

THE NUEVA SCHOOL HEALTH AND SAFETY PLAN COVID-19 CASE AND CONTACT PROTOCOL

What happens if the school has a positive COVID-19 case or contact notification?

When the school is notified of a positive COVID-19 **case or contact** within the community, whether it is a student, an employee or extended community member we are prepared to respond and react to the information by following the guidelines available from the [San Mateo County Health Department](#), [California Department of Public Health](#) and the [CDC](#).

Case and Contact Definitions:

Confirmed case: *an individual with a positive COVID-19 test result.*

Suspected case: *an individual who displays symptoms associated with COVID-19 without a confirmed diagnosis.*

Close contact: *refers to a person who is/has been within six feet of a confirmed case for more than 15 minutes, regardless of face covering/mask use.*

Indirect contact: *refers to a person who may have been in proximity to a close contact*

With federal, state and county guidelines referenced in the Nueva School Health and Safety Plan protocols, which set of guidelines does the school adhere to?

The Nueva School acknowledges that the most restrictive orders or guidelines take precedence. Currently we are adhering to the [San Mateo County Health COVID-19 Recommendations and Resources for Reopening Schools](#) that complements the San Mateo County Office of Education's [Pandemic Recovery Framework](#).

What if I test positive for COVID-19 (a “case”)?

Anyone who tests positive for COVID-19 is considered a “case” and should:

- **stay home and do not return to onsite school/work until cleared to do so**
- **contact your healthcare provider**
- **report your result as soon as possible to administration@nuevaschool.org**

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All health information will be treated confidentially. *However, the school is obligated to report this information to the San Mateo County Communicable Disease Control Program (SMC CD Control) and, as appropriate, community and colleagues, to support appropriate and timely contact tracing and additional quarantining by person(s), **bubble or stable cohort(s)**, and/or as needed up to a campus(es) to reduce community transmission and spread.*

Your healthcare provider and/or SMC CD Control will confirm that positive cases, even if asymptomatic, must self-isolate according to CDC and San Mateo County Health guidelines. **Isolation** separates people who are infected from people who are not infected. **In some cases, you may be advised to isolate if you have symptoms even if not yet tested positive.** See also [CDC: What to Do If You Are Sick](#) and [CDC: Isolate If You Are Sick](#). [San Mateo County Health Department](#).

Isolation and Cohort Definitions:

Isolation: *used to separate individuals infected with a contagious disease from people who are not infected. In the case of COVID-19, isolation is used for symptomatic (symptoms of COVID-19 with/without a confirmed test result) and asymptomatic (no symptoms but a positive COVID-19 test result) individuals. [CDC: Isolate If You Are Sick](#).*

Cohort: *a stable group where supervising adults and children stay together for all activities (e.g., meals, recreation etc.), and avoid contact with people outside of their group. Cohorts can be divided, as needed, into subgroups.*

If I have been exposed to someone who has tested positive for COVID-19 (a “close contact”)

Anyone who may have been exposed to and/or been in **close contact** with a positive case becomes a “**close contact**” and **should also stay home, contact your healthcare provider, and notify the school at administration@nuevaschool.org.** **You will also be advised to quarantine and keep away from others** to reduce community transmission and spread. See also [CDC: Quarantine If You Might Be Sick](#).

Quarantine Definition:

Quarantine: refers to the practice of separating individuals who have had close contact with someone with a contagious disease such as COVID-19 from others.

What if I become sick while on campus?

Anyone who arrives on campus and is screened to be symptomatic or sick or becomes symptomatic or sick on campus will be assessed by the school nurse/health office designee and monitored in an isolation area until they can be picked up from campus as soon as possible. Following departure from campus, you should follow up with your

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healthcare provider regarding next steps. Other common household members of a symptomatic or sick student, employee, or visitor may also be asked to return home even if asymptomatic. These measures are to reduce community transmission and spread.

If there is a subsequent diagnosis of COVID-19, appropriate notifications will be made to SMC CD Control and the Nueva community. Contact tracing and additional quarantining by person(s), bubble or stable cohort(s), and/or as needed up to a campus(es) will be implemented to reduce community transmission and spread in consultations with SMC CD Control.

When can I return to school/work?

Please refer to the [San Mateo County Health COVID-19 Recommendations and Resources for Reopening Schools](#) and the following information from San Mateo County Health:

“• **Symptomatic individuals who test *positive* for COVID-19** should not return until they have met the discontinuation of home isolation criteria, usually at least 10 days after symptoms first appeared and at least 3 days (72 hours) after recovery, defined as resolution of fever without the use of fever-reducing medications if fever was present and improvement in other symptoms.

• **Asymptomatic individuals who test *positive* for COVID-19** can usually return 10 days after the collection date of their positive test result.

• **Symptomatic individuals who test *negative* for COVID-19** can usually return 72 hours after resolution of symptoms as long as they were not contacts to a known case of COVID-19.

• **Anyone (symptomatic or asymptomatic) who tests *negative* for COVID-19** and who is a non-household close contact or a household contact to a confirmed case of COVID-19 should not return to campus until completion of a full 14-day quarantine after

- (1) date of last exposure to COVID-19 positive non-household close contact **or**
- (2) date that COVID-19 positive household member completes his/her isolation.”

Please contact the school nurse at nurse@nuevaschool.org for further clarification of return to onsite work or school guidelines. We will continue to update the Nueva community to any changes that differ from our usual school health policy during current conditions related to COVID-19 and we thank you for your understanding and care shown to our Nueva community.