

Frequently Asked Questions For Parents

1. How can the public avoid the virus?

- Keep your distance from people who are sick, but it is important to remember that just because someone coughs or sneezes does not mean they have COVID-19.

Furthermore, if you or someone in your household becomes sick, they should remain home for the duration of their illness so as not to spread any virus. **According to the new guidance they should stay home if they are sick until they have had no fever, cough or other symptoms of illness for at least 72 hours after symptoms resolve or 7 days after symptoms began, whichever is longer.**

- Precautions you take during the seasonal flu are similar to what people should be doing to avoid the coronavirus and other respiratory diseases:
 - Avoid touching your eyes, nose, and mouth.
 - Stay home when you are sick.
 - Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
 - Wash your hands often with soap and water for at least 20 seconds especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
 - Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

2. Should I (or my student) wear a mask?

- Common surgical masks block the droplets coming out of a sick person from getting into the air, but they are not tight enough to prevent what's already in the air from getting in. This being said, if you are not sick, you don't need to wear a mask. High-end masks and surgical gloves are not only expensive but are difficult to use properly and will likely still not prevent any virus in the air from getting in without training.

3. How are student absences being handled?

- All absences due to illness are excused with parent confirmation, per policies outlined in our district materials. Doctor's excusals are not necessary at this time.

4. Should I keep my healthy student home from school?

- At this time, RAFOS and the district or county health department, are not recommending that healthy students remain home from school or engage in independent study as there is no identified presence of coronavirus in our school district. See updated scenario-based guidance in the 3/10/20 notification for specifics. In case of a broader coronavirus emergency within RAFOS, the district or county health department may potentially recommend school closures. At this time, the district would provide additional guidance and protocols to families.

5. Are there any plans to alter or cancel travel, field trips, school dances, etc. due to concerns?

- Assemblies and large gatherings have been suspended including dances, performances and extra-curricular activities.
- All California Interscholastic Federation (CIF) sponsored athletics in competitions will be held as scheduled, with the appropriate settings in place to allow for social distancing.
 - Non-CIF sponsored athletic events are canceled.
 - Athletics will be evaluated on a case by case basis in accordance with recommendations.
 - Indoor and outdoor sports are limited to immediate family spectators only.
- All field trips are being canceled at this time.

6. Are there restrictions to my student's return to school following travel outside the US?

- We will be following guidance from our health department and asking students who have returned to the US following international travel over the course of the last 14 days to an area identified by the CDC as Level 2 or higher [CDC Travel Notices](#).
- Students will be excused for the 14 day period they are asked to stay home.

7. Can I volunteer or visit my child's school and classroom?

- We will be limiting visitors to our schools by not allowing entry to those who have had symptoms of fever and/or illness in the last week OR who have a travel history over the course of the last 14 days to an area identified by the CDC as Level 2 or higher [CDC Travel Notices](#).
- Social distancing best practices will be implemented for visitors to maintain 3-6 feet of personal space from students and staff.

8. What is RAFOS doing for students and staff members at this time?

- Currently, our Maintenance and Operations teams use a product line that contains an antiviral and is recommended for use in professional settings. We are increasing the cleaning of recommended areas and are deep cleaning locations as needed.
- However, the most effective preventative measure that can be taken in regard to transmitting viruses has to do with personal hygiene, specifically handwashing. To that end, we are making sure there is district-wide access to handwashing areas and centrally located hand sanitizer stations for both students and staff. RAFOS will continue to actively encourage students to wash their hands and cover coughs. Additionally, written reminders to school staff and students to wash their hands regularly are posted around our campuses.

- Additionally, many classrooms have tissues and hand sanitizer that are available to students.

7. What happens if a child is symptomatic with flu/cold symptoms?

- If a child is symptomatic (for example fever greater than 100.4 or shortness of breath or significant cough/congestion), they should stay home and contact their personal physician for further guidance. **Under the new guidance a child may return to school when they have had no fever, cough, respiratory symptoms or any symptoms of illness for at least 72 hours after symptoms resolve or 7 days after symptoms began, whichever is longer.**
- If they are at school and begin to feel sick, they should check in with the health office to be evaluated and separated from other students. Some students with active illness may be asked to wear a mask while awaiting pick up.

8. What if a student catches the virus?

- Any time a student is confirmed to have a communicable disease, RAFOS communicates with Placer County Public Health for directives and guidance on preventing the spread of the specific communicable disease. This not only applies to COVID-19 but other health conditions as well (H1N1, tuberculosis, meningitis, etc.). We will take direction from them at that time in accordance with the CDE scenario recommendations.

9. What if someone in a student or staff member's immediate family is diagnosed? Are all quarantined in that household?

- If students or staff come in contact with someone confirmed with COVID-19, they should stay at home, contact their medical provider and call Placer County Public Health at **(800) 829-7198**. Health officials will also notify our school district. If someone must quarantine or isolate, they will be notified by Placer County Public Health.

10. Who will make a decision to close schools?

- If there is a public health need to do so, the Placer County Public Health office can order school closures. They will consider guidance from the California Department of Education and the California Department of Health Services.

11. How does a district form an emergency response plan specifically for pandemics?

- School districts have been encouraged to work closely with local agencies. We are collaborating with the Placer County Office of Education and Placer County Public Health professionals to establish protocols for schools and prepare for possible future school disruptions. Specific pandemic response activities will be highly dependent on emerging data and direction provided by health authorities. To control an epidemic, public health professionals work closely with a range of specialists such as epidemiologists (scientists who study the spread of disease

among animal and human populations), medical specialists, virologists and immunologists. Control of epidemics almost always consists of four types of preventative measures-- quarantine, immunization, mass education about prevention and early and aggressive treatment of ill people.

- PLACER COUNTY HEALTH DEPARTMENT has provided an information line for public inquiries (530) 886-5310.
- Most recent information from the Placer County Health Department is available at [PCHD Covid19](#)