



| 411 5TH AVENUE SOUTH, VIRGINIA, MN 55792 | (EG) 218.744.2211 (V) 218.749.5437 |
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COVID 19 Mitigation Plan 21-22

Rock Ridge Public Schools is committed to providing a safe and healthy workplace for all our faculty, staff, students, and visitors. To ensure we have a safe and healthy workplace and school environment, **Rock Ridge Public Schools** have developed the COVID-19 Operational Plan in response to the COVID-19 pandemic. The administration and directors are all responsible for implementing this plan. Our goal is to mitigate the potential for transmission of COVID-19 in our schools and communities, and that requires full cooperation among our faculty, staff, students, and communities. Only through this cooperative effort can we establish and maintain the safety and health of all persons in our school district.

Rock Ridge Public Schools are excited and optimistic for a school year that provides a normal learning environment for our students, faculty, staff, and our community for the 2021-2022 school year. We anticipate a year with full in-person learning 5 days per week for all our schools in grades PreK-12. This plan is subject to change if a situation compromises the health and well-being of our Rock Ridge community at any level or if there is a change in the guidance of the Minnesota Department of Health or if mandates are issued. This plan will be in effect in all district-owned facilities.

The Rock Ridge Public Schools COVID-19 Preparedness Plan follows the industry guidance developed by the state of Minnesota, which is based upon Centers for Disease Control and Prevention (CDC) and Minnesota Department of Health (MDH) guidelines for COVID-19, Minnesota Occupational Safety and Health Administration (MNOSHA) statutes, rules, and standards. It addresses:

- Monitoring symptoms and situations
- Testing and vaccination
- Isolation and quarantine
- Confirmed case of COVID-19
- Face coverings
- Social distancing
- Hygiene protocol
- Building and ventilation protocol
- Cleaning and disinfection protocol
- Communications





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2021-2022 COVID-19 Operational Plan

Monitoring symptoms and situations

Rock Ridge Public School will continue to monitor COVID-19 Infection Rates with the Minnesota Department of Health and St. Louis County Public Health. We will also monitor positive cases for the Rock Ridge faculty, staff, and students.

We ask that faculty, staff, and families monitor for signs and symptoms of COVID-19 on a daily basis. We ask that faculty, staff, and students do not attend work or school if they are experiencing any of the following symptoms, as this is imperative to protect the integrity of in-person learning.

What are the SYMPTOMS OF COVID:

More Common Symptoms:

If any ONE of these symptoms occur, your student could have COVID-19.
Refer to #1: What to do if your student develops symptoms of COVID-19.

- Fever 100.4 degrees F or greater
- New cough or cough that gets worse
- Difficulty/hard time breathing
- New loss of taste or smell

Less Common Symptoms:

If any TWO of these symptoms occur, your student could have COVID-19.
Refer to #1: What to do if your student develops symptoms of COVID-19.

- Sore throat
- Nausea
- Vomiting
- Diarrhea
- Chills
- Muscle pain
- Extreme fatigue/feeling very tired
- New severe/very bad headache
- New nasal congestion/stuffy or runny nose





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Testing and vaccination

Rock Ridge School District will offer at home screening tests to staff and students.

We highly recommend and encourage our faculty, staff, and students to consider getting the COVID-19 vaccination when they are eligible.

Isolation and quarantine

Isolation: If you are sick or positive

- **IF YOU test positive for COVID-19 or have symptoms, regardless of vaccination status:**
 - o Stay home for 5 days and isolate from others in your home.
 - o Wear a well-fitted mask if you must be around others in your home.
- **Ending isolation if you had symptoms:**
 - o End isolation after at least 5 full days if you are fever-free for 24 hours (without the use of fever-reducing medication) and your symptoms are improving.
 - o If symptoms develop multiple days after testing positive, the 5-day isolation period should start over. Day 0 is the first day of the positive test.
 - o If you are severely ill with COVID-19 you should isolate for at least 10 days. Consult your doctor before ending isolation.
- **Ending isolation if you did NOT have symptoms:**
 - o End isolation after at least 5 full days after your positive test.
- **No matter what your isolation time is, take precautions until day 10:**
 - o Avoid travel.
 - o Avoid being around people who are at high risk.

Who Doesn't Qualify for Shortened Isolation

- Children under 2, or other individuals who are unable to wear a mask.
- People who cannot wear a mask, including children under 2, should isolate (if infected) and quarantine (if exposed) for 10 days.
- People who have moderate or severe COVID-19 illness should isolate for the full 10 days. People with severe illness should consult with their healthcare provider to determine the appropriate duration of isolation.
- This guidance is not intended for people who are immunocompromised who might have a longer infectious period. See <https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html> for more information.





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Day 0 is your first day when you take a positive test. Day 1 is the first full day after your test was taken. If you have COVID-19 or have symptoms, isolate for at least 5 days

Quarantine: If you have been exposed to a COVID-19 positive individual

*Up to date: means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.

*Fully vaccinated: means a person has received their primary series of COVID-19 vaccine(s).

Who needs to quarantine?

Students, teachers, and staff who came into close contact with someone with COVID-19 should quarantine for at least 5 days (day 0 through day 5) after their last close contact if they are in one of the following groups:

- People who are ages 12 and older and completed the primary series of recommended vaccine, but are not up to date with the recommended booster shot.
- People who received the single-dose Johnson & Johnson vaccine (completing the primary series) over 2 months ago and are not up to date with the recommended booster shot.
- People who are not vaccinated or have not completed a primary vaccine series.

These individuals could also be eligible for Test to Stay programs that would allow them to stay in the school setting during the quarantine period. Outside the school setting, quarantine recommendations would apply.

Who does NOT need quarantine?

Students, teachers, and staff who came into close contact with someone with COVID-19 and are in one of the following groups do not need to quarantine:

- People who are ages 12 and older and have received all recommended vaccine doses, including boosters and additional primary shots for some immunocompromised people.
- People who are ages 5–11 years and completed the primary series of COVID-19 vaccines.
- People who had confirmed COVID-19 within the last 90 days (tested positive using a viral test).

Quarantine for Household Contacts

This only applies to close contacts that are not up to date on their COVID-19 vaccines.

- Quarantine for close contacts begins once the positive person separates from others in the household.
- If the positive person cannot separate from their household members, quarantine begins after they end their isolation.
 - o It is expected that the COVID-19 positive person will continue to wear a mask around the house throughout the full 10-day isolation period.





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- For close contacts who should quarantine, the length of the quarantine period would be 5 or 10 days depending on their ability to mask once they return to school, childcare, activities, work, etc.

Examples:

- Unable to separate = 5 days (positive person's infectious period) + 5 if the close contact can mask.
- Unable to separate = 5 days (positive person's infectious period) + 10 if the close contact cannot mask.

The date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person who has had COVID-19. Stay home and away from other people for at least 5 days.

The Procedure at Rock Ridge for Confirmed case of COVID-19

If there is a confirmed case of COVID-19 that attended while infectious, the district will notify the Minnesota Department of Health.

- If a staff member is alerted to or learns of a confirmed case, inform your supervisor immediately. More information can be found on the [CDC Website](#).

Close contacts will not be sent home unless there is substantial transmission throughout the classroom and grade.

If you choose to quarantine your student following contact exposure per the MDH and CDC guidelines, then we recommend that you provide a medical note excusing your child from school for the dates recommended by your healthcare provider.

Members of the same household that are close contacts are recommended to quarantine for a minimum of 10 days (day one of ten starts when the COVID positive household member starts isolation). If household members are fully vaccinated and do not have symptoms quarantine is not required. However, that could potentially change if household contacts begin to show signs and symptoms of COVID-19 or test positive for COVID-19.

Close Contacts: Persons who were 6 feet or closer for 15 minutes or more to a COVID positive person in a 24 hour period.

- Recommend immediate COVID testing if unvaccinated
- Recommend COVID testing 3-5 days after exposure for fully vaccinated individuals





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Close Contact Exemption: In the K-12 indoor classroom setting, the close contact definition excludes students who were within 3-6 feet of an infected student (laboratory-confirmed or a

clinically compatible illness) if both the infected student and the exposed student (s) correctly and consistently wore well-fitting masks the entire time. The exception as written by CDC applies ONLY to the classroom. If less than 3 feet, the exemption does not apply.

Social distancing

Social distancing of 3 feet will be encouraged as conditions allow. There are no group size limits (assemblies, concerts, etc). This will continue to be monitored and could change based on conditions in the school setting.

Hygiene protocol

Basic infection prevention measures are being implemented at our workplaces at all times. Staff, students and visitors are instructed to wash their hands for at least 20 seconds with soap and water

frequently throughout the day, but especially at the beginning and end of the day, prior to any mealtimes and after using the restroom.

Hygiene etiquette will be demonstrated on posters and will be communicated to staff and students on a regular basis in various forms.

Building and ventilation protocol

Operation of the building in which the workplace is located, includes necessary sanitation, assessment and maintenance of building systems, including water, plumbing, electrical, and heating, ventilation and air conditioning (HVAC) systems. The district follows all EPA, ASHRAE, industry guidance recommendations. Fresh air recirculation and ventilation are properly maintained and monitored.

Cleaning and disinfection protocol

Regular practices of cleaning and disinfecting have been implemented, including a schedule for routine cleaning and disinfecting of occupied spaces, including but not limited to: classrooms, gyms, cafeteria, common areas, work surfaces, equipment, tools and machinery, vehicles, meeting rooms, and drop-off and pick-up locations. Frequent cleaning and disinfecting is being conducted of high-touch areas.





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Appropriate and effective cleaning and disinfecting supplies have been purchased and are available for use in accordance with product labels, safety data sheets and manufacturer specifications, and are being used with required personal protective equipment for the product.

All students and staff are encouraged to continuously wash their hands throughout the day (between every activity, at every transition, before after mealtimes, after bathroom use, before and after outside, etc.

Communication

Any changes to the Rock Ridge Public School COVID-19 Operational Plan will be directly communicated to parents via email.

