

# COVID One Pagers

Menlo Park City School District

*Updated April 6, 2022*



# Isolation, Quarantine & Group

## Tracing Guidelines

Menlo Park Clty School District

### What should I do if my student has tested positive?

- Immediately email [info@mpcsd.org](mailto:info@mpcsd.org) with the student's full name, school site, date of positive test, symptom onset date, and last date of attendance at school. Someone will respond to you with a return-to-school plan.
- KEEP THE STUDENT HOME! All students who test positive for COVID must be excluded from school/workplace for at least five (5) days (isolation).
- Students may return from isolation after day five (5) if symptoms are NOT present or are RESOLVING and the result of an antigen test collected on day five (5) or LATER is NEGATIVE.
- A student who is unable or chooses not to test, but who is asymptomatic or whose symptoms are resolving may return to school after day ten (10). If symptoms are not resolving, they may not return to school until their symptoms are resolving or until 10 days after the positive test. No students may return with a fever until they have been fever-free for 24 hours without the use of a fever-reducing medication. Fever means 100.4 degrees Fahrenheit or higher.

### What should I do if my student has been EXPOSED to someone with COVID-19?

- If exposure happened outside of school, please email [info@mpcsd.org](mailto:info@mpcsd.org) with the exposed student's full name, school site, date and circumstances of exposure, and last date of attendance at school.
- If exposure happens in school, you will be notified and asymptomatic students may stay in school following Group Tracing Guidelines.

#### **Vaccinated & Unvaccinated**

*The CDPH no longer differentiates between vaccinated and unvaccinated or school/non-school exposure. These guidelines apply to all students.*

Student ***does not*** need to quarantine:

- Exposed students may continue to attend school and participate in all school related activities including sports and extracurricular activities unless they develop symptoms or test positive.
- Should test 3-5 days after exposure to ensure you (student) have not become positive. If enrolled in MPCSD's on-campus testing program, that testing will suffice. To enroll, email [info@mpcsd.org](mailto:info@mpcsd.org).
- If you test positive, you must follow isolation recommendations above.
- If you develop symptoms, you must quarantine pending the results of a test.

# Returning To School

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## When can a student/staff member return to school after potential COVID exposure or symptoms?

You have tested positive for COVID.

If symptomatic, you may return after at least 5 days from symptom onset with a negative test AND resolved/resolving symptoms. If asymptomatic, you may return AFTER day 5 from your positive test if you test negative on day 5 or later.

You have COVID symptoms **and were a contact** to a case.

Recommend testing. Return when symptoms have improved and 24 hrs passed since last fever w/o medication. If you test positive see above.

You have COVID-like symptoms but **have not had contact** with a known case and you tested negative.

You may return based on recommendations of your health care provider or 1 day (24 hours) after resolution of symptoms. *\*If you have a pre-existing condition which may cause COVID-like symptoms, be sure that information is on file.*

You have COVID-like symptoms but **have not had contact** with a known case and **you have not taken a COVID test**.

Recommend testing. If positive, see box one above. If negative, see box three above. If no test, you may return after 10 days since symptoms appeared including 1 day (24 hours) with no fever and symptoms have resolved. Unvaccinated siblings should also stay home until a negative test is received for the symptomatic child.

You do not have COVID symptoms but were exposed to a case at school or outside of school.

Asymptomatic exposed students, vaccinated or unvaccinated, do not need to quarantine but should test 3-5 days after exposure, or sooner if symptoms develop.

# Elevated AQI Response

## Menlo Park City School District

### **AQI 101-150** Unhealthy for Sensitive Groups

Only students with a specific restriction regarding air quality on their MPCSD Health Care Plan will be kept inside during recess, P.E. and lunch. All parents can contact the school office to request their child to stay indoors for recesses and lunchtime. Field trips to indoor locations will move forward as planned.

### **AQI 151-200** Unhealthy

MPCSD will implement [Shelter in Place Protocol](#). During "Shelter in Place," recess and outdoor activities will be canceled or held indoors; movement outside between buildings is okay. Staff should close and seal doors, windows, and vents; shut down the classroom/building heating, ventilation, and air conditioning systems to prevent exposure to the outside air. "Shelter in Place" may be modified depending on the air quality level, the distance between buildings, and other factors.

### **AQI 201+** Very Unhealthy / Hazardous

All physical activities will be held inside for all children, including recess, P.E, and lunch. The PRF affirms that HVAC with MERV-13 filters and additional HEPA filters in classrooms are sufficient to clean the air during COVID even when doors and windows are closed.

MPCSD follows the San Mateo County Office of Education and Health Department's [Pandemic Recovery Framework](#) for guidance on school safety during COVID. The PRF affirms that upgraded ventilation systems with MERV 13 filters and classroom portable HEPA filters (MPCSD has both) are sufficient to clean the air and keep students and staff safe even when doors and windows are shut and ventilation systems are recirculating the indoor air, due to poor air quality. MPCSD will follow the PRF guidelines for poor air quality, keeping schools open, in alignment with the district's air quality protocols.

# HVAC + COVID

## Menlo Park City School District

MPCSD has consulted with HVAC experts to develop these best-practice protocols around heating, ventilation, and air conditioning use during the COVID pandemic.



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### Ventilation

The fans (ventilation) inside our schools' HVAC systems will be run all day (approximately 7 a.m. - 4 p.m.) with the dampers open pulling fresh air from outside. The MOT Department will control the dampers and fans; individual staff may not switch the controls. A box fan in the doorway may also be used.



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### Filtration

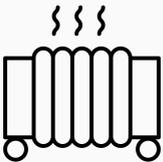
All HVAC systems have been outfitted with the recommended MERV 13 filters, proven effective against COVID and smoke. Additionally, MPCSD has placed Medify HEPA filtration systems in each classroom space to be run whenever people are present. HEPA filters must be shut off at end of day.



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### Doors and Windows

Doors and windows must remain open to let in fresh air. Even in hot or cool weather, doors and windows will be open. A/Cs and heaters may run but will not keep the temperature as moderated as normal. Dress accordingly.



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### Heating and Air Conditioning

During cool weather, heaters will run with the dampers open to pull in outside air. Only MOT should control the heater operation, but temperature can be adjusted at site. Because outside air is mixing with the heat, it will not be as warm as usual inside our buildings. Dress for the weather. **DO NOT USE** personal/space heaters in classroom spaces. For rooms with air conditioning, the A/C may run when the weather dictates, but with dampers open to pull in outside air. It may not cool the space as usual. Dress for the weather.



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### Poor Air Quality

In cases of poor outdoor air quality, doors and windows will be closed, HVAC units (with MERV 13 filters) will run without drawing outside air, and HEPA filters will continue to filter the classroom air, per the PRF guidelines. See MPCSD's extensive [Air Quality FAQ page](#) for more details. You may also reference the [EPA's air quality guide](#) for safe activities and schools and the San Mateo County Office of Education's [Air Quality Resources webpage](#) for more information.