

# **KING DAVID HIGH SCHOOL**

## **Communicable Disease Prevention Plan**

**(Update: January 7, 2022)**



With the emergence of the Omicron variant, which has caused a rise in cases of COVID-19 in BC, the Ministry of Education (MOE), Ministry of Health (MOH), and BCCDC have updated the guidelines for schools to use for their Communicable Disease Prevention (CDP) plans.

Variants of COVID-19, like Omicron, spread the same way as the original COVID-19. That means the prevention measures already in place at school continue to be effective at reducing the risk of COVID-19 spreading. These include:

- Everyone eligible getting fully vaccinated,
- Doing a daily health check and staying home when sick,
- Wearing masks, and cleaning hands regularly,
- Avoiding physical contact and respecting other's personal space
- Daily cleaning and sanitizing

***Please do not send your child to school if they are unwell. (See Appendix A)***

Given the contagious nature of Omicron, we will be asking our students to strictly adhere to these measures. Please speak with your children regularly; we need their help and to work with each other and staff to keep everyone as safe as possible. Please understand that while we will continue to employ kindness and understanding, we will be less flexible with students who do not consistently adhere to all health and safety protocols in our CDP plan.

Additionally, we are taking other measures that we have used in the past. These include:

- Maximizing space between people in classrooms, the atrium and hallways
- Having two lunch periods to ensure there are fewer students in the atrium while students are eating
- Using one-way hallways and staggering when students move through the hallways
- Having all student gatherings, assemblies and staff meetings virtually
- Limiting visitors to only those essential to the school's programming or building maintenance (all must have proof of full vaccination status)

## **Masks**

Everyone in the building must wear a mask at all times, except while eating or drinking. This is a public health order. Masks should be at least three layers, [FIT](#) well, and always be worn over the nose.

## **Hand Hygiene**

Students and staff must sanitize their hands each time they:

- Enter the building
- Enter a room
- Before and after they eat
- After using the washroom

## Maintaining Space

Students are asked to spread out as much as possible when working together, eating lunch, moving through the hallways or at any time while they are inside the building. Specifically, students are asked to:

- Avoid all physical touching (handshakes, high-fives, hugging etc.)
- Not share food, beverages, pens and other school supplies
- Adhere to all signage that designates seating capacity at tables or benches
- Enter the hallway during recesses only when their teacher has given them permission
- Sit one per seat on the Richmond school bus

## In the Event of Illness or COVID Exposure

The direction from MOE, MOH, and BCCDC has changed with the onset of Omicron when outlining guidelines for staying home when sick, when to return to school and the defining parameters for self-isolating or self-monitoring.

### Illness

If your child becomes ill, the current advice is to assume it's COVID. Testing sites are overwhelmed and the response is the same for illness or testing positive. Report any positive cases to public health, but do not wait for instruction to self-isolate; begin that immediately.

For those who are fully vaccinated (double dose) you may return to school if:

At least **5 days** have passed since your symptoms started, or from test date if you did not have symptoms. You should wear a mask even in settings where a mask isn't required and avoid higher risk settings, such as long term care facilities and gatherings, for another 5 days after ending isolation. Fully vaccinated means you received both doses of a 2-dose series more than 14 days ago.

*Not fully vaccinated:* at least **10 days** have passed since your symptoms started, or from the day you tested positive if you did not have symptoms.

Fever has resolved for 24 hours without the use of fever-reducing medication, such as acetaminophen or ibuprofen.

Symptoms have improved. (Symptoms do not have to be completely gone, nor is a negative test required to return).

### Self-isolation

When you self-isolate, you stay home and keep away from others to help stop the spread of COVID-19. You should self-isolate if:

- You have symptoms of COVID-19.
- You are a close contact of someone with COVID-19 and you are not fully vaccinated.
- You have been asked to self-isolate by public health or because of recent travel.

## **Self-monitoring**

When you self-monitor, you check yourself for symptoms of COVID-19. You must self-monitor if:

- You are a close contact of someone with COVID-19—including someone in your home who has tested positive. You will need to self-monitor for 14 days.
- You recently arrived in British Columbia from another country.

## **After Travel**

Federal Requirements and Guidelines for those who have traveled/returned from other countries:

<https://travel.gc.ca/travel-covid/travel-restrictions/exemptions>

(In the event there is conflicting information between federal and provincial guidelines, federal guidelines should be followed)

## **Becoming Ill at School**

Our procedure for those who come to school with symptoms of illness, or develop symptoms during the day remains the same. Students who become ill during the day will be asked to wait in a designated location, away from others, while waiting to be picked up. Students with symptoms of illness may be asked to speak to an administrator to determine if they should go home.

## **School Communication**

It is expected that there will be a number of students away for the next few weeks given the higher transmissibility of the Omicron variant. Therefore, the school will not send out notifications for confirmed, positive individual cases, but will do so for larger numbers of cases.

It is very helpful (and required) that you communicate with the office if your child will be away. Please send these notices as soon as you are able.

## **APPENDIX A: SYMPTOMS OF COVID-19**

### **The BCCDC still defines the main symptoms of COVID**

Sometimes people with COVID-19 have mild illness, but their symptoms may suddenly worsen in a few days. Research shows that some symptoms are more likely related to COVID-19 than others. Moreover, the Omicron variant is more of an upper respiratory infection therefore, sinus pain, headaches, scratchy throat and a runny nose tend to be more common symptoms.

#### **Key symptoms of COVID-19 include:**

- Fever or chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing
- Runny nose

#### **Other symptoms may include:**

- Sore throat
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

If you have only **one** of these symptoms, or a symptom that is not on this list and you are able to manage the symptoms at home, stay home until you feel better.