

December 2021

CVPS families,

As the end of our winter break approaches, I want to send out a reminder about our policies as well as licensed childcare center requirements and best practice guidelines from the childcare health department sector and Community Care Licensing.

We all understand the importance of celebrating with loved ones, getting out and doing activities, traveling, etc., (especially after all this time!) but as a school serving well over 100 children, we must consider that every CVPS family has a different level of comfort, different opinions, possible underlying health risks, etc. We all need to remain vigilant and careful, so we ask that you consider the health and safety of every child, staff member and as such-all extended family/household members before returning to campus after our holiday breaks. Our number one goal is making sure that EVERY child enrolled at CVPS has a safe and healthy environment to play, learn and grow-most especially during these trying times.

All of us at CVPS appreciate each of you so much and cannot express enough how blessed we feel that you trust us with your child. Our ability to reopen so successfully following the start of the pandemic and without any on-campus transmissions thus far is a direct result not only of the handwork of our amazing teachers, but also because of all your understanding, patience, transparency and support.

We know that the CDC has recently made changes and is now suggesting a different time period for those Covid+ or those who have been in direct contact with a Covid+ individual, however, our guidelines have not been officially changed. As such, we must continue to adhere to the current decision tree (attached), and our time frames and policies have not changed. If we are issued any new guidance, it will be reviewed immediately and we will update our policies as we determine to be best for the children and staff of CVPS. We do not dictate these policies and do not have the authority to “make exceptions”. The K-12

policies are different than our sector, and this often creates confusion for our families with children in a K-12 setting. The guidelines for the childcare sector are stricter, and will likely remain that way for the foreseeable future.

We are aware that this new Omicron variant seems to be much more contagious and we will continue to do our absolute best to keep each child and family safe and healthy. It is crucial that you do not send your child to school when they are not feeling well. We cannot simply assume “allergies” or “just a cold”. Even a cold is contagious and warrants staying home. If your child suffers from chronic allergies or any other health condition that would present symptoms that are listed below, they are not exempt from being sent home and following testing procedures or the 10 day waiting period unless we have complete documentation on file from your child’s treating physician. A return for those children with documentation on file will need a clearance note from the treating physician’s office before they can return to campus. For all others, proof of a negative covid test is required in advance of their return. Children who have had covid within 90 days from when we observe symptoms will be subject to our standard sick policies and proof of a prior covid positive test or a statement from their primary physician must be submitted.

We are also asking that you ensure your child arrives each day with a *properly fitting* mask. A mask that fits properly covers both the nose and chin, does not slide down or gap at the sides. The less a child is pulling at their mask to adjust it, the better! Children are not permitted to wear neck gaiters or masks with a 1 way valve. Given the new guidance regarding cloth face coverings, we will also no longer accept a basic 2 or 3 layer fabric cloth mask. Cloth face coverings with sewn in filters such as Happy Masks and VogMasks are acceptable. Homemade cloth masks or those that are sold in stores (Cat&Jack, Old Navy, Disney, 32 Degrees, Crayola, etc.), are not allowed effective 3 January 2022. Please make sure you leave additional masks with your child’s teacher to be placed in their cubbies. Parents/guardians who are dropping off and picking up, must also wear a mask.

Current policies are:

If your child travels via plane or outside of California (by any means of travel) your child cannot attend for a full 10 days from the date of the return home. Or, a negative PCR or molecular covid test result can be obtained and should be administered no sooner than the 5th day from the date of the return home.

Any gathering/close interaction that includes members from outside your immediate household should result in a 10 day waiting period or a negative PCR or molecular covid test result before your child returns to school. The test should be administered no sooner than the 5th day from the last date of exposure to a non-household member.

If your child, any member of your household or any person your child has had prolonged contact with has any of the following symptoms, they cannot return to school until they have obtained a negative PCR or molecular covid test result, not administered prior to the 2nd day of symptoms.

FEVER-99.9 OR GREATER CHILLS COUGH SHORTNESS OF BREATH NASAL CONGESTION RUNNY NOSE VOMITING
 DIARRHEA FATIGUE LOSS OF TASTE LOSS OF SMELL
 SORE THROAT NAUSEA HEADACHE BODY ACHES
 LETHARGY/FATIGUE
 POOR APPETITE or DRASTIC CHANGE IN DEMEANOR (children only)

Again, thank you so much for all of your patience, understanding, support and assistance. We are wishing you a wonderful new year full of good health, love and JOY!

Blessings,
Holly Smith & The CVPS Board

**I will be enjoying the last few days of the winter break at home with my own family, but I will check emails regularly on January 1st and January 2nd so that I can respond to any questions you may have surrounding a safe return to campus. Please leave your best contact phone number if you email me so that I can reach you in a timely manner if need be after consulting with the epidemiology team assigned to licensed childcare centers.*

COVID-19 Decision Trees for Childcare

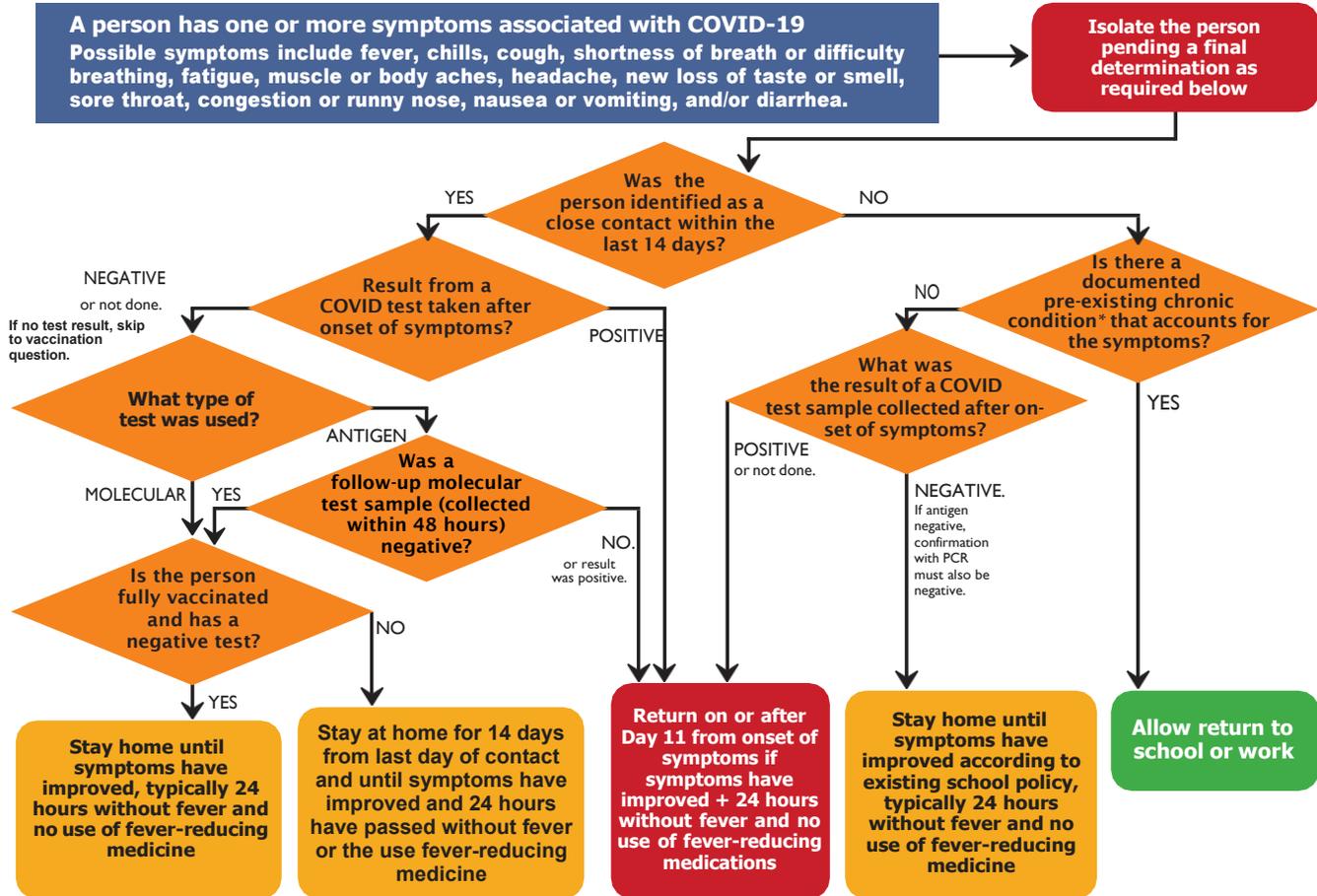
December 13, 2021



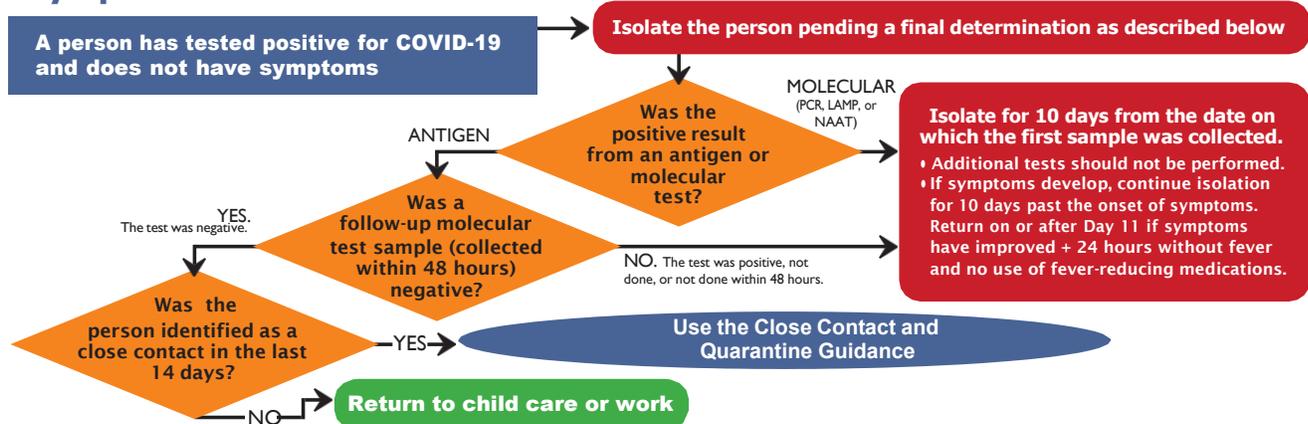
If the person (staff or child)...

- Has **symptoms**, use the **Symptom and Isolation Tree**
- Has **tested positive** and **does not have symptoms**, use the **Asymptomatic Positive Tree**
- Is identified as a **close contact** and **does not have symptoms**, use the **Close Contact and Quarantine Guidance**

Symptom and Isolation Tree



Asymptomatic Positive Tree



Close Contact and Quarantine Guidance

*Chronic Conditions

Must have a signed note from a licensed MD/DO/NP/PA (who manages the condition) and the note must: confirm the chronic diagnosis, cite any associated labs, include the date when diagnosed, include provider's contact information and explain how symptoms typically present as part of the chronic condition. The note must be accompanied by signed consent for the childcare provider to interact with MD/DO/NP/PA .

Quarantine Guidance

- Refrain from quarantine if you are fully vaccinated** and have no symptoms. CDC recommends a test 5-7 days after the day of last exposure.
- Refrain from quarantine and testing if you are within 90 days of a lab-confirmed diagnosis of COVID-19.
- If you are not fully vaccinated or are not within 90 days of a lab-confirmed diagnosis of COVID-19, you must quarantine for 14 days from the day of last exposure. Modified quarantine periods are currently not applicable to preschools or centers caring for children outside of a K-12 campus.
- In the workplace employers subject to the Cal/OSHA COVID-19 Prevention ETS must ensure that employees are following the current ETS face covering and testing requirements.

***People are considered fully vaccinated:*

2 weeks after their 2nd dose in a 2-dose series (Pfizer or Moderna) OR 2 weeks after a single-dose vaccine (J&J).

Even if you are eligible for a booster dose, a booster dose is not required to be considered fully vaccinated.

School-Aged Child Care Providers

Please Note: Preschools on K-12 campuses are not currently permitted to follow K-12 guidance as it is intended for school-aged children only

Not located on site at a K-12 school campus (public or private)

Programs providing care for school-aged children **may** be permitted to follow 10-day for staff and students exposed to COVID-19 as long as providers ensure close contacts continue to follow all non-pharmaceutical interventions through Day 14, as outlined in the SD County [Health Officer Order](#) on Quarantine. These precautions include symptom monitoring, consistent use of face coverings, and maintaining a distance of at least 6 feet from others. If all these requirements cannot or will not be met, 14-day quarantine is required.

Located on site at a K-12 school campus (public or private)

Programs providing care for school-aged children, should refer to the [K-12 COVID-19 Decision Tree](#) quarantine requirements for before-school and after-school activities.

COVID Test Types

Appropriate Test Types:

Molecular Tests

- Lab-processed PCR or NAAT

Antigen Tests

- If symptomatic, a negative antigen test requires molecular test (PCR, NAAT) confirmation and individuals should isolate until the molecular test results are available.
- If asymptomatic, a positive test requires a confirmation with a molecular test (PCR, NAAT) and individuals should isolate until the molecular test results are available.
- In most cases, at-home tests cannot be used to satisfy the testing required for quarantine, or for state-mandated testing of employees who have not provided evidence of full vaccination. Tests must be administered by a clinic, lab, or properly trained school employees working under agreement with an ordering physician.

Onsite Rapid Tests

For people with one or more of the **symptoms** associated with COVID-19:

- A negative result from an antigen must be confirmed by a laboratory-processed test.
- A negative result from a Cue test administered on-site does not require confirmation with a lab-processed test.



Frequently Asked Questions

1. What is the difference between **quarantine** and **isolation**?

Quarantine: People who have been identified as having been in close contact with someone with COVID-19 are required to quarantine away from others because they may become infected with COVID-19 from 2 to 14 days following their last contact with a person who has COVID-19.

Isolation: People who have one or more of the symptoms associated with COVID-19 are required to isolate away from others while they may be contagious with COVID-19. A person:

- With symptoms is considered to be contagious from 2 days before their symptoms began, to 10 days after.
- Who has tested positive and does not have symptoms is considered contagious from 2 days before the date their first positive test sample was collected until 10 days after, if they remain asymptomatic.
- Who tested positive while they were asymptomatic, and develops symptoms later, is considered contagious from 2 days before the first positive test sample was collected until 10 days after their symptoms began.

2. What counts as a **close contact**?

- Being within 6 feet of someone who has COVID-19 for a total of 15 minutes or more over a 24-hour period
- Providing care at home to someone who is sick with COVID-19
- Having direct physical contact with the person (hugged or kissed them)
- Sharing eating or drinking utensils
- Being sneezed on, coughed on, or somehow getting respiratory droplets on you from someone with COVID-19
- Close contacts may be identified and excluded, in conjunction with local health department and healthcare provider guidance, based on symptoms and circumstance, such as in the absence of test results.

Frequently Asked Questions, cont.

3. Who is exempt from quarantine requirements?

Close contacts who do not have symptoms are not required to quarantine if they provide evidence that they:

- Are fully vaccinated
OR
- Have recovered from a lab confirmed case of COVID-19 and it has been 90 days or less since diagnosis.

If symptoms do occur, even people who are fully vaccinated, and those who have already had COVID-19 are required to self-isolate immediately and contact their health provider or San Diego County Public Health Services.

4. How long do I have to quarantine if a member of my household is COVID positive?

If I am not exempt from quarantine (as per Question 3 above) and there is ongoing exposure to a positive case, such as a household contact, and the case and contact continue to share a home, the close contact's quarantine will begin once the positive case's isolation period has ended. Typically, this is a period of 24 days (10-day isolation period + 14-day quarantine, with the 10th day being the contact's last day of exposure). If the COVID-19 positive person is not able to isolate in a separate residence, the county's [home isolation instructions \(translations\)](#) describe the specific requirements for isolation in a home occupied by others. If the person is able to comply with these instructions, quarantine of close contacts can begin when the COVID-19 positive person begins isolation.

5. Does the K-12 guidance apply to childcare settings serving preschool age children on school campuses?

No, CDPH has published guidance for each sector, K-12 in conjunction with Department of Education and Early Childhood Education in conjunction with Community Care Licensing. As K-12 and ECE serve different populations and have different methods of instruction, different precautions are needed in the ECE setting. The Childcare Decision Tree is based on the CDPH [Child Care Providers and Programs](#) guidance, [Cal/OSHA Emergency Temporary Standards](#), and the local [public health orders](#), pertinent executive orders, and answers received directly from the CDPH. CDPH has recently responded to feedback and now is allowing changes **only for childcare serving school age children located on K-12 campuses**, as reflected above. It is anticipated more changes will follow over time.

6. Is contact tracing required for attendees and staff in outdoor childcare settings?

Yes. For most unvaccinated persons who have had close contact (within 6 feet for a cumulative total of 15 minutes or more over a 24-hour period) with someone with suspected or confirmed COVID-19, CDPH recommends the exposed person get tested and self-quarantine at home. CDPH does not make a distinction between indoor and outdoor exposure in accounting for the 15 minutes of exposure.

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