

Dear Parents,

We are forwarding to you the most important guidelines about the health and safety policies of our school.

1. Vaccination:

We highly encourage families and extended family members, that have frequent contact with students, to get vaccinated as soon as they can.

2. Masking:

- Students must cover their faces with a mask while indoors such as classroom, library, cafeteria,
- Students not wearing masks indoors for health reasons must provide proof of testing with negative result twice a week, in order to follow this procedure, special authorization must be obtained from the school administration,
- Masks are optional outdoors for all students. Students can remove their masks during outdoor activities in the playground and during eating snack and lunch,
- Employees and parents regardless of vaccination status must cover their faces indoors at all times.

3. Student screening at home:

- Prior to bringing your child to school, please check him/her for the following Covid-19 symptoms. If any of the symptoms exist, please keep your child at home.

Covid-19 symptoms			
Chills	Difficulty Breathing	Loss of smell/taste	Sneezing
Congestion	Fatigue	Muscle Aches	Sore throat
Coughing	Fever above 100	Nausea	Shortness of breath
Diarrhea	Headache	Runny nose	Vomiting

- Also, keep your child at home if he/she does not show Covid-19 symptoms, but
 - HAS TRAVELLED long distances with airplanes, trains, buses, and other mass transportation means for vacation or other purposes,
 - BEEN EXPOSED to anyone, including a family member, who a) Shows Covid-19 symptoms, b) Has been tested positive for Covid-19, and c) Has traveled long distances.
- The student can return to school:
 - After being quarantined for 10 days,
 - If tested negative for Covid-19,
 - The test should be taken on the 3rd day of the quarantine period.

4. Student screening at school

- Students will be checked for fever three times daily: a) during homeroom time; b) after the morning recess; and c) after the lunch break,
- If the student shows any Covid-19 symptom and/or has a temperature reading above 100, then he/she will be sent to the office and the temperature will be taken again. If the high temperature persists, and/or any of the Covid-19 symptoms is confirmed to be present, the student will be placed in a designated isolation room and parents will be asked to take the student home immediately,
- The student can return to school:
 - After being quarantined for 10 days,
 - If tested negative for Covid-19,
 - The test should be taken on the 3rd day of the quarantine period.

5. Cohorts:

- a. Los Angeles Department of Public Health does not mandate creation of cohorts, but recommends it,
- b. In our school, each grade level will be considered a cohort,
- c. To allow for the necessary distancing in a cohort, student desks will be placed 3 feet apart,
- d. Members of each cohort (grade level) will play and eat together, independent of the other grade levels,
- e. Students will have their individually assigned and labeled desk/seat,
- f. Lunch will be served outdoors. On hot or rainy days lunch will be served inside the classroom. Lunch and snacks must be brought from home; when the school returns to normal operation, lunch will be served by the school kitchen.

6. Tracing and testing for students:

- a. If a student's test result is positive for Covid-19, the parents must notify the school immediately. The administration will prepare a list of the close contacts of the ill student from the same cohort and will inform the parents, teachers and staff of the possible exposure of these students,
- b. These students can return to school only after 10 days or if the test (on the 3rd day) is negative, and the members of the ill student's family will be advised to be quarantined,
- c. If a member of the student's household tests positive for COVID-19, the parents must immediately inform the school, and the student should be quarantined at home; the student can return to school only after 10 days or if the test (on the 3rd day) is negative,
- d. If a student has participated in a group activity such as family gatherings, birthdays, etc., where another participant has been diagnosed positively, parents must notify the school and keep the student at home; the student can return to school only after 10 days or if the test (on the 3rd day) is negative,
- e. If the administration is informed anonymously about a student being a participant of a group gathering where a positive Covid-19 case was identified, then the school administration will make an inquiry with the organizers of the gathering and take precautionary measures accordingly,
- f. First, second and third positive cases within a cohort will be reported to the Los Angeles Public Health Department. The third case will result in an investigation by the Public Health Department,
- g. During the quarantine period the students can follow instruction remotely through zoom connection.
- h. The following requirements will apply when traveling international for both vaccinated and not vaccinated students. 1) Mandatory COVID-19 test is required before flying back to the US, 2) Student is required to get tested 3-5 days after travel. 3) self-monitor for symptoms and 4) wear a mask and take precautions during travel. Not vaccinated students will also be required to, 1) get tested 1-3 days before traveling out of the US and 2) self-quarantine after international travel for 7 days with a negative COVID 19-test or 10 days without a test.

7. Faculty and Staff Testing:

- Employees are to remain at home when sick with symptoms of infectious illness. Symptoms may appear 2-14 days after exposure to the virus. Anyone can have mild to severe symptoms.
- If you are not fully vaccinated, it is strongly recommended that you wear a mask in crowded outdoor settings.
- Employees who are exempt from wearing a mask while indoors, must undergo testing at least twice per week, unless the employee provides proof of full vaccination against Covid-19.
- All employees must wear a face mask at all times when indoors, except: when working alone in private offices with closed doors; when they are the only individual present in a larger open workspace for multiple employees; or when eating or drinking.
- Employees who have symptoms of infectious illness, such as influenza (flu) or COVID-19, should stay home and immediately contact their healthcare provider for testing and care, regardless of vaccination status.

- Employees who have had contact with a close family member who is exhibiting symptoms of COVID-19 or is known to have been in contact with another individual who is showing symptoms or has COVID-19, must stay home and will require testing.
- If an employee tests positive for COVID-19 they will be required to quarantine or self-isolate 10 days out from the start of the symptoms, AND Fever free for 24 hours without fever reducing medication.
- In case of travel 1) A mandatory negative COVID-19 test is required before flying back to the US, taken no more than 3 days before travel, 2) Individual is required to get tested 3-5 days after travel. 3) Self-monitor for symptoms and 4) Wear a mask and take precautions during travel. Not vaccinated individuals will ALSO be required to self-quarantine after travel for full 7 even if tested negative for COVID-19 or 10 days without a test.

Sincerely,

John Kossakian, Principal
Holy Martyrs Cabayan Elementary School