

# Amphitheater Public Schools



## HEALTH AND SAFETY RULES FOR STUDENTS DURING COVID-19 MITIGATION PLAN School Year 2020-2021

## **Introduction**

Amphitheater Public Schools welcomes students and their families to the 2020-2021 school year! While this school year is typical given the limitations imposed by the COVID-19 pandemic, our administrators, teachers and staff are committed to provide the same quality education and growth opportunities for our students this year despite this pandemic. Rest assured, they have worked throughout the summer to make this year an extra special one for students!

After the Governor closed schools across the state in March 2020, the District implemented additional important health and safety protocols to assist to slow the spread of COVID-19. These protocols satisfy the public safety mandates for face coverings currently in place in Pima County.<sup>1</sup> They also mirror guidelines from the public health departments at the federal, state and local levels for slowing the spread of COVID-19.<sup>2</sup> This handbook is intended to help guide students and families to understand and implement these health and safety requirements while at school.

## **Purpose for District Health and Safety Protocols**

These health and safety protocols are designed to assist with avoiding the spread of COVID-19 at school. Each protocol is an important safeguard for personal safety during the pandemic. Principals are responsible to ensure that students, parents, staff and visitors at the schools are fully compliant with each of these health and safety protocols while at school. Concerns about noncompliance should be reported to the Principal.

People who come to the schools may have varying opinions about these protocols, and some may have strong personal feelings against physical distancing and/or wearing a face covering. As a District, we fully support the free exchange of ideas and conversations as appropriate. However, this does not alleviate the District's responsibility to ensure that the people who come to a school campus comply with the laws in place for public safety. This is no different from any other regulation or rule the District currently follows and is most similar to our policies regarding dress code. Students who violate these rules may be held

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<sup>1</sup> On June 19, 2020, the Pima County Board of Supervisors mandated that every person 5 and over wear a face covering that completely and snugly covers the nose and mouth while in a public place when the person cannot easily maintain a distance of at least 6 feet from all others. Thereafter, Arizona Governor Ducey issued Executive Order 2020-51 on July 23, 2020, which requires school districts to develop policies that require face coverings for all staff and students to contain the spread of COVID-19.

<sup>2</sup> The U.S. Department of Health and Human Services' Centers for Disease Control and Prevention (CDC) provides the latest information about COVID-19 and the global outbreak: [www.cdc.gov/coronavirus/2019-ncov](https://www.cdc.gov/coronavirus/2019-ncov). In addition, the District follows the guidance of the Arizona Department of Health Services (<https://www.azdhs.gov>) and the Pima County Health Department (<https://webcms.pima.gov>) related to COVID-19. Finally, the OSHA COVID-19 webpage offers information specifically for workers and employers: [www.osha.gov/covid-19](https://www.osha.gov/covid-19).

accountable for violations of the Amphitheater Student Code of Conduct. They may also be precluded from attending future sessions of the District's On-Campus Supervision.

## District COVID-19 Health and Safety Protocols



### **Face Coverings**

While at school, wear a face covering that snugly covers both the nose and mouth



### **Wash Hands**

Wash hands frequently with soap and water, or use hand sanitizer



### **Healthy Hygiene**

Cover face for sneezes or coughs, and wash hands immediately afterward



### **Avoid Handshakes and High Fives**

Do not shake hands or give high fives to limit the spread of germs



### **Consult an Adult before Removing a Face Covering**

Get permission from an adult before removing face covering or leaving assigned area



### **Avoid Sharing Supplies**

Avoid sharing computers and supplies to limit the spread of germs



### **Be Physically Distant**

Remain at least 6 feet from others whenever possible



### **Conduct Health Checks**

Conduct a daily self-health check for COVID-19 symptoms before coming to school



### **Stay Home When Sick**

Stay home if experiencing COVID-19 symptoms, have a temperature of 100° or if someone who lives in the same house is COVID-19 positive

## Face Covering Facts<sup>3</sup>

### Health and Safety

Make sure your school is safely and responsibly resuming operations for students, faculty and staff. Following these guidelines will help facilitate a safer environment as your school reopens.

#### Face masks

Cloth face coverings can be used for source control in schools and the workplace. They are recommended by the Centers for Disease Control and Prevention (CDC) to potentially help prevent transmission when used as a complement to social distancing. They are not a replacement for adequate distancing.

The CDC offers guidance on masks and cloth face coverings for students in its Considerations for Schools: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>

**Encourage all students and employees to wear face coverings or masks when in public spaces** as part of cough etiquette and caring for others.

School-aged children should be able to wear cloth masks all day. A useful strategy is to get them involved and excited about their masks (e.g., style/color of mask, favorite characters). When appropriate distancing is in place (e.g., seats are six feet apart), mask wearing can be eased. Preschool-aged children very likely won't be able to tolerate wearing a mask.

Those with special needs or chronic medical problems likely won't be able to tolerate wearing a mask. Note, however, that there's no medical evidence that suggests that those with asthma shouldn't wear a mask. That said, mask wearing in this population should be approached on a case-by-case basis.

#### How to wear a mask or face cover

The CDC recommends keeping these criteria in mind when wearing a mask or face cover:

- > It should be snug but comfortable against the sides of the face.
- > It should cover the mouth and nose.
- > It needs to be secured with ties or ear loops.
- > It should be made with multiple layers of material.
- > It must allow you to breathe without restriction.
- > It should be able to withstand machine washing and drying and not get damaged or change shape.

#### How to keep masks and face covers clean

Wash cloth face masks frequently, either by hand or in a washing machine. Take care not to touch eyes, nose, mouth or face when removing a worn face covering, and wash hands immediately after removal.



Correct



Mask Necklace



Mask Goatee



Mask Visor

<sup>3</sup> <https://my.clevelandclinic.org/-/scassets/files/org/employer-solutions/covid-19-returning-to-work-guide.ashx> (July 28, 2020).

## Hand-Washing Help<sup>4</sup>

### Handwashing

Washing our hands is one of the easiest and most important things we can do to stay healthy and stop the spread of bacteria and viruses.

#### Wash your hands:

- › Whenever they look dirty.
- › Before, during and after you prepare food.
- › Before eating.
- › Before and after contact with an ill person.
- › Before and after treating a cut, sore or wound.
- › After using the toilet or changing diapers.
- › When entering or exiting schools and the workplace.
- › After blowing your nose, coughing, or sneezing. (Wash your hands more often when you are sick to prevent spreading your illness to those around you.)
- › After touching animals or animal waste.
- › After touching garbage, body fluids, or anytime you have doubt if your hands are clean.

#### What's the proper technique for hand washing?



**Wet your hands** with clean running water (warm or cold).



**Lather your hands** with soap. Rub together 20+ seconds. Don't forget wrists, back of hands, between fingers and under nails.



**Rinse your hands** well under running water.



**Turn off the water** with your elbow (or a clean towel).



**Dry your hands** with a clean towel or air dry them.



**Used a towel?** Use it to open the bathroom door.

#### When should we use alcohol-based hand sanitizers?

The CDC recommends washing hands with soap and water whenever possible to reduce the amounts and types of all germs and chemicals on them. However, if soap and water are not available, an alcohol-based

hand sanitizer that contains at least 60% alcohol should be used. Hand sanitizers with lower alcohol levels are not as effective in killing germs.

<sup>44</sup> Ibid.

## **COVID-19 Symptoms**

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19<sup>5</sup>:

- 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

## **Student Responsibility for Daily Health Screens at Home**

Students are responsible to conduct a daily health screen at home before coming to school. Parents are asked to assist their younger children with this responsibility. Students answer the following questions every day at home before leaving for school:

Fever of 100.0 degrees or higher	YES or NO
Subjective fever (felt feverish) chills/shaking	YES or NO
New or worsening cough	YES or NO
Shortness of breath	YES or NO
Sore throat/muscle or body aches/headache	YES or NO
Diarrhea/nausea/vomiting	YES or NO
Loss of taste or smell or rash	YES or NO

If you answer “YES” to any of the symptoms listed above, please stay home. Do not come to a school building until the symptoms resolve.

Students with a temperature of 100.0 degrees or higher may not use fever reducing medication to be able to come to school. Instead, they should self-isolate at home and contact their primary care physician or nearest health care facility for direction.

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<sup>5</sup> <https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html> (July 25, 2020).

## **Protocols When a Student is Sick**

When a student displays symptoms of COVID-19, the student will immediately be asked to put on a face covering (if not already wearing one) and sent to the School Health Office for evaluation. The student may be sent home if signs of illness are evident.

Amphitheater Public Schools follows the guidance of the Pima County Health Department to determine when a student must remain home from school due to illness.<sup>6</sup> The protocols suggested by the Pima County Health Department for use by schools during the COVID-19 pandemic are as follows:

### ***Student Displays Symptoms of COVID-19***

- Student may not enter a school building until 3 days (72 hours) after all symptoms of acute infection resolve (fever free without fever reducing medication)
- Pima County Health Department recommends that the student quarantine at home during this time and consult a doctor if the symptoms persist

### ***Student Takes a COVID-19 Test or Reports a Negative Test Result***

- Student may not enter a school building until a negative test result is received
- If the student receives a negative COVID-19 test result, but continues to display symptoms of COVID-19, the student may not enter a school building until 3 days (72 hours) after all symptoms resolve (fever free without fever reducing medication)
- Pima County Health Department recommends that the student quarantine at home during this time and consult a doctor if the symptoms persist

### ***Student is Sick with Non-COVID-19 Symptoms:***

- Student may not enter a school building until 24 hours after all symptoms resolve and student is fever free without fever reducing medication

### ***Student Reports a Positive COVID-19 Test – Must Meet All 3 to Return to School:***

- Student may not enter a school building until the student meets all 3 requirements:
  1. No fever for at least 72 hours (three full days of no fever without the use of medicine that reduces fevers)  
**AND**
  2. Other symptoms have improved  
**AND**
  3. It has been 10 days since first symptoms appeared<sup>7</sup>

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<sup>6</sup> Pima County Health Department Coronavirus Disease 2019 (COVID-19) Outbreak: Person Under Investigation (PUI) & Close Contact At-Home Guidance. Pima County Health Department, Arizona: (July 20, 2020).

<sup>7</sup>Ibid.

***Student Lives with Someone with COVID-19:***

- Students who report that a family member living with them has tested positive for COVID-19 may not enter a school building for 14 calendar days after separating from ill family member<sup>8</sup>
- Pima County Health Department recommends that the student quarantine at home during this time and consult a doctor if the student experiences symptoms of COVID-19

***Student Lives with Someone Who had Close Contact (defined as being within 6 feet of the person for 15 minutes or more with or without a face covering) with Someone with COVID-19:***

- Students who report that a family member living with them has tested positive for COVID-19 may not enter a school building for 14 calendar days after separating from ill family member<sup>9</sup>
- Pima County Health Department recommends that the student quarantine at home during this time and consult a doctor if the student experiences symptoms of COVID-19

***Student had Contact with an Asymptomatic (Showing No Symptoms) Person Who Has Had Contact with a Symptomatic Person (Showing Symptoms):***

- If student had **Close Contact** (defined as being within 6 feet of the person for 15 minutes or more with or without a face covering), please see above
- If student had contact (not close contact), student should continue to conduct daily health screen at home and, if answers to all questions are “NO”, may enter school building

***Student or Someone Living with Student has traveled to an area with local transmission:***

- Student should continue to conduct daily health screen at home and, if answers to all questions are “NO”, may enter school building

When a student who report a positive COVID-19 test result has been present in a school building within two (2) days before the illness onset or, for asymptomatic students, 2 days prior to positive specimen collection, the Principal will:

1. Submit a cleaning request for the site and follow all identified cleaning protocols for proper sanitization
2. Notify the Pima County Health Department by submitting a COVID-19 School Communicable Disease Report Form
3. Send an appropriate notice to all persons present at the school during the designated time-frame as identified by the Pima County Health Department
4. Follow the guidance of the Pima County Health Department for resuming school activities

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<sup>8</sup> Ibid.

<sup>9</sup> Ibid.

## **Cleaning Following Potential COVID-19 Exposure at District Site**

If a person notifies a supervisor that someone was present at a District site within two days before illness onset or, for asymptomatic patients, 2 days prior to positive specimen collection, then the supervisor should take the following steps:

1. Clear the space where the person was present and close the doors to the space if possible
2. Do not let anyone at the site enter the space for 24 hours
3. Submit a cleaning request for a COVID-19 deep clean and follow the designated protocols for proper sanitization of the site

## **Student Requests for Exemption to Face Covering Requirement**

Face coverings are required for everyone at a school site. Students may request an exemption from this requirement by submitting a request to the School Health Office. The District has an established interactive process for reviewing a student request for an exemption due to health-related reasons. Exemption requests are determined by the Health Director. Students and their families are required to engage in this interactive process for exemption requests. Principals, teachers and other staff members do not have authority to grant an exemption from the requirement that students wear a face covering while at school.