



Staying healthy together!

Guided by the [CDC Operational guide for K-12 schools](#). We have summarized salient points, which will guide Cheerful Helpers' COVID Protocols

Getting tested:

The California Department of Public Health (CDPH) recommends that antigen tests be considered the primary option for detecting COVID-19 in schools, compared to PCR tests. Both the professional, on-site antigen tests as well as the OTC at-home antigen tests have been effective in identifying persons who have infectious levels of all known variants of SARS-CoV-2. PCR tests are highly sensitive, but their utility is greatest as a confirmatory test in appropriate situations, and/or in clinical settings.

For our purposes, the best course of action is an antigen or at-home test. If this test is positive it can be followed by a PCR test for confirmation of infection (families not wishing/needing confirming PCR test will begin to follow guidelines for testing positive).

Due to the increased travel and social interactions that often occurs during school breaks, it is recommended that students and staff get tested for COVID-19 prior to returning to school following major breaks (e.g., summer, winter, and spring). Either a PCR or antigen test will be accepted.

Managing Individuals with Symptoms:

Students who develop new, unexplained symptoms should not return to school until it is clear that symptoms are mild and improving or are due to a non-infectious cause (e.g., allergies). This includes waiting until 24 hours have passed since the resolution of a fever without the use of fever-reducing medications.

Additionally, if [symptoms](#) are concerning for COVID-19, it is strongly recommended that students wear a mask and get tested immediately. Students should also follow [CDPH recommendations](#) for retesting and/or isolating if the results are positive.

Staying home when sick:

Students who have symptoms of respiratory or gastrointestinal infections, such as cough, fever, sore throat, vomiting, or diarrhea, should stay home. Testing is recommended for people with [symptoms of COVID-19](#) as soon as possible after symptoms begin.

Screening Testing

CDC no longer recommends routine screening testing in schools. However, at a high COVID-19 Community Level schools can consider implementing screening testing when returning from breaks (such as holidays, spring break, and at the beginning of the school year). In any screening testing program, testing will include both vaccinated and unvaccinated people

The type of [viral test](#) used can vary and includes over-the-counter or [at-home testing](#) (self-testing), [point-of-care](#) rapid testing, or laboratory testing

Management of Cases and Exposures

Students or staff who come to school with [symptoms](#) or develop symptoms while at school will be asked to wear a well-fitting mask while in the building and be sent home and encouraged to get tested. Symptomatic people who cannot wear a mask should be separated from others as much as possible.

If you test positive for COVID follow the school isolation [flow chart](#). (2)

Schools can consider recommending masking and/or testing for a classroom in which a student was recently exposed who is unable to consistently and correctly wear a mask.