

COVID-19 Guidance for Students and Staff (Effective January 18, 2022)

The health and safety of the RPS community is our top priority. The following document provides updated COVID-19 isolation and quarantine guidance, as well as updated information about masks, vaccines/boosters, and reporting.

Isolation

Isolation is the period of time that someone who has tested positive for COVID-19 stays at home.

- Any RPS student, staff member, or partner who tests positive for COVID-19 will isolate for 10 calendar days. **An RPS nurse or a member of the RPS COVID team will communicate with the individual and set the isolation period.**
- A positive result can be reported from an at home test, rapid test, or PCR test. Individuals who have taken an at home test may wish to schedule a PCR test to validate results, although this is not required. A negative PCR test takes precedence over a positive at home test, given the PCR test's greater accuracy.
- The 10-day isolation period occurs regardless of if an individual has symptoms and regardless of vaccination status.
- The 10-day isolation period begins at symptom onset (if symptomatic) or the testing date (if asymptomatic).
- **A negative test is not required to return to school or work after an isolation period** – in fact, many individuals who test positive for COVID-19 can continue to test positive for up to 3 months after their infection. An ongoing positive result does not mean someone remains contagious.
- An individual returns to in person school or work on day 11 after the 10-day isolation period if their symptoms are gone or improved. They are no longer contagious after completing the isolation period.
 - It is possible that someone may experience some lingering symptoms at the end of an isolation period.
 - While some symptoms may linger, one symptom that must be fully resolved is fever; individuals must be fever-free for 24 hours without fever-reducing medication.
 - If significant symptoms persist after the 10-day isolation period, individuals should contact their health care provider and their school's principal or supervisor.

Quarantine

Quarantine is the period of time that close contacts of a person who is positive with COVID-19, who also meet other guidelines, need to stay home/away from others. **An RPS nurse or a member of the RPS COVID team will determine close contacts and quarantine next steps, including the applicable dates.**

The first step is to identify individuals who are close contacts:

- For children: A close contact is being less than 6 feet from a positive adult or 3 feet from a positive child for at least 15 minutes over a 24-hour period.
- For adults: A close contact is being less than 6 feet from a positive individual (child or adult) for at least 15 minutes over a 24-hour period.

Once close contacts are identified, the nurse determines if they are “up to date” on their vaccines. Click [here](#) for what it means to be “up to date” for all COVID-19 vaccines, including any booster dose(s).

Up to date children and adults who are not experiencing symptoms do not need to quarantine. In addition, anyone who has had COVID-19 in the last 90 days does not need to quarantine.

If an individual is identified as a close contact but is not required to quarantine, they should watch their symptoms up until Day 10 from the initial exposure and it is recommended they test after Day 5 from the initial exposure.

If it is determined that an individual needs to quarantine, there are 2 options:

- **Option 1:** Test to Stay (TTS) – launching the week of January 24th:
 - Test to Stay is a rigorous testing program which provides for nightly testing for the first five days of the assigned quarantine period and allows students and staff to attend school and work throughout the period, assuming negative test results. TTS participants take an RPS provided COVID-19 test via a video chat with a medical proctor (to validate the testing process and results). The results are uploaded to a secure platform. If the staff member/student tests negative at night, they can attend work/school the next day. This process continues for 5 days. If an individual tests positive during this period, they shift immediately to the isolation guidance outlined above.
 - TTS participants must be able to correctly and consistently wear a mask throughout the school day (therefore preschool students, students with special needs, and other students may not be eligible for TTS).
 - Additional details about TTS will be available the week of January 24th.
- **Option 2:** 10-day quarantine at home
 - If a family does not opt into TTS, or does not follow the TTS protocol accurately, a 10-day quarantine is required. A negative test is not required to return after the 10-day quarantine period.
 - If a student develops symptoms during at-home quarantine, they should isolate immediately and inform the school principal. RPS will provide an at-home test for diagnosis.

Consistent and Correct Use of Masks

The CDC and VDH continue to *strongly recommend* the use of masks in Preschool-12 settings to reduce the risk of in-school transmission. Therefore, RPS mask requirements remain the same – masks must be worn at all times within RPS buildings and outdoors on RPS property/campuses.

The most important thing about a mask is that it fits well and is worn consistently.

- Use a mask that fits snugly over the nose, mouth, and chin without gaps (knot ear loops of a mask if needed).
- Choose a mask with a nose wire and make sure it is pressed down tightly for a snug fit. A mask is not effective if it does not cover the nose.
- KN95 masks can offer a higher level of protection, when worn correctly. RPS has KN95 masks available at all schools.

- Wear a mask with two layers. For example, use a cloth mask with two or more layers of washable, breathable fabric, or wear a disposable mask under a cloth mask.
 - Do not combine two disposable masks.
 - Do not combine a KN95 with any other mask.

Get Vaccinated and Stay “Up to Date”

Vaccination is the leading public health prevention strategy to protect individuals and communities from COVID-19. The CDC recommends that everyone 5 years and older be “[up to date](#)” – which means a person has received all recommended COVID-19 vaccines, including any booster dose(s) when eligible.

RPS is partnering with VDH to offer vaccine clinics at RPS schools and the Arthur Ashe Center throughout the winter and spring. In addition, there are other community-based vaccination centers available. Most vaccination clinics offer 1st and 2nd shots for adults and children as well as boosters for eligible age groups.

Reporting

If a staff member or family needs to report a positive case, a possible exposure, or COVID-19 related symptoms, they should email the school principal/their supervisor. Emails are monitored in the evenings and weekend and someone will respond within 24 hours. Staff and students should not report to school/work if they have tested positive or experiencing symptoms.