

# Tucson Country Day School

## Mitigation Strategies

### 2021-2022

*Updated 12/28/21*

*Tucson Country Day School takes a layered approach to protecting students and staff from the spread of COVID-19. The health and safety of our community is always at the forefront when it comes to the heart of our planning. As a result, the following strategies will require close monitoring and may change as transmission rates fluctuate.*

**Athletic Activities:** TCDS follows National State High School Sports mitigation protocols. Seasonal sports will resume, and athletes and families will be informed of protocols at the beginning of each season.

**Classroom Supplies:** TCDS allows community supplies to be shared, with **hand hygiene** mitigation practices in place. Shared supplies will be cleaned daily. Students are encouraged to bring their own supplies and should contact grade level teacher(s) for supply needs.

**Cleaning and Disinfecting:** High touch point surfaces are disinfected/cleaned each day using cleaning supplies.

#### **Staying Home When Appropriate:**

We actively encourage employees and students who are sick or who have recently had close contact with a person with COVID-19 to stay home. The CDC defines a [close contact](#) as someone with any one of the following conditions:

- Being within 6 feet of someone who has COVID-19 for a cumulative total of 15 minutes or more over a 24-hour period\* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.
- Providing care at home to someone who tested positive for COVID-19.
- Kissing or hugging or in similar direct physical contact with the person who tested positive for COVID-19.
- Sharing eating or drinking utensils with a person who tested positive for COVID-19.
- Having been sneezed on or coughed on by a person who tested positive for COVID-19.

We encourage sick employees and students to stay at home. In order to not promote coming to school when sick, TCDS will not give out perfect attendance awards.

Staff and students should stay home if they have tested positive for or are showing COVID-19 symptoms. Siblings of positive or symptomatic students must stay home as well.

All household members of someone confirmed or suspected to have COVID-19 should not physically attend school and quarantine at home. Keep in mind, siblings may be at the same school or at another school (age dependent). Should a student or employee become sick, the employee/family should notify the school of any household contact. If a sick student's household

contact is in school, the contact's school should be notified and they should be removed from the classroom and sent home as soon as possible, even if not displaying symptoms. If the household contact is also sick, follow the steps above.

Staff and students who have had close contact with a person with COVID-19 should also stay home, monitor their health, and follow the [Pima County Health Quarantine Guidelines](#).

Fully-vaccinated students and staff must still follow all mitigation plan guidelines, but they do not need to quarantine if they received their last vaccination dose within the last 14 days and are free of any COVID-19 symptoms.

**Closing and Reopening of School:** The TCDS Administration has the authority to determine school closure and reopening. In the event of a school closure, families and staff will be notified via email, Class Dojo and by phone, if necessary.

**Extra Curricular Activities:** All activities will resume, including Champ Care services (before and after school), student clubs, athletic activities and games.

**Events:** School-wide assemblies, special performances, special Flag ceremonies, academic showcases, and other community gatherings (PLEDGE, Board Meetings) are permitted, with administrative approval and by invitation. Depending on transmission rates, masks may be required for outdoor assemblies, performances, and ceremonies.

**Facility Rentals:** Rentals of school facilities will resume, with administrative approval, including TGA sports, Drama Kids INC, Chess Mentors, and all other outside vendors.

**Field Trips:** Field trips may be permitted, including on and off site trips, with administrative approval.

**Food Services:** Kitchen services will be provided. All kitchen staff and volunteers will adhere to **cleaning protocols**, **physical distancing** practices, and **hand hygiene**. Students may not share food. Students will eat and snack outdoors, weather permitting. All students K-5 will have assigned Ramada seating. Middle school students will be sitting with no more than four students per table.

**Hand Hygiene:** All staff and students will use hand washing stations, hand sanitizer, and bathroom sinks to wash hands throughout the school day. Champion Care and after school activities will implement **hand hygiene** practices, as well.

**Masks:** Face masks are required to be worn by all students, staff, and visitors while indoors on the TCDS campus, and are to align with the [guidelines outlined by the CDC](#). Face masks are optional while outdoors as long as individuals are socially distanced. Individuals with a medical or religious exemption will work with administration in developing a reasonable alternative plan. With parent permission, speech services will be provided to students with the use of flexiglass barriers in place of mask wearing.

**Outdoor Spaces:** Outdoor learning spaces will be utilized, as weather permits.

**Physical Distancing:** Physical distancing will be maintained, where feasible.

**Positive COVID-19 Notifications:** In the event of a TCDS student or staff member testing positive for COVID-19, families of the grade level that had the positive case, and/or other affected students, will be notified with an e-mailed letter, and all TCDS staff will be notified.

Any student or staff member who shares a class with a person who tests positive for COVID-19 is a potential close contact and has two options:

- Quarantine, according to [Pima County Health Department Guidelines](#). Students/families who choose this option will have work sent by their child's teacher(s) for the duration of the quarantine.
- Continue schooling on campus and monitor symptoms.

**Recess and Playground Equipment:** K-5 students will have access to all playground equipment, during scheduled recess time(s). Students and staff will adhere to **hand hygiene** practices and **physical distancing**.

**Return to School Notification:** In the event that a student or staff member is absent from school due to having any COVID-19 symptoms, a notification will be sent from the school's Health Clerk. In order to return to school, the the family/staff member has three options:

1. Provide proof of a negative COVID-19 PCR or rapid test. (at-home tests are not accepted)
2. Provide a doctor's note from a physician that includes, "The symptoms are not due to COVID-19. The alternate diagnosis is \_\_\_\_\_."
3. Quarantine according to [Pima County Health Quarantine Guidelines](#).

**Symptoms and Testing for COVID:** Rapid tests are diagnostic tests performed at many pharmacies, health care providers, and other locations in our area. To schedule an appointment at a rapid testing facility, search online for Rapid COVID-19 Testing Near Me. In the event of COVID-19 exposure or COVID-19 like symptoms, a negative test result can reduce time away from school. A positive result will require a student or staff member to quarantine, based on [Pima County Health Department Guidelines](#).

**Ventilation:** All classrooms will establish cross-ventilation by opening up a combination of doors and/or windows, weather and environment permitting.

**Visitors:** Visitors and volunteers are allowed on campus, by invitation only.

**Water Fountains:** Drinking fountains are available for refilling bottles. Students and staff are encouraged to bring their own water bottles.

#### *If Covid Cases Increase*

Additional mitigation strategies may be implemented in the event that COVID-19 cases increase in our community and/or in our school. In the absence of specific mitigation recommendations and or requirements by the Arizona Department of Health Services, Pima County Health Department, or by Executive Order, TCDS may consider revising the above mitigation strategies.

# Frequently Asked Questions

*Recommendations and information provided by the CDC and Pima County Health Department.*

Updated December 13th, 2021

## COVID-19 VIRUS

**What is Covid and how does it spread?** COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. These droplets and particles can be breathed in by other people or land on their eyes, noses, or mouth. In some circumstances, they may contaminate surfaces they touch. People who are closer than 6 feet from the infected person are most likely to get infected.

COVID-19 is spread in three main ways:

- Breathing in air when close to an infected person who is exhaling small droplets and particles that contain the virus.
- Having these small droplets and particles that contain virus land on the eyes, nose, or mouth, especially through splashes and sprays like a cough or sneeze.
- Touching eyes, nose, or mouth with hands that have the virus on them.

**If I have been infected with COVID, can I be reinfected?** Yes. Contracting the virus does **NOT** mean you are protected from reinfection.

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/reinfection.html>

**Can I get vaccinated if I have been infected with Covid-19?** Yes. You should get a COVID-19 vaccine even if you already had COVID-19. Getting sick with COVID-19 offers some protection from future illness with COVID-19, sometimes called “natural immunity.” The level of protection people get from having COVID-19 may vary depending on how mild or severe their illness was, the time since their infection, and their age. No current available test can reliably determine if a person is protected from infection nor do we know how long. In cases as such, it is recommended you consult with your primary care physician.

## VACCINATIONS

**Should I consider getting a vaccine for myself and my family?** Yes.

[https://webcms.pima.gov/UserFiles/Servers/Server\\_6/File/Government/Health/COVID-19%20Documents/Printables/15501%20-%20CV19%20Vaccine%20&%20you%20WEB.jpg](https://webcms.pima.gov/UserFiles/Servers/Server_6/File/Government/Health/COVID-19%20Documents/Printables/15501%20-%20CV19%20Vaccine%20&%20you%20WEB.jpg)

**Vaccine Locations:** <https://webcms.pima.gov/cms/One.aspx?portalId=169&pageId=669257>

**Do fully vaccinated people still need to quarantine after exposure to someone with suspected or confirmed COVID-19?**

People are considered fully vaccinated if it has been:

- 2 weeks after the second dose of a 2-dose vaccine series, like Pfizer or Moderna, or
- 2 weeks after the single dose vaccine, like Johnson & Johnson

Fully vaccinated people without symptoms do not need to quarantine, but the [CDC recommends](#) that they receive a COVID-19 test 3-5 days after exposure to someone with suspected or confirmed COVID-19, and they should continue to wear a mask in public indoor settings for 14 days after exposure or until they receive a negative test result. They should also watch for symptoms for 2 weeks following an exposure.

A fully vaccinated person who receives a positive test result, or later develops COVID-19 symptoms, should isolate themselves from others and be evaluated for COVID-19 by a healthcare provider.

**If I have my vaccination, should I still wear a mask? Yes.** If you are fully vaccinated, to maximize protection and prevent possibly spreading it to others, wear a mask indoors in public if you are in an area [of substantial or high transmission](#).

**Can I experience a breakthrough infection with my vaccination? Yes.** Vaccine breakthrough infections are expected. COVID-19 vaccines are effective at preventing most infections. However, like other vaccines, they are not 100% effective. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/effectiveness/why-measure-effectiveness/breakthrough-cases.html>

## **MASKS**

**Do masks work? Yes.** [Masks work](#). Masks help prevent virus particles from entering the air or being breathed in by the person wearing a mask. For masks to work best, students, teachers, and staff members need to [wear a well-fitting mask consistently and correctly](#). **Consistent** and **correct** mask use is **especially important indoors** and in crowded outdoor settings when physical distancing is difficult.

**Do public health officials such as the CDC and Pima County Health Department think schools should require masks? Yes.** Public health officials recommend universal indoor masking in K-12 schools, regardless of vaccination status. Requiring the use of masks is one way that schools can ensure there is universal masking at the school

## **WAYS to HELP SLOW THE SPREAD of COVID-19 in OUR COMMUNITY**

Are we able to help slow down transmission rates and slow the spread of COVID-19 and new variants? **Yes.**

- Get a [COVID-19 vaccine](#) as soon as you can. [Find a vaccine](#).
- Wear [a mask that covers your nose and mouth](#) to help protect yourself and others, particularly indoors.
- [Stay 6 feet apart from others](#) as often as possible. Keep your distance, and keep your hands away from other people. If 6 ft apart is not feasible, wear your mask when in close proximity.
- Avoid crowds and poorly ventilated indoor spaces, particularly during high transmission

seasons.

- [Wash your hands often](#) with soap and water. Use hand sanitizer if soap and water aren't available.
- Proctor Testing at School TBA
- Public health officials encourage the community to reach out to health professionals, including primary care physicians, Pima County Health Department, and The CDC with any questions about better protecting themselves from COVID-19 . It is best to open up dialogue with these professionals, as there is misinformation constantly being shared.

## MYTHS

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/facts.html>