

2022-2023 COVID-19 Mitigation Plan 22-23

Rock Ridge Public Schools is committed to providing a safe and healthy school and workplace for all our faculty, staff, students, and visitors. The following is the guidance for staff, students, programs, and outside organizations using the Rock Ridge Public Schools sites during the 2022-2023 School Year.

These plans and protocols are created using guidance from the MN Department of Health, MN Department of Education, St. Louis County Health Department, and the CDC.

The Safe learning Plan reflects current state and national guidance and is subject to change based on future guidance. Updates will be provided on the district website at rrps.org.

Face coverings/masks

- Masks are optional for all students and staff.
- Increased cases could adjust mask requirements in specific settings.
- Face Covering Exemption Forms are available on the rrps.org website for students in grades K-12 who cannot tolerate a face covering due to a developmental, medical, or behavioral health condition.

Best Practices

- The district will maintain current cleaning methods, high air quality standards, and encourage hand washing and etiquette, as recommended by CDC and MDH to protect students and staff.

Health Screening

- Staff members and students are encouraged to self- monitor for signs and symptoms of COVID-19

COVID-19 Symptoms:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms

Testing

- COVID testing is strongly encouraged, if you have symptoms and if you were exposed. Consider testing before contact with someone at high risk for severe COVID-19.
- We are not offering testing; however, we will continue providing Covid-19 test kits to students & staff as long as they are available at no cost to the district.
- Testing is available at local clinics and pharmacies.

Quarantine and Isolation

Isolation for Positive COVID-19 Results:

Follow the MDH Isolation Guide for schools, child care, and youth programming found at: <https://www.health.state.mn.us/diseases/coronavirus/schools/youthiso.pdf> with the exception of after day 5, masks are recommended through day 10.

- For counting purposes:
 - Day 0 is the day symptoms started or day of positive test if no symptoms are present
 - Day 1-5 isolation dates
 - Day 6-10 return to work/school

Close Contact Exposure to COVID-19:

- If you were exposed to COVID-19, it is recommended that you wear a mask for 10 days and get tested on day 5.
- No quarantine is necessary unless COVID-19 like symptoms develop regardless of vaccination status.
- Staff and students experiencing COVID-19 like symptoms who do not have an alternative diagnosis should stay home and be tested for COVID-19.
 - If positive, follow isolation procedure
 - If negative, stay home until feeling well enough to work/attend school and are fever free for 24 hours (without the use of fever -reducing medication).
 - If no COVID-19 test is obtained, the individual should follow the procedure for a positive COVID-19 result.

Positive COVID-19 Results, Notifications, and Monitoring

- Staff members who test positive for COVID-19 should notify their supervisor and their building health office.
- If a student tests positive for COVID-19, the building health office should be notified by the family or staff member receiving the information.
- If a staff member or student is hospitalized, notify the health office to inform them.
- The district will have district wide notifications on our school website. The number of cases in each building will be noted on the website each week.

- The Rock Ridge school district will be using a layered and phased approach this school year. Some of the factors we will monitor during the year are the following:
 - A. If transmission is happening in the school or during school activities.
 - B. Number of cases in specific grades or activities.
 - C. Percent of the school population that is symptomatic or positive.
 - D. Bi-weekly school rates impacting our county.
 - E. Community transmission levels.

Possible strategies are suggested by the Minnesota Department of Health and the Centers for Disease Control.

The Rock Ridge school district will be monitoring transmission in the school and adjust practices based upon if and where transmission is occurring by use of the COVID Committee.

This information is based on current guidance from the CDC and MDH and can be adjusted. COVID-19 Guidance for schools and childcare programs can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html>

9/29/22