

BUSD Health Services Public Health Update 1.18.22

We are receiving ongoing updates from the State of California and the Los Angeles Department of Public Health regarding changes in protocols in reaction to the Omicron variant of Covid-19. We are also expecting more changes this week, so please be patient with us as we do our best to share information and shift our practices.

Public Health Updates:

- 1) **Positive cases can be confirmed with a home test, rapid test or PCR test.** Please note that rapid tests can be expensive, so we encourage you to check with your medical provider in case this test is not covered. **You do not need to confirm a home or rapid test with a PCR according to new LADPH guidance.**
- 2) **We gave K-12 students 2 home tests during the week of 1/3/22.** The County did not give us home tests for staff, TK and other programs and departments. We are actively working to find additional tests. Inventory is extremely limited right now, but we are doing everything we can to acquire additional test kits. Please note that we are also offering BUSD testing clinics for any employee or student so they also have access to tests.
- 3) **Modified quarantine and contact tracing.** Public health sent districts an update that included modified quarantine and simplified contact tracing. Elementary schools will receive a classroom notification of exposure, and secondary schools will send all parents a general school exposure letter indicating the number of cases each date and date of potential exposure. Due to the prevalence of the Omicron variant of Covid-19 in LA county, current guidance is for individuals to monitor for symptoms, remain home if sick and test on Day 5. Individuals can also participate in weekly testing as long as tests are available.
- 4) **Public health also recommends targeted testing when testing supplies are limited.** Currently, we recommend using home test kits when an individual is presenting symptoms due to the limited availability of clinic appointments and tests. Then students can use the second test to test on Day 5. We will send updates when additional testing supplies are available.
- 5) If an individual tests positive, they need to isolate. Five full days after testing positive or having symptoms, they can take a Day 5 test and if negative, fever free for 24 hours, and symptoms have improved or cleared up, they can return to school.
Please upload Day 5 negative tests to your school through this link before returning if you have tested positive for Covid-19
<https://forms.gle/piqzEYiH7LRc9gZT7>
- 6) **Please upload Vaccine and Booster information here**
<https://forms.gle/6TaNnkqgeFgDdxXD8>
- 7) **What if I have questions about my isolation dates?**
LACDPH encourages parents or staff to contact their hotline with questions about the new guidelines and isolation protocols **833-540-0473**.

Community and Family Support:

- 1) Teach and encourage your child to wear a mask (surgical, KN95, or N95 is recommended)
- 2) Remind your student to properly wear a mask at all times (over their nose, and indoors and outdoors) while on school grounds
- 3) Parents and guardians, please help us protect our staff and students by wearing a mask while picking up and dropping off students or anytime you are on school district property

JANUARY 10, 2022
Burbank Unified's Isolation Protocols for Students and Employees

<p>I Have Symptoms of COVID-19 (See symptom list below)</p>	<p>Stay Home Until:</p> <ul style="list-style-type: none"> ■ You take a negative COVID-19 test (BUSD testing clinics available) OR ■ At least 10 calendar days have passed since your symptoms first started AND ■ You have not had a fever for at least 24 hours AND ■ Your symptoms are improving 	<p>If Positive,</p> <ul style="list-style-type: none"> ■ Follow the "COVID-19 Positive with symptoms" section ■ Isolate at Home 	<p>If Negative,</p> <ul style="list-style-type: none"> ■ Stay home until fever free for 24 hours and symptoms have improved ■ This applies to everyone regardless of vaccination status
<p>COVID-19 Positive with Symptoms</p> <p>If the test was administered at a non-BUSD site, or was an at-home rapid self test, upload the results through your school site's web page or provide results as instructed by your school</p>	<p>Stay Home Until:</p> <ul style="list-style-type: none"> ■ At least 5 days* have passed since your symptoms started AND ■ You have a negative COVID-19 test collected on or after day 5 AND ■ You have not had a fever for at least 24 hours AND ■ Your symptoms are improving <p>*Your first day of symptoms is day 0</p>	<p>If Positive After Day 5,</p> <ul style="list-style-type: none"> ■ Stay home 10 calendar days after your symptoms started AND ■ You have not had a fever for at least 24 hours AND ■ Your symptoms are improving ■ Consult your medical provider 	<p>Isolation at Home:</p> <p>Wear a well-fitting mask over your nose and mouth when you are around others, indoors and outdoors, for a total of 10 days. This includes around household members.</p> <ul style="list-style-type: none"> ■ Adults should wear a well-fitting medical grade mask (surgical or respirator) ■ Children should wear a well-fitting, non-cloth mask with a nose wire <p>See www.burbankusd.org for more information</p>
<p>COVID-19 Positive with NO Symptoms</p> <p>If the test was administered at a non-BUSD clinic, or was a home test, upload your results through your school site's web page or provide results as instructed by your school</p>	<p>Stay Home Until:</p> <ul style="list-style-type: none"> ■ At least 5 days* have passed since the day your initial positive test was taken AND ■ You have a negative COVID test collected on or after day 5 <p>*Day 0 is the day your positive test was taken</p>	<p>If Positive After Day 5,</p> <ul style="list-style-type: none"> ■ Stay home for 10 calendar days after your initial positive result ■ Consult your medical provider ■ If you take another test after Day 5, and it is negative, you may return if no symptoms or symptoms have improved, and fever free for 24 hours 	
<p>COVID-19 Symptoms:</p>	<ul style="list-style-type: none"> ■ Fever or Chills ■ New Cough - Not from Asthma/Allergies ■ Difficulty Breathing 	<ul style="list-style-type: none"> ■ Fatigue ■ Runny or Stuffy Nose ■ Diarrhea ■ Vomiting 	

For more information on Covid-19 information and testing clinics visit www.burbankusd.org
For additional questions, visit www.burbankusd.org

Burbank Unified will continue to collaborate with our health partners at the county and state levels, as well as our community partners. We also continue to review updates to county, state and federal guidance on a daily basis, and we may adjust policies accordingly.



Additional FAQ's 1.10.22

- 1) **If I get a positive home test, what should I do?**
 If your home test is positive, please stay home. You are no longer **required** to get a PCR test as confirmation, but your student should isolate for 5 days and test on Day 5 from the beginning of their isolation (please see the graphic above). You can use any test (rapid, home or PCR test) and if negative, you are without symptoms, symptoms have improved and you are fever-free for 24 hours, you can return to school or work. If positive, please do not use our BUSD clinics as we are trying to reduce spread and protect all students and employees.

2) What if my Day 5 test results are positive?

You will need to remain in isolation until you either finish your 10 day isolation or test and get a negative test. If your symptoms have not improved by Day 10 of your isolation, we recommend contacting your medical provider. Your doctor can give guidance on whether you can return to work or school and you will need to give the school nurse or your supervisor a doctor's note.

3) What should I do with my Day 5 test results?

On our district and on each school website there will be a link to a Google form to submit your negative test. **Day 5 negative test results should be submitted here**
<https://forms.gle/piqzEYiH7LRc9gZT7>

4) Do those who are fully vaccinated need to quarantine if they have been exposed?

Close contacts who are fully vaccinated are exempt from quarantine if they have no symptoms and are not sick.

5) Do those who are fully vaccinated need to test on Day 5 if exposed to a positive case?

It is recommended that anyone who is exposed to a positive case, regardless of vaccination and booster status, should test on Day 5.

6) Do I have to quarantine if I don't have a booster?

Public health has indicated that students and employees who have not received their booster but are vaccinated are exempt from quarantine as long as they do not have symptoms and do not test positive. They will need to take a test on day 5 and it must be negative in order to continue to go to school or work. This guidance could change again and we will communicate any updates or changes.

7) What if I already have Covid-19 and I still test positive after 10 days?

This is very common. People who have tested positive for COVID-19 are very likely to continue to test positive with PCR tests for 90 days. Even after your immune system neutralizes a virus (COVID-19 or almost any other virus), bits and pieces of the virus's genetic material remain in your body — like DNA evidence left at a crime scene. These little viral remnants degrade over time. They can't harm you, and they can't infect anyone else, but they can cause you to continue to test positive. The CDC recommends that people who have previously tested positive refrain from retesting, especially with a PCR test for 90 days unless they have new symptoms. If someone who has had Covid-19 before has symptoms, they should isolate and use a rapid/antigen test on Day 5.

8) Example isolation scenario for testing positive with Covid-19...please see the chart -

<https://drive.google.com/file/d/1A8ZRoaBIDgIkIzjqcQG3HD4KnFR7ZIY/view>

a) I **tested positive** with a rapid test or home test on January 5, 2022.

b) I must isolate and stay home regardless of vaccination status/booster status or whether I am sick

- c) My 10 day isolation period will start the day after I test positive or have symptoms (whichever comes first) so I will need to remain in isolation from January 6, 2022 until January 15, 2022.
- d) If I have no symptoms or they have improved and I am fever free for 24 hours, I can take a test on day 5. If it is negative, I can return to work or school on January 11, 2022.
- e) If I test positive on day 5, I will need to wait until day 10. If I have no symptoms or they have improved and I am fever free for 24 hours, I can return to work or school on January 16, 2022 when my isolation is completed.

9) In the scenario above, what happens if I am still sick at the end of Day 5 or at the end of isolation on Day 10?

- a) You should remain in isolation and at home
- b) Please contact your medical provider for guidance if you are still sick on Day 10. You will need a doctor's note at this point to return to work or school if you have symptoms after Day 10.

10) Does isolation begin after symptoms or a positive test?

Isolation is 10 days and begins the day after symptoms onset (you are sick) or a positive test, whichever happens first. For example, if I start getting sick on January 4, 2022, and I test on January 5, 2022, and I test positive, then my isolation begins the day **after** symptom onset January 5 and I isolate for 10 days (January 5-January 14).

If I do not have symptoms and I test positive on January 5, 2022, then my isolation period begins on January 6, 2022, and I isolate for 10 days January 6, 2022, through January 15, 2022.

*New guidelines indicate individuals who test positive can end isolation early with a negative test on Day 5 and no symptoms, symptoms have improved and fever free for 24 hours.

11) What if I am unable to get test results back after Day 5 or find a test?

As long as you are not sick, your symptoms have improved, and you are fever free for 24 hours, you may return after your 10 day isolation without test verification but you should provide a copy of your positive Covid-19 test with the date to your school nurse.

12) Does an individual exposed to Covid-19 have to be quarantined if they are fully vaccinated but do not have their booster (if eligible)?

The answer is no, students and staff who are close contacts, who are fully vaccinated and do not have a booster (if eligible), do not have to quarantine as long as they do not have symptoms, do not test positive, and are fever free for 24 hours. Please note that LADPH is currently revising guidelines but a letter from LADPH and the State Superintendent was provided to superintendents.

13) Are there travel advisories? Please see the link for updated information. [Travel Advisory and Guidance - LA County Department of Public Health](#)

14) What are the criteria for school closure?

School closure can only be determined and decided by the Los Angeles Department of Public Health.

15) What are the criteria for classroom closure?

Elementary classrooms with 4 or more cases will be considered for classroom closure.

16) Are schools allowed to host indoor events involving large crowds or overnight field trips?

Currently, we are not allowing these types of events because of the Omicron surge. We will reevaluate this as conditions change.