



# **Appomattox Regional Governor's School COVID-19 School Plan**

2022-2023

Appomattox Regional Governor's School  
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## Overview

As Appomattox Regional Governor's School (ARGS) continues instruction during the 2022-2023 academic year we will offer in-person learning. Stakeholders should know that ARGS will follow the mitigation strategies as outlined below as well as continue to seek guidance from the Virginia Department of Health, the Centers for Disease Control, and the Virginia Department of Education. Additionally, staff have consulted with participating school divisions and healthcare personnel to consider prevention and response strategies. Student and staff health and safety are our priority. This document will serve as a guide but will be adapted as need indicates. Ongoing support from school divisions, parents, staff, and students is very much appreciated as we continue to provide high-quality learning opportunities for our students at ARGS.

## Mitigation Efforts & What Steps Have Been Taken to Ensure Student and Staff safety?

- Option to wear masks by staff and visitors according to DOLI standards
- Hand sanitation stations throughout the building
- Lunch protocols
- Several physical changes have been made to assist with health safety, including:
  - Bathroom door pulls that are hands free
  - Conversion of all drinking fountains to filtered water-bottle filling stations
  - Installation of [MERV-13](#) filters throughout school HVAC system
- Consultation with Crater District Health Department
- Consultation with Medical Professionals
- Consultation with Participating School Divisions
- Review of guidance from VDH, CDC, and VDOE
- Staff Training

## What is required of students?

- Parents have the option per SB739 to opt their child out of wearing a mask. Wearing masks is optional for students.
- Student entry points are limited to Door 1 and Door 5 (Bus Loop).
- Students must remain in their classroom during the block. If a student needs to leave class for any reason during the block, the student must have a written pass from the teacher.
- Students should bring a refillable water bottle to school for use at bottle filling fountains that have been installed in the building.

## What is required of staff?

- Staff have the option to wear a mask while in the building
- Notify the clinic if a student becomes ill during class.

## What if a student or staff member is exposed to COVID-19?

- What is exposure or close contact?
  - **A close contact is someone you were within 6 feet (staff to student) or 3 feet (student to student) for a cumulative total of 15 minutes or more over a 24-hour period who has tested positive for COVID-19, regardless of whether either of you were wearing a mask. During the 22/23 school year we will not be contacting close contacts of positive cases.**
  - If you are aware of a close contact, CDC recommends that those who have had close contact with someone who has tested positive for COVID-19 and is UNVACCINATED stay home for 5 days after your last contact with that person, stay away from others, and monitor for COVID-19 symptoms. An unvaccinated individual has the option of getting a COVID-19 test done between 5-7 days of exposure date. Once the unvaccinated individual isolates for 5 days they may return to the building while continuing to wear a mask for 10 days.
- What is the process of notifying individuals who are considered a close contact?
  - We will not notify any close contacts of positive COVID-19 cases during the 22/23 school year.

## What if a student or staff member tests positive for COVID-19?

- The staff member or parent should notify Nurse Galarza or Dr. Tenia upon receipt of a positive test result.
- Nurse Galarza or Dr. Tenia will contact the Crater District Health Department to notify them and receive guidance on how to proceed.
- The Crater District Health Department will likely conduct contact tracing and will provide recommendations regarding quarantining and time to remain away from school/work.

## Who is not required to stay home (quarantine) after having close contact with someone with COVID-19?

- People who have been fully vaccinated for COVID-19 as long as they have no symptoms.
  - Fully vaccinated means 2 weeks or more have passed since receipt of the second dose of a two-dose vaccine, or 2 weeks or more have passed since receipt of one dose of a single-dose vaccine.
  - CDC recommends that any fully vaccinated individual who has been a close contact of a positive COVID-19 case get tested 2-5 days after contact with the positive individual.
- People who have had close contact with a person who was a close contact with a person who was a close contact to someone with COVID-19. (contact of a contact)

## What if a student or staff member feels sick while at school?

- Should a student or staff member feel sick while at school, he/she should visit Nurse Galarza to have symptoms assessed. Nurse Galarza will make a determination if that person should remain at school or not.
- If the nurse determines that the student needs to be picked up early from school, someone should be available to pick the student up within an hour of notification.

## If a student or staff member is sick, when may he/she return to school/work?

- If a student/staff member has been sick with an illness that is not COVID-19, he/she should remain out of school/work until he/she is fever free for 24 hours.
- If a student/staff member has tested positive for COVID-19, **he/she may return 5 days after his/her positive test and 24 hours without a fever (without the use of medication) and other signs of illness are improving.**

## What about extra-curricular activities?

- At this time all sports and performances will continue as normal.
- Per VHSL, athletes do not have to wear a mask while playing;
- Performances will continue and will follow CDC guidelines.

## Notifications & Communication

- All communication related to COVID-19 will be sent via email by Executive Director, Dr. Meagan Tenia or Nurse Galarza.
- Questions regarding specific COVID-19 incidents or situations may be sent to Nurse Galarza or Dr. Tenia. All staff will refer questions to them.
- It is critical that accurate information be shared in a timely fashion. Dr. Tenia or Nurse Galarza will share information that is pertinent to the school community via email once guidance has been provided.

## Resources

- Virginia Department of Health Guidelines for K-12 Education:  
<https://www.vdh.virginia.gov/coronavirus/schools-workplaces-community-locations/k-12-education/>
- Virginia Department of Health - Crater Health District:  
<https://www.vdh.virginia.gov/crater/>
- Center for Disease Control and Prevention - Guidelines for Schools:  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html>
- EPA - Filtration for HVAC Systems:  
<https://www.epa.gov/coronavirus/what-kind-filter-should-i-use-my-home-hvac-system-help-protect-my-family-covid-19#:~:text=Filters%20with%20MERV%2D13%20or,filter%20installed%20as%20the%20default.&text=By%20itself%2C%20using%20an%20upgraded,protect%20people%20from%20COVID%2D19.>

## **COVID-19**

### **Student Daily Health Self-Assessment**

#### **IMPORTANT HEALTH QUESTIONS TO ASK YOUR CHILD BEFORE THEY LEAVE FOR SCHOOL.**

To help prevent the spread of COVID-19 and reduce the risk of exposure to other students and staff members, Chesterfield County Public Schools asks families to make sure that students perform a daily self-assessment of their health status before leaving for school.

Students must not go to school if they are sick or answer yes to any of the questions below. Parents should seek guidance from their child's health provider if the student answers yes to two or more questions or has a temperature of 100.4 degrees F or higher.

By reporting to their school, students are attesting that they have answered NO to the questions listed below.

<b>Self-Assessment Questions – Please answer these questions honestly</b>	<b>Yes</b>	<b>No</b>
<b>1. Have you or anyone in your household received a confirmed diagnosis for COVID-19 by a COVID-19 test or from a diagnosis by a healthcare professional in the past 14 days?</b>		
<b>2. Have you or anyone in your household had close contact with or cared for anyone diagnosed with, suspected to have, or experienced symptoms consistent with COVID-19 (fever, cough, shortness of breath etc.) within the past 14 days?</b> (close contact is being within 6 feet for 15 minutes or more, or sharing a living space) <i>***Healthcare workers using appropriate personal protective equipment (PPE) would not be considered as exposed to COVID-19.</i>		
<b>3. Do you, or anyone in your household have <u>2</u> or more of any of the following symptoms?</b> <ul style="list-style-type: none"> <li>• Headache</li> <li>• Body aches</li> <li>• Repeated shaking or chills</li> <li>• New, persistent cough for unknown reasons</li> <li>• Shortness of breath for unknown reasons</li> <li>• Congestion or Runny nose</li> <li>• Change in taste or smell</li> <li>• Diarrhea - 3 or more episodes within 24 hours</li> <li>• Nausea or Vomiting</li> <li>• Sore Throat</li> </ul>		
<b>4. Take Your Temperature.</b> <b>Is the temperature 100.4 degrees Fahrenheit (38 degrees Celsius) or above?</b>		

If you answered YES to any question, then you must remain home and not come to school. It is recommended that you isolate yourself from others, monitor your symptoms and contact your health provider for guidance.

## **COVID-19 Guidance**

### **Employee Daily Health Self-Assessment**

To help prevent the spread of COVID-19 and reduce the risk of exposure to our employees and citizens, employees must perform a daily self-assessment of their health status consisting of: REVIEWING A SET OF COVID-19 RELATED HEALTH QUESTIONS and TAKING THEIR OWN TEMPERATURE before reporting to work.

As a condition of employment, all employees must agree to perform this self-assessment each workday and to not come to work if they are sick or answer yes to any question on this form. Employees should seek guidance from their health care provider should they answer YES to any question below or have a temperature of 100.4 degrees F or higher.

#### **QUESTIONS THAT EMPLOYEES MUST REVIEW EACH DAY BEFORE COMING TO WORK**

<b>Self-Assessment Questions – Please answer these questions honestly</b>	<b>Yes</b>	<b>No</b>
1. Have you received a confirmed diagnosis for COVID-19 by a COVID-19 test or from a diagnosis by a health care professional in the past 10-14 days?		
2. Have you had close contact with or cared for anyone diagnosed with, suspected to have, or experienced symptoms consistent with COVID-19 (fever, cough, shortness of breath etc.) within the past 10-14 days? (close contact is being within 6 feet for 15 minutes or more, or sharing a living space) <i>***Healthcare workers using appropriate personal protective equipment (PPE) would not be considered as exposed to COVID-19.</i>		
3. Do you, or anyone in your household have <u>2</u> or more of any of the following symptoms? <ul style="list-style-type: none"> <li>• Headache</li> <li>• Body aches</li> <li>• Repeated shaking or chills</li> <li>• New, persistent cough for unknown reasons</li> <li>• Shortness of breath for unknown reasons</li> <li>• Congestion or Runny nose</li> <li>• Change in taste or smell</li> <li>• Diarrhea - 3 or more episodes within 24 hours</li> <li>• Nausea or Vomiting</li> <li>• Sore Throat</li> </ul>		
4. Take Your Temperature. Is the temperature 100.4 degrees Fahrenheit (38 degrees Celsius) or above?		

**If you answered:**

**NO to ALL questions, then you can proceed to work today!**

**YES to any question, then you must remain home and not come to work and notify your supervisor. It is recommended that you isolate yourself from others, monitor your symptoms and contact your health care provider for guidance. You must provide return to work clearance from a health care provider before returning to work. However, if you answered YES to question number 2 but have no illness symptoms, you may return to work on day 11 after the date of initial exposure without the need for testing or clearance to return to work from a health care provider.**