention.

Masks are no longer required, but are always available, if you would like to wear one.

Current COVID-19 Variant Information:

- Currently, the dominant variant nationwide is KP.3, with 32.9% of cases, followed by KP.3.1.1, with 17.7% of cases, and KP.2.3, with 12.8% of cases.
- The original omicron variant is gone now.
- Currently subvariants of omicron are circulating, including LB.1, KP.2, and KP.1.1.

Levels of COVID-19 in the Community:

You can monitor the levels of COVID-19 infection within the community by checking the level in the wastewater. For more information on COVID-19 wastewater levels, visit the COVID wastewater monitoring data webpage: <https://covid19.sccgov.org/dashboard-wastewater>

Symptoms of Respiratory Viruses:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Wheezing
- Fatigue or tiredness
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Sneezing

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- Nausea or vomiting
- Diarrhea
- Chest discomfort
- Decrease in appetite
- Weakness

Testing and Vaccination:

- The school office has COVID-19 tests, if you need one.
- If you want to have a test done at a clinic, use this website to find a clinic near you: <https://myturn.ca.gov/testing.html>
- Get free flu shot (during flu season) from Better Health Pharmacy - <https://publichealth.sccgov.org/services/better-health-pharmacy>
- Find a testing drop-in clinic: <https://publichealth.santaclaracounty.gov/programs-and-services/pharmacy-and-vaccination-services/covid-testing-vaccines-and-treatment>
- If you do not have a healthcare provider or health insurance, call the County's Patient Access Department at 1 (866) 967-4677.

For the 2024-2025 school year, CDPH has aligned with the CDC, and updated their recommendations:

- Many respiratory viruses, including COVID-19, circulate year-round in the United States and California. Some viruses are more active from October through March, such as influenza (flu), respiratory syncytial virus (RSV), and many others.
- Respiratory viruses can cause cold or flu-like symptoms.
- They can spread through the air by coughing or sneezing. You can also pick up the virus by touching contaminated items and then touching your eyes, nose, or mouth.
- These viruses can cause serious illness for some people. People who are at higher risk or around those who are higher risk should take extra precautions to stay healthy.

When you may have a respiratory virus:

1. Stay home and away from others (including people you live with who are not sick) if you have respiratory virus symptoms that aren't better explained by another cause.
2. These symptoms can include fever, chills, fatigue, cough, runny nose, and headache, among others (see list above).

You can go back to your normal activities when, for at least 24 hours, both are true:

1. Your symptoms are getting better overall, AND
2. You have not had a fever (and are not using fever-reducing medication).
3. For most illnesses, including infectious diseases, a doctor's note is NOT necessary for returning to the child care or school setting.

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- When you go back to your normal activities, take added precaution over the next 5 days, such as taking additional steps for cleaner air, hygiene, masks, physical distancing, and/or testing when you will be around other people indoors. This is especially important to protect people with factors that increase their risk of severe illness from respiratory viruses.
- Keep in mind that you may still be able to spread the virus that made you sick, even if you are feeling better. You are likely to be less contagious at this time, depending on factors like how long you were sick or how sick you were.
- If you develop a fever or you start to feel worse after you have gone back to normal activities, stay home and away from others again until, for at least 24 hours, both are true: your symptoms are improving overall, and you have not had a fever (and are not using fever-reducing medication). Then take added precaution for the next 5 days.

If you never had symptoms but tested positive for a respiratory virus:†

- You may be contagious. For the next 5 days: take added precaution, such as taking additional steps for cleaner air, hygiene, masks, physical distancing, and/or testing when you will be around other people indoors. This is especially important to protect people with factors that increase their risk of severe illness from respiratory viruses.
- When you have a respiratory virus infection, you can spread it to others. How long someone can spread the virus depends on different factors, including how sick they are (severity) and how long their illness lasts (duration), This is not the same for everyone.
- When, for at least 24 hours, your symptoms are getting better overall and you have not had a fever (and are not using fever-reducing medication), you are typically less contagious, but it still takes more time for your body to fully get rid of the virus. During this time, you may still be able to spread the virus to others.
- Using precautions for the next 5 days can help reduce this risk. After this 5-day period, you are typically much less likely to be contagious. However, some people, especially people with weakened immune systems, can continue to spread the virus for a longer period of time. For COVID-19, taking an antigen test can help you know how likely you are to spread the virus. A positive test tends to mean it is more likely that you can spread the virus to others.

In general, a child can return when they meet ALL the following conditions:

1. Symptoms are improving and the child is feeling better and can meaningfully participate in routine child care/school activities.
2. Staff can meet child's care needs without compromising the health and safety of other children and staff.
3. Specific symptoms (like fever or vomiting) have met return recommendations. See parent/student handbook for further information.
4. If a child has been seen by a healthcare provider, the child care/school may consider the advice of the provider when determining when the child may return to child care/school while also considering the interests of other children and staff. The return of children to non-classroom

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activities (extracurriculars or athletics) following illness may include additional clearance criteria, if appropriate. If the local health department is involved, follow their advice.

Public Health Guidance for TK–12 Schools and Child Care Settings to Support Safe In-Person Services and Mitigate the Spread of Communicable Diseases, 2024-2025 School Year:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Schools/TK-12-Guidance-2024-25-School-Year.aspx>

Considerations when a Child has Symptoms of Illness in Child Care or School:

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Schools/SymptomGuidance.aspx>

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