



# **REED UNION SCHOOL DISTRICT**

## **Student & Family Handbook for COVID-19 Health and Safety 2020-2021**

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# Table of Contents

Overview	2
Preventative Measures at Home	3
Student Daily Health Check	3
Actionaly Daily Health Screening Questionnaire	3
When to Stay Home from School	4
Preventative Measures at School	4-5
Arrival at School and Departure from School	4
Outdoor Learning Spaces	4
Visitors, Gatherings, and Field Trips	5
Shared Objects	5
Cleaning and Disinfecting Protocols	5
Air Circulation	5
Water Access	5
Food Guidelines and Food Services	5
Health and Hygiene Practices	6-8
Face Coverings/Masks	6
Hand Hygiene	7
Cough/Sneeze Etiquette	7
Physical Distancing	7
Emotional Support	8
New Health Office Protocols	8-9
Nurse's Office/Isolation Area	8
Isolation Protocol: If a Student Develops Symptoms at School	8-9
When to Return to School	9
Attendance Policies	10
Absences	10
Healthcare Provider Clearance	10
Immunizations and Flu Shots	10
Protocols in Case of Possible COVID-19 Exposure	11
Extreme Weather and Air Quality	12
RUSD COVID-19 Contacts & Resources	13
RUSD Designated COVID-19 Contact	13
Public Health & Coronavirus Resources	13

# Overview

The goal of Reed Union School District is to provide for the safest return to school possible for all students and staff. We are implementing preventative safety measures, including regular cleaning and disinfecting of common spaces, restrooms, and frequently touched surfaces throughout our schools, maintaining physical distancing and mask-wearing, and requiring frequent handwashing and other health and safety protocols for students and staff. These measures are based on guidance from the Marin County Office of Education (MCOE), Marin County Health and Human Services (MCHHS), California Department of Education (CDE), the California Department of Public Health (CDPH), and the Centers for Disease Control and Prevention (CDC).

**PLEASE NOTE: The COVID-19 pandemic creates a fluid situation and the information in this handbook is subject to change, so please check the [RUSD website](#) regularly for updates.**

**We ask all families to partner with us and follow these important guidelines which will help maintain a safer and healthier learning environment for your children and our staff:**

- **Parents will be asked to take each child's temperature and observe each child daily for symptoms consistent with COVID-19** or any other contagious illness. Students exhibiting any symptoms of illness will not be able to attend school on campus. The student's parent/guardian should contact the school office and their medical provider any time their child has symptoms of illness.
- **Do NOT send a child to school if they exhibit any symptoms of COVID-19 or other contagious illness.** Though these symptoms can be due to causes other than COVID-19, it is best to err on the side of caution. Furthermore, if a student is sent home from school after exhibiting any symptoms consistent with COVID-19, they may be required to remain home until the specified time has elapsed, or they have a physician's clearance in writing. Per the CDC, 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:
  - Fever and/or chills
  - Cough
  - Shortness of breath or difficulty breathing
  - Fatigue
  - Muscle or body aches
  - Headache (unusual, not caused by migraines or low blood sugar)
  - New loss of taste or smell
  - Sore throat
  - Congestion or runny nose (not caused by seasonal allergies)
  - Diarrhea, nausea and/or vomiting
- **Cloth face coverings are required for all students at all times** (see "Face Coverings" for more information about face coverings and exceptions). If your child has a medical condition or special needs that prevents them from wearing a face covering, parent/guardian must provide school nurse with a written explanation from a healthcare provider for any exception to this requirement.
- Be available, or have several emergency contacts available, to pick up your child **within 30 minutes** from school if they develop any symptoms of COVID-19 or other contagious illness.
- Help your child understand that the **school nurse's office is only for urgent care and medical emergencies.** To limit non-essential exposure of students and staff, minor medical matters and first aid will be taken care of in the classroom, or wherever the student is, as much as possible.
- **Contact the school** as soon as possible if your child is diagnosed with COVID-19 or has had close contact with someone who has tested positive for COVID-19. You will be notified of procedures you must follow before your child returns to school.
- **Practice preventative measures at home** to keep your child, your household and our community healthy.

## Preventative Measures at Home

To prevent contagious illnesses, including COVID-19, remember to:

- Wash your hands often and for 20 seconds
- Avoid close contact with people who are sick
- Put distance between yourself and others ( $\geq 6$  feet when possible)
- Wear a mask when outside your home
- Disinfect surfaces and commonly touched items
- Stay at home if you are sick
- Avoid touching your face (nose, mouth, eyes)
- Avoid large gatherings
- Practice healthy nutrition
- Reduce stress
- Get regular physical exercise
- Get plenty of sleep

### Student Daily Health Check

- Each day before coming to school, parents must take their child's temperature and observe their child for symptoms consistent with COVID-19 or any other contagious illness (e.g., cold, flu, strep throat, etc.).
- Staff and students/parents will complete a daily health questionnaire electronically and submit it prior to arrival on campus (see Actionaly Daily Health Screening, below). The questionnaire will help you determine whether or not your child may attend school that day.



### Actionaly Daily Health Screening Questionnaire

Parents will receive a daily email from Actionaly asking you to complete a brief questionnaire for each child. Be sure to click the blue "submit" button when finished. Below is a sample of what the questionnaire will look like:

## When to Stay Home From School

- Your child should NOT come to school if:
  - They have a fever of 100.4°F or higher (without using fever-reducing medication)
  - They have any symptom of illness:
    - Fever or chills
    - Cough
    - Shortness of breath or difficulty breathing
    - Fatigue
    - Muscle or body aches
    - Headache (not explained by migraines)
    - Sore throat
    - New loss of taste or smell
    - Nausea or vomiting
    - Diarrhea
    - Congestion or runny nose (unusual, not related to seasonal allergies)
  - They or someone in your household:
    - Has been exposed to COVID-19
    - Is being tested for COVID-19
    - Tested positive for COVID-19



For any symptoms of illness consistent with COVID-19 (listed above), parents should:

1. Contact the school office (Designated COVID-19 Contact, Nurse or Office Manager).
2. Report student's absence and all symptoms of illness
3. Call their healthcare provider as soon as possible for further guidance and possible COVID-19 testing

All health information will remain confidential.

[Please watch this helpful Kaiser Permanente video about COVID-19 vs cold vs flu symptoms](#)

## Preventative Measures at School

### Arrival at School and Departure from School

Arrival and drop off times/locations will be staggered to minimize mixing between students in different cohorts. There will be designated areas for entry to and exit from the school. *Your school site will provide information on their specific protocols for the drop-off and pick-up process.*

- Parents will need to stay in the car, or nearby, when they drop off their child.
- Students will need to go directly to their designated meeting location for a daily student health check with their teacher.
- In the event a student arrives at school exhibiting any symptoms consistent with COVID-19 or any other communicable illness, they will not be permitted in class and will be required to return home as soon as possible.
- Direct contact at school between students, staff, families, and the community will be minimized at the beginning and end of the school day.

### Outdoor learning spaces

Outdoor learning spaces will be designated for classes to utilize when practicable, and weather and air quality permit.

## Visitors, Gatherings, and Field Trips

Visitors (including parents) will not be allowed on campus. Student assemblies, parent meetings, field trips, special performances, and student assemblies will be conducted via a virtual platform whenever possible. Schools will promote distancing of at least 6 feet between people in person, as much as practicable, and limit the number of people allowed into the office and common indoor spaces at one time. Any visitor permitted on the campus must first check in at the school office, complete a brief QR code survey, and adhere to all posted health and safety protocols.

## Shared Objects

The school staff will use the following guidelines regarding shared objects:

- Discourage students from sharing items that are difficult to clean, sanitize or disinfect.
- Ensure each child's belongings are kept separate from others' and in individually labeled containers, cubbies or other areas.
- Limit sharing of supplies between students and disinfect between uses if sharing is unavoidable.
- Ensure adequate supplies to minimize sharing of high touch materials to the extent possible (*e.g.*, assigning each student their own art supplies, equipment) or limit use of supplies and equipment by one group of children at a time and clean and disinfect between uses.

## Cleaning and Disinfecting Protocols

Classrooms, bathrooms, and common areas will be cleaned and disinfected frequently.

## Air Circulation

Classroom HVAC systems will circulate fresh air and teachers will be encouraged to keep classroom doors and windows open for maximum ventilation. When outside air quality is poor, the system will be readjusted. In cases of very unhealthy air quality, school sites may be required to close and remote learning take place in lieu of in-person instruction.

## Water Access

Students should bring filled water bottles from home, labeled with child's name, to use during the school day. All drinking fountains will be disabled in order to reduce the possibility of virus transmission. Water refill stations will be available for students and staff to refill reusable water bottles.

## Food Guidelines and Food Services

Reed Union School District plans to adhere to the following guidelines:

- Students should bring hearty snacks and plenty of water to sustain them throughout their day at school. When eating, students will be safely separated by cohort groups while maintaining the social distance standards, with proper disinfection after each use. The safety of children with food allergies will be ensured.
- Choice Lunch will be available for parents to order a lunch for students to take home with them in Phase 2 and 3 hybrid models when students are in school for a shortened day.
- Students will be required to wash hands or use hand sanitizer before and after snack time.
- Other than eating a snack at recess, food may not be served or used in any activity at school.

# Health and Hygiene Practices

**Please practice these health and hygiene methods with your child at home to help reduce the spread of COVID-19 and other illnesses.**

## Face Coverings/Masks



- Face coverings are required to be worn by staff and students at all times.
- Face coverings must adhere to current CDC guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>
- Bandanas, neck gaiters, face shields, Halloween or plastic masks, ski masks with holes for the nose or mouth, or masks that have a one-way valve designed for easier breathing (the valves are often a raised plastic disk about the size of a quarter, on the front or side of the mask) are NOT considered an acceptable face covering.

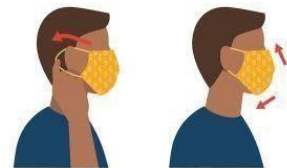
- Face coverings worn by students must be appropriate and meet district dress code requirements (e.g. no offensive messages or images)
- If your child is unable to wear a face covering for medical reasons or special needs, parents must provide school nurse and teacher with written documentation from a healthcare provider.
- RUSD will provide two cloth masks per student. Disposable masks will be available for students who come to school without a mask, whose mask breaks or gets soiled at school, or who wear an unacceptable face covering to school.
- Students who do not adhere to all face covering requirements will receive disciplinary action, including the possibility of being sent home.
- Face coverings may be removed only for meals, snacks, outdoor recreation when practicing physical distancing, or when one needs to be replaced. When a cloth face covering is temporarily removed, it should be placed in a sealable plastic container or bag provided by parents (clearly marked with the student's name).

Video: How to make a face covering: ([English](#)) ([Spanish](#))

CDC Face Covering/Mask Guidelines: ([English](#)) ([Spanish](#))

### Wearing face coverings correctly:

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Avoid touching the face-covering while it is on. If you do need to touch or adjust the face covering, wash your hands right away.



### Removing face coverings correctly:

Be careful not to touch your eyes, nose, and mouth when removing, and wash hands immediately afterwards.

CDC: How to Safely Wear and Take Off a Cloth Face Covering ([English](#)) ([Spanish](#))

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Wash the face covering ([English](#)) ([Spanish](#))

## Hand Hygiene

Frequent hand hygiene is one of the most important preventative practices to help slow the spread of COVID-19 and will be encouraged at school. Hand hygiene stations will be accessible on campus.

Students and staff will be required to wash or sanitize their hands upon arrival to school each day before entering the classroom. Time for hand hygiene will be scheduled throughout the day including before and after eating and before returning to the classroom after recess.

### Five steps to proper handwashing:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.



Video: [How to wash hands properly](#)

### How to use hand sanitizer:

- Apply the hand sanitizer to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the sanitizer over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.



## Cough/Sneeze Etiquette

- When at home, you should cover your cough and sneeze into a tissue or into the crook of your elbow, throw the tissue into the trash right away and wash your hands.
- While wearing a face covering you should still cough or sneeze into your elbow. If your face covering becomes soiled, remove it, wash your hands, and replace it with a clean face covering.
- Avoid touching the eyes, nose, and mouth with unwashed hands.
- Avoid close contact with anyone who is sick.
- If your mask becomes soiled due to sneezing or heavy coughing, replace it with a clean mask.



## Physical Distancing

Based on current guidelines from the California Department of Public Health and Marin County Public Health, a separation of six feet between students/staff is recommended for mitigating the risk of COVID-19 transmission. RUSD schools have the following measures in place to ensure students stay 6 feet apart when practicable, and no less than 4 feet apart, while in the classroom, waiting in lines, in hallways, and at all other times:

- Markings on floors and sidewalks to indicate physical distancing
- Signage on walls and around campuses to serve as a reminder to maintain physical distance from others
- Signage and arrows to indicate directional walking patterns
- Classroom seating/desks maintain physical distancing
- Limited number of students allowed in common spaces (bathrooms) at one time



Please also remember to practice these measures outside of school:

- Maintain 6 ft distance from others outside your home. Keeping distance from others is especially important for individuals at higher risk for severe illness.
- Please discuss with your child the importance of community physical distancing measures while not at school, including discouraging students from gathering elsewhere.



- Limit travel and social activity to mitigate COVID-19 transmission in your household and our community. **Remember, children can only participate in up to two childcare and youth programs simultaneously, as recommended by Marin Public Health and the CDC.**

## Emotional Support

- Encourage your child to ask questions and express their feelings with you and their teachers. Remember that your child may have different reactions to stress; be patient and understanding.
- Prevent stigma by using facts and reminding students to be considerate of one another.

# New Health Office Protocols

## Nurse's Office/Isolation Area

In order to mitigate the spread of coronavirus, parents and teachers should instruct their children that visits to the school Nurse's Office are limited to students who become very ill or injured while at school, or who require specialized medical care (scheduled medications, diabetic care, etc.). **The Nurse's Office/Isolation Area should only be used if urgent medical assistance is necessary, such as:**

- [COVID-19 symptoms](#) and other symptoms of illness that warrant leaving school
  - Severe head injuries
  - Severe cuts
  - Suspected broken bones
  - Other urgent medical care
  - **In case of medical emergency, 911 and parents will be called.**
- If the health concern is not urgent, teachers and classroom staff will attempt to resolve the matter with first aid interventions before sending a student to the nurse's office.
  - If you know your child has mental health concerns that present as physical symptoms (e.g., headache, stomachache, nausea), please inform their teacher and work with your child to recognize their symptoms and practice self-soothing techniques, as possible. Our school psychologists will also be available for consultation.
  - If your child has medical concerns, and/or if your child requires medication(s) at school, parents must notify the nurse as soon as possible. **No medications will be given at school without prior written authorization and consultation with one of our nurses.**
  - Students with known underlying health conditions may be at increased risk of severe illness related to COVID-19 infection. These health conditions may include Diabetes (Type I and II), immune system deficiencies, and chronic respiratory conditions. **If your child has a chronic health condition, please consult with your child's healthcare provider to determine if/when it is safe to attend school in person and notify the District Nurse.**

## Isolation Protocol: If a Student Develops Symptoms at School

If a student develops a fever of 100.4°F or higher and/or [symptoms consistent with COVID-19](#) while at school, we will keep them under observation in an Isolation Area until they can be picked up.

- Parents must have a plan for picking up their child **at all times.**
- Students should be picked up **within 30 minutes.** Emergency contacts will be called if the school is unable to reach a parent after 5 minutes. **The student will not be permitted to wait in the Isolation Area for the rest of the school day.**
- Parents must stay in the car, call the office, and wait for the child to be escorted outside. Parents and other visitors are not allowed on campus at this time.

- Parents should contact your child’s healthcare provider for further direction regarding the need for testing and/or doctor evaluation.
- **If your child, or anyone in your household, is confirmed to have COVID-19, you must contact the school as soon as possible.**
- Follow your healthcare provider’s advice regarding the need to isolate or quarantine (See At Home Quarantine & Isolation Safety Guidance ([English](#)) ([Spanish](#)) from Marin Health and Human Services).

## When to Return to School

### If a student has been out of school due to COVID-19 or other illness

- Students who have had a positive diagnosis for COVID-19 and/or have had exposure to someone positive for COVID-19, shall be excluded from on-campus instruction until a medical provider states in writing that the student is able to return. If your child needs to stay home from school for isolation or quarantine due to confirmed or suspected COVID-19 illness, please inform the school as soon as possible.
- In order to return, the student must meet [Marin County Public Health Department criteria to discontinue home isolation](#) **AND** written clearance from the student’s healthcare provider is required.
- If your student has been out of school due to an illness not related to COVID-19, as determined by a healthcare provider, your child may return to school if they have been **fever-free for 24 hours without the use of fever-reducing medication and all other symptoms have resolved**. Depending on the illness, clearance from the student’s healthcare provider may be required.

### If a student may have been exposed to COVID-19

- If a student, or any member of their household, may have been exposed to COVID-19, or if any member of the household has a confirmed or suspected case of COVID-19, please inform the school as soon as possible.
- All members of the household should stay home in self-quarantine for the full 14 days from the date of last exposure. They may return if they have remained symptom-free for 14 days. Please refer to the [Marin County Isolation & Quarantine Instructions](#).
- If during quarantine your child develops symptoms, please contact your child’s healthcare provider for further direction regarding the need for testing and/or a medical consultation, and refer to the illness protocol above.
- **Exposure** means that an individual has been in **close contact** (within 6 feet for 15 minutes or longer) with someone positive for, or suspected to be positive for, COVID-19. This includes:
  - If a member of the household has tested positive, or their healthcare provider suspects that they have COVID-19
  - You, or someone in your household, has traveled to a country identified as a CDC level 3 or higher risk rate (prior to, or occurring while you are in-country)
  - You have been contacted by the public health department as a close contact to a case of COVID-19, and have been instructed to self-quarantine

### After You Travel

You may have been exposed to COVID-19 on your travels. You may feel well and not have any symptoms, but you can be contagious without symptoms and spread the virus to others. You and your travel companions (including [children](#)) pose a risk to your family, friends, and community for 14 days after you were exposed to the virus. **While there is currently no requirement for quarantine after travel, regardless of where you traveled or what you did during your trip, take these actions to protect others from getting sick after you return:**

- When around others, [stay at least 6 feet](#) (about 2 arms’ length) from other people who are not from your household. It is important to do this everywhere, both indoors and outdoors.
- Wear a [mask](#) to keep your nose and mouth covered when you are outside of your home.
- [Wash your hands](#) often or use hand sanitizer (with at least 60% alcohol).
- Watch your health and look for [symptoms of COVID-19](#). Take your temperature if you feel sick.

# Attendance Policies

## Absences

- To report an illness or absence, please contact your school office. **If your student is ill, please be sure to report all symptoms your child is experiencing, when the symptoms began, and any other pertinent medical information such as doctor's diagnosis and/or test results.** This information will be kept confidential.
- Parents/guardians should inform the school if their child or family member tests positive for COVID-19. Contact the Designated COVID-19 Contact at your school site, the Nurse, or the Office Manager. This information will be kept confidential.
- Students who have been absent due to illness and/or COVID-19 infection shall be excluded from campus until the school receives written clearance from a healthcare provider that the student is no longer contagious, and/or all isolation and quarantine requirements have been met, and the student no longer has symptoms of illness (Education Code 49451; Health and Safety Code 120230; 5 CCR 202). (See "Healthcare Provider Clearance", below)

## Healthcare Provider Clearance

For absences due to illness, clearance from a healthcare provider **will be required** in order for a student to return to school following a positive diagnosis of COVID-19 and/or known exposure to COVID-19, and will likely be required if the student has been sent home from school due to symptoms of illness consistent with COVID-19.

# Immunizations & Flu Shots

## Immunization Requirements

California law requires all children enrolled in state schools, both public and private, to have [certain immunizations](#). Marin County schools are required to check immunization records for all new student admissions at TK/Kindergarten through 12th grade, and all students advancing to 7th grade, before entry. These requirements remain in effect for students enrolled in distance learning. Visit <https://www.shotsforschool.org/> to learn more about school immunization requirements.

## Flu Shots

Marin County Public Health is strongly encouraging all children, families, and school staff to receive the **influenzae vaccine**. During the SARS-CoV-2 pandemic – where COVID-19, like influenza, can cause respiratory symptoms – it is even more critical. The flu vaccine does not contain the live virus and cannot give you the flu.

## Protocols in Case of Possible COVID-19 Exposure

Families will be notified of cohort, or entire school or district, closures and any restrictions in place to prevent COVID-19 exposure (e.g., limited hours of operation) as soon as possible. Protocols, actions and template communications are in place for the following COVID-19 related scenarios.

\*Close contact is being within 6 feet for 15 or more minutes

Scenario 1	Action	Communication
A student or staff member either exhibits <a href="#">COVID-19 symptoms</a> or has a temperature of 100.4°F or above.	<ul style="list-style-type: none"> <li>• Student/staff goes, or stays, home</li> <li>• Report information to school Designated COVID-19 Contact</li> <li>• Contact healthcare provider/Public Health for testing (recommend testing)</li> <li>• If positive, see Scenario 3; if negative, see Scenario 4</li> <li>• <b>School/Classroom OPEN</b></li> </ul>	None needed
A family member or someone in close contact* with a student or staff member test positive for COVID-19	<ul style="list-style-type: none"> <li>• Student/staff goes home, quarantines for 14 days</li> <li>• Report information to school Designated COVID-19 Contact</li> <li>• Contact healthcare provider/Public Health for testing (recommend testing)</li> <li>• <b>School/Classroom OPEN</b></li> </ul>	Email to families and staff
A student or staff member tests positive for COVID-19	<ul style="list-style-type: none"> <li>• Report information to school Designated COVID-19 Contact, isolate per Public Health</li> <li>• Families of students and staff: quarantine and contact healthcare provider/Public Health for testing</li> <li>• <b>Classroom CLOSED for 14 days from last exposure</b></li> <li>• <b>School remains OPEN</b></li> </ul>	<ul style="list-style-type: none"> <li>• Phone call</li> <li>• Letter</li> </ul> <p>To families and staff</p>
A student or staff member tests negative for COVID-19 after symptoms or confirmed close contact*	<ul style="list-style-type: none"> <li>• May return to school 24 hours after symptoms resolve (unless confirmed close contact* with COVID-19 positive case)</li> <li>• 14-day quarantine required for close contact* with COVID-19 positive case</li> <li>• <b>School/Classroom OPEN</b></li> </ul>	Possible email notification to families and staff if prior awareness of testing

[More detailed information can be found here](#)

**Marin County Public Health: (415) 473-7191**

# Extreme Weather and Air Quality






As wildfire season has begun and is expected to continue, air quality has been and may continue to be significantly impacted. Extensive work was done last year with Marin County Public Health to develop information, resources and protocols for days with poor air quality. As we are now dealing with the additional challenge of COVID-19, Public Health reviewed the guidelines for any needed revisions.

Previously, when the air quality hit the "Red Flag" or "Unhealthy" stage (AQI 151-200) it was recommended moving physical activity indoors while air quality remained unhealthy. The [new COVID-19 edition of the Air Quality Outdoor Activity Overview](#) does not make that recommendation; students should not engage in physical activity indoors while COVID-19 is active in the county. Consequently, RUSD schools may be required by Public Health to close and transition to distance learning at any point should air quality be deemed unhealthy.

Additional resources can be found on the [MCOE Extreme Weather Information](#) web page.

## Marin County Air Quality Outdoor Activity Overview and Communication Protocols for Schools **(with active COVID)**

Regular physical activity — at least 60 minutes each day — promotes health and fitness. The table below shows when and how to modify outdoor physical activity based on the Air Quality Index (AQI), and communication protocols at different AQI thresholds. This guidance can help protect the health of all children, including teenagers, who are more sensitive than adults to air pollution. Check the air quality daily at [www.airnow.gov](http://www.airnow.gov)\*. Please note this table is a modified version of a 2014 publication provided by the US Environmental Protection Agency and Center for Disease Control, with input from the Marin County Public Health Officer based on experiences during regional wildfires and community response from 2017 - 2019.

Air Quality Index	Outdoor Activity Overview and Communication Protocols	
 green GOOD = 0-50	Great day to be active outside!	*www.airnow.gov will be utilized as the most accurate measure of regional AQI, used by the California Air Resources Board and U.S. EPA, as opposed to other personal and more localized sensors such as Purple Air.
 yellow MODERATE = 51-100	Good day to be active outside!  Students who are unusually sensitive to air pollution could have symptoms.*	
 orange UNHEALTHY FOR SENSITIVE GROUPS = 101-150	<p style="color: red; font-weight: bold;">An email communication from Marin County Public Health Officer will be sent out through MCOE to all schools.</p> It's OK to be active outside, especially for <b>short activities</b> such as recess and physical education (PE). For <b>longer activities</b> such as athletic practice, take more breaks and do less intense activities. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy.  <b>See additional detail in School Air Quality Activity Recommendations Chart on next page.</b>	
 red UNHEALTHY = 151-200	<p style="color: red; font-weight: bold;">A conference call will be initiated by MCOE and Marin County Public Health Officer for all Marin County Schools.</p> For <b>all outdoor activities</b> , take more breaks and do less intense activities. <b>No intense indoor activities with active COVID in community.</b> Consider moving <b>longer or more intense activities</b> indoors or rescheduling them to another day or time. Watch for symptoms and take action as needed.* Students with asthma should follow their asthma action plans and keep their quick-relief medicine handy. <b>See additional detail in School Air Quality Activity Recommendations Chart on next page.</b>	
 purple VERY UNHEALTHY = 201-300	<p style="color: red; font-weight: bold;">A daily conference call will be initiated by MCOE and Marin County Public Health Officer for all Marin County Schools.</p> <p style="background-color: yellow; font-weight: bold;">No intense indoor activities with active COVID in community. Move all activities indoors or reschedule them to another day.</p>	

**\* Watch for Symptoms**

Air pollution can make asthma symptoms worse and trigger attacks. Symptoms of asthma include coughing, wheezing, difficulty breathing, and chest tightness. Even students who do not have asthma could experience these symptoms.

**If symptoms occur:**  
 The student might need to take a break, do a less intense activity, stop all activity, go indoors, or use quick-relief medicine as prescribed. If symptoms don't improve, get medical help.

**Go for 60!**

CDC recommends that children get 60 or more minutes of physical activity each day. [www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm](http://www.cdc.gov/healthyyouth/physicalactivity/guidelines.htm)

**Plan Ahead for Ozone**

There is less ozone in the morning. On days when ozone is expected to be at unhealthy levels, plan outdoor activities in the morning.

# RUSD COVID-19 Contacts & Resources

## Designated COVID-19 Contacts

The designated person at each site listed below is responsible for:

- Maintaining communication systems that allow staff and families to self-report symptoms and receive prompt notifications of exposures and closures, while maintaining confidentiality
- Providing impacted individuals with family-student guidance documents, including materials in Spanish as needed
- Responding to COVID-19 concerns

## School Site Principals and Designated COVID-19 Contacts

School Site:	Designated COVID-19 Contacts:	Phone:	Email:
<b>Reed Elementary</b>	Primary: Mary Niesyn, Principal	(415) 435-7840	mniesyn@reedschools.org
	Secondary: Alison Mankin, District Nurse	(415) 271-3527	amankin@reedschools.org
<b>Bel Aire Elementary</b>	Primary: Alexis Cala, Principal	(415) 388-7100	acala@reedschools.org
	Secondary: Shagy Farasati, Health Specialist Nurse	(415) 388-7100	sfarasati@reedschools.org
<b>Del Mar Middle School</b>	Primary: Brian Lynch, Principal	(415) 435-1468	blynch@reedschools.org
	Secondary: Ann-Marie Skaggs, Assistant Principal	(415) 435-1468	askaggs@reedschools.org

## Reed Union School Nurses

District Nurse	Alison Mankin, RN, CSN	(415) 271-3527	amankin@reedschools.org
Health Specialist Nurse	Shagy Farasati, LVN	(415) 388-7100	sfarasati@reedschools.org

## Public Health and Coronavirus Resources

- For questions about COVID-19, please call the **Marin Health and Human Services COVID-19 phone hotline at (415) 473-7191**. The call center is open from 9:30 a.m. to noon and 1 to 5 p.m. weekdays. Interpreter services are available.
- More COVID-19 resources can be found at:
  - [Marin Health and Human Services Coronavirus Information](#)
  - [Kaiser Permanente Coronavirus Information](#)
  - Marin Community Clinics' Covid-19 Resource page ([English](#)) ([Spanish](#))
  - [Johns Hopkins Coronavirus Resource Center](#)

**Thank you  
for keeping our  
schools and  
community  
safe!**