

Health and Safety Guidelines for Schools and Community-based Organizations

The content contained in this document represents the views and opinions of experts from St. Luke's University Health Network and is based on information and guidelines available as of July 13th, 2021. Please keep in mind that this pandemic is ever-evolving, and guidelines are constantly being updated. This content is being made available for informational and educational purposes only and is not intended to provide medical or legal advice. This content is not meant to be complete or exhaustive. This content should serve as one of many resources used by School Districts in developing, refining and updating school resocialization plans and protocols.

Additionally, resocialization plans and protocols should be reviewed and updated on a regular basis by each School District as additional recommendations are issued by the CDC, and local and state government officials, and information regarding the ongoing status of COVID-19 emerges. School District Administrators should seek the advice of their Medical Director and Solicitor in developing plans before seeking final approval.

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THE FOLLOWING ARE RECOMMENDED GUIDELINES FOR THE GENERAL PUBLIC. THERE ARE SPECIFIC GUIDELINES FOR FULLY VACCINATED INDIVIDUALS, HOWEVER, THE CDC STILL MAINTAINS CURRENT RECOMMENDATIONS AND DOES NOT CURRENTLY HAVE A DEFINITIVE HERD IMMUNITY THRESHOLD

i. Who is a fully vaccinated person?

- You are fully vaccinated if it has been:
 - 2 weeks after your second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
 - 2 weeks after your single-dose vaccine, such as Johnson & Johnson's Janssen vaccine
- The COVID-19 vaccine is recommended for everyone ages 12 years and older
- All COVID-19 vaccines are being provided completely free of charge to anyone living in the United States; immigration or health insurance status is not a barrier
- See all St. Luke's University Health Network vaccine clinic locations and schedule an appointment here: <https://www.slhn.org/covid-19/protect-yourself/covid-19-vaccine/locations>

ii. Post-vaccine Considerations

- Encourage employees to schedule COVID-19 vaccine appointments 1-2 days before planned days off from work to minimize the time needed to take off from work due to post-vaccine symptoms
- Staggered vaccination of employees is recommended to avoid the workforce having post-vaccine symptoms all at once
- Inform employees about possible post-vaccine side effects (pain/ redness/ swelling at injection site, fever, chills, tiredness headache, nausea and muscle pain) which may occur within the first 3 days post-vaccination, generally resolve within 1-2 days and can be more pronounced after the second dose
Note: cough, shortness of breath or loss of taste/smell is not consistent of post-vaccine symptoms and could instead be symptoms of COVID-19. Also, symptoms from vaccination should improve after 2 days; if not, COVID-19 testing is recommended

iii. School Specific Recommendations

(see specific guidelines for fully vaccinated and not fully vaccinated persons in schools on the next page and full CDC, PA, and NJ school guidelines in reference section)

a. Recommended Learning Model for 2021-2022 School year

- The CDC has emphasized the importance of a full in-person learning model for the 2021-2022 school year

b. Promoting the COVID-19 Vaccine

- Schools should strongly promote COVID-19 vaccinations for anyone who is eligible, provide educational resources, and establish policies & procedures that make getting a vaccine convenient

c. Considerations for Decision-making among School Administrators

- Many schools serve those under the age of 12 years, who are still not eligible for the COVID-19 vaccine, thus it is important to adhere to guidelines for those not fully vaccinated, including all those under the age of 12 years
- Community transmission levels, COVID-19 outbreaks within the school, community/school population vaccination rates, and the use of COVID-19 routine testing programs for unvaccinated students/teachers/staff should all be taken into account when school administrators are determining their masking and social distancing policies for the 2021 school year
- School administrators may opt to require universal masking in schools due to any of the following considerations:
 - Increasing or substantial community transmission of COVID-19 or a COVID-19 variant that is spread among children/adolescents or is causing more severe COVID-19 illness
 - Low vaccination rates among students, teachers, and/or staff
 - Difficulty ensuring masking requirements for only unvaccinated individuals
 - Responding to community input from students, teachers, staff and parents that masking for in person instruction is preferred

d. Special Activities and Meal Times

- For activities such as singing, band, sports, and exercise where there is increased exhalation, a distance of 6-ft is recommended for all not fully vaccinated persons and these activities are also recommended to take place outdoors to increase ventilation
- The CDC continues to recommend a distance of 6-ft among not fully vaccinated persons when masking is not possible, including during meal times
- Cohorting (keeping an assigned group of students together) and having students eat within their cohort is also a recommended option for meal times

e. Fully vaccinated vs. Not Fully vaccinated Guidelines for Schools

Topic	Guidelines for Vaccinated Persons	Guidelines for Unvaccinated Persons	Additional Resources
<p>Masking in Schools (for anyone aged 2 years and older)</p>	<p>Face coverings are not necessary if you are fully vaccinated unless school administrators opt to require universal masking</p>	<p>Masks are recommended to be worn by all persons aged 2 years and older who are not fully vaccinated when indoors and in outdoor crowded settings where a distance of 6-ft cannot be kept, especially in areas of substantial community transmission. Exceptions include persons with disabilities who cannot safely wear a mask or a person for whom wearing a mask would compromise workplace safety</p>	<p>Updated CDC K-12 School Guidance: https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html</p>
<p>Masking on School Transportation</p>	<p>All persons must wear a mask on school buses and any other kind of school transportation regardless of vaccine status</p>	<p>All persons must wear a mask on school buses and any other kind of school transportation regardless of vaccine status</p>	<p>Updated CDC K-12 School Guidance: https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html</p>
<p>Social Distancing in Schools</p>	<p>Social distancing is not required between persons who are fully vaccinated</p>	<p>A distance of 3-ft is recommended within classrooms and 6-ft outside the classroom among students who are not fully vaccinated. When it is not possible to maintain a distance of 3-ft within classrooms, masking among not fully vaccinated individuals is especially important</p> <p>A distance of 6-ft is recommended between not fully vaccinated adults and all other persons at all times</p>	<p>Updated CDC K-12 School Guidance: https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html</p>

iv. Fully vaccinated vs. Not Fully vaccinated Guidelines for the Community

Topic	Guidelines for Vaccinated Persons	Guidelines for Unvaccinated Persons	Additional Resources
<p>Masking and Social Distancing for the General Public</p>	<p>If you are fully vaccinated, you may resume normal activities without a mask or social distancing unless required by state/ local law (not applicable in Pennsylvania or New Jersey) or business policies</p> <p>If you are fully vaccinated, you must still wear a mask in healthcare settings, public transportation (buses, trains, planes, etc.), public transportation hubs (airports, bus terminals, train stations), correctional facilities and homeless shelters</p>	<p>The CDC recommends to continue wearing face coverings and social distancing of at least 6-ft from others indoors if you are not fully vaccinated</p> <p>The CDC recommends wearing a mask outdoors if you are in crowded areas or are in close contact with other unvaccinated individuals</p> <p>Pennsylvania and New Jersey have lifted their mask mandates for all individuals (with the exception of all settings listed), regardless of vaccine status</p>	<p>CDC How to Protect Yourself and Others: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html</p> <p>PA DOH Masking Guidelines: https://www.health.pa.gov/topics/disease/coronavirus/Pages/Guidance/Universal-Masking-FAQ.aspx#:~:text=The%20Updated%20Order%20of%20the%20statewide%20requirement%20to%20wear%20masks.</p> <p>NJ DOH Masking Guidelines: https://covid19.nj.gov/faqs/nj-information/slowing-the-spread/should-i-wear-a-mask-to-stop-the-spread-of-covid-19</p>
<p>Meal times in Businesses</p>	<p>Fully vaccinated individuals do not have to mask and social distance unless required by business policy</p>	<p>Unvaccinated individuals are recommended to continue to social distance at least 6-ft from others when masks cannot be worn, such as during meal times</p>	<p>CDC Interim Guidance for Fully Vaccinated People: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html</p> <p>CDC Guidance for Businesses and Employers responding to COVID-19: https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html</p>
<p>COVID-19 Testing</p>	<p>Get tested only if you are experiencing symptoms of COVID-19 (see Addendum for Symptom Screener)</p>	<p>Get tested if you are experiencing symptoms of COVID-19 (see Addendum for Symptom Screener) or if you've had an exposure to someone with COVID-19. Routine testing is also still recommended for unvaccinated individuals in the workplace</p>	<p>CDC COVID-19 Testing Guidance: https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/testing.html</p> <p>CDC Guidance for Businesses and Employers responding to COVID-19: https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html</p>

Topic	Guidelines for Vaccinated Persons	Guidelines for Unvaccinated Persons	Additional Resources
Quarantine	If you are fully vaccinated, you do not need to quarantine after being exposed (within 6-ft for 15 minutes or more) to someone with COVID-19, but you must monitor for any possible symptoms of COVID-19 for 14 days after exposure	Unvaccinated individuals are recommended to quarantine at home for 14 days when they have been in close contact (less than 6-ft for 15 minutes or more) with someone who tested positive for COVID-19 unless they have had COVID-19 in the past 3 months Quarantine time can be shortened to: -10 days if the individual is no longer showing symptoms within the past 24 hours -7 days with a negative COVID-19 test result on day 5 or later	CDC Interim Guidance for Fully Vaccinated People: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html CDC Quarantining Guidelines: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html CDC Options to Reduce Quarantine Time: https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/scientific-brief-options-to-reduce-quarantine.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fmore%2Fscientific-brief-options-to-reduce-quarantine.html

v. Isolation

- Individuals must stay home (other than to seek medical care) when they are experiencing COVID-19 symptoms or have tested positive for COVID-19, regardless of vaccine status
- Individuals can stop isolation when it has been:
 - At least 10 days since symptoms first appeared and
 - At least 24 hours with no fever without fever-reducing medication and
 - Other symptoms of COVID-19 are improving

vi. Cleaning, Disinfecting and Other Hygiene Habits in Community Settings

- Clean/disinfect all frequently touched surfaces once daily (water fountains, door handles, light switches, etc.) following posted EPA/CDC/manufacture guidelines
 - Consider cleaning more frequently in areas of high COVID-19 transmission, areas with low COVID-19 vaccination rates, areas with little masking and social distancing among unvaccinated individuals, and among people with a higher risk of severe COVID-19 illness
- If someone who has tested positive for or has symptoms of COVID-19 has been a space within the past 24 hours, close off and clean & disinfect that space
- Proper hand hygiene by washing hands with soap and water for at least 20 seconds or using hand sanitizer with at least 60% alcohol continues to be recommended
 - It is not recommended to touch your face with unwashed hands
- You must cover your mouth and nose with a tissue or the inside of your elbow when you cough or sneeze
- See the detailed CDC cleaning and disinfecting guidelines here: <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
- See detailed CDC information on how to protect yourself and others here: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

vii. Ventilation

- Optimize ventilation by opening windows when safety and weather allows and using window fans to draw air outside to increase the airflow from opened windows
- Ensure indoor ventilation, air filtration systems and exhaust fans are functioning optimally
- Decrease the number of individuals in areas that cannot be well ventilated
- See detailed CDC ventilation guidelines here: <https://www.cdc.gov/coronavirus/2019-ncov/community/ventilation.html#previous-updates>

viii. Resources

a. COVID-19 Vaccine Education Resources

- CDC Key Things to Know about COVID-19 Vaccines: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html>
- “Courageous Conversation” hosted by Pastor Phillip Davis is a discussion of the COVID-19 vaccine in racial and ethnic minority populations: <https://www.youtube.com/watch?v=rrp8Bd9GXtl>
- PPL & St. Luke’s Health Equity & Education: A Discussion with the Community about COVID-19 & Vaccinations: <https://www.youtube.com/watch?v=PIHB-6QuKew&feature=youtu.be>
- St. Luke’s Region’s General Public COVID-19 Vaccine Information Forum in Spanish: <https://www.youtube.com/watch?v=KknloVM9Ag>
- CDC COVID-19 Vaccine for Preteens and Teens Fact Sheet: https://www.cdc.gov/coronavirus/2019-ncov/downloads/vaccines/toolkits/COVID-19-Vaccine-for-Preteens_Teens-508.pdf
- CHOP COVID-19 Vaccine and Myocarditis in Teens information: <https://www.chop.edu/centers-programs/vaccine-education-center/video/what-should-i-know-about-covid-19-vaccine-and-myocarditis-teens>

b. Resources for Vulnerable Populations

- CDC Communication Toolkit for Migrants, Refugees, and Other Limited-English Proficient Populations: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/communication-toolkit.html>
- CDC Interim COVID-19 Guidance for Persons Experiencing Unsheltered Homelessness: <https://www.cdc.gov/coronavirus/2019-ncov/community/homeless-shelters/unsheltered-homelessness.html>

c. Symptom Screening Tool - Complete Daily Prior to School/Work* (See Addendum)

ADDENDUM

Employee or Student Name:

Assigned Class/Group:

Temperature:

Are you taking any medication to treat or reduce a fever such as Ibuprofen (i.e. Advil, Motrin) or Acetaminophen (Tylenol)?

Are you experiencing any of the following?

Group A 1 or more symptoms	Group B 2 or more symptoms
Cough Shortness of breath Difficulty breathing New loss of smell New loss of taste	Fever (measured or subjective) Chills Rigors Myalgia Headache Sore throat Nausea or vomiting Diarrhea Fatigue Congestion or runny nose

Stay home if, you or the student:

- Have one or more symptoms in Group A **OR**
- Have two or more symptoms in Group B **OR**
- Are taking fever reducing medication

ix. References (the following are links to full documents for detailed review):

- CDC COVID-19 K-12 School Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-guidance.html>
- PA DOH COVID-19 K-12 School Guidelines: <https://www.education.pa.gov/Schools/safeschools/emergencyplanning/COVID-19/SchoolReopeningGuidance/ReopeningPreKto12/PublicHealthGuidance/Pages/default.aspx>
- NJ DOH COVID-19 K-12 School Guidelines: https://www.state.nj.us/health/cd/documents/topics/NCOV/RecommendationsForLocalHealthDepts_K12Schools.pdf
- CDC Guidance for Businesses and Employers Responding to Coronavirus Disease 2019 (COVID-19): <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>
- CDC How to Protect Yourself and Others: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>
- CDC COVID-19 Vaccine Information: https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html?s_cid=10493:covid%2019%20vaccines:sem.ga:p:RG:GM:gen:PTN:FY21
- CDC Post Vaccine Considerations for Workplaces: <https://www.cdc.gov/coronavirus/2019-ncov/community/workplaces-businesses/vaccination-considerations-for-workplaces.html>
- CDC Workplace COVID-19 Vaccine Toolkit: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/toolkits/essential-workers.html>
- CDC COVID-19 Vaccine Toolkit for Health Departments and other Public Health Partners: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/toolkits/health-departments.html>
- CDC Cleaning and Disinfecting Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/community/disinfecting-building-facility.html>
- CDC Ventilation Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/community/ventilation.html#previous-updates>
- PA COVID-19 Safe Workplace Checklist: <https://www.health.pa.gov/topics/Documents/Diseases%20and%20Conditions/COVIDsafeWorkplaceChecklist.pdf>
- CDC Interim Guidance for Fully Vaccinated People: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>
- CDC Quarantining Guidelines: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html>
- CDC Options to Reduce Quarantine Time: https://www.cdc.gov/coronavirus/2019-ncov/science/science-briefs/scientific-brief-options-to-reduce-quarantine.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fmore%2Fscientific-brief-options-to-reduce-quarantine.html
- PA DOH Mask Mandate Lifted: <https://www.health.pa.gov/topics/disease/coronavirus/Pages/Guidance/Universal-Masking-FAQ.aspx#:~:text=The%20Updated%20Order%20of%20the, statewide%20requirement%20to%20wear%20masks.>
- CDC Isolation Guidance: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>