

Riley County USD 378

District Plan for Safe Return to In-Person Instruction and Continuity of Services

PART I.

Describe how the district will maintain the health and safety of students, educators, and other staff and the extent to which it has adopted policies, and a description of any such policies, on each of the following safety recommendations established by the CDC:

(A) Universal and correct wearing of masks.

Riley County USD 378 leaves it up to patrons and stakeholders as to their choice whether or not to wear a mask.

(B) Modifying facilities to allow for physical distancing (e.g., use of cohorts/podding). Riley County USD 378 is not currently modifying any facilities.

(C) Handwashing and respiratory etiquette.

Riley County USD 378 provides instructions on and practices proper hand washing and sanitizing techniques on a regular basis. Riley County USD 378 provides instructions on and practices proper respiratory etiquette.

(D) Cleaning and maintaining healthy facilities, including improving ventilation.

Riley County USD 378 frequently cleans and sanitizes all facilities through approved cleaning processes. HVAC filters are changed on a regular basis while also providing the most effective circulation and ventilation of the air possible.

(E) Contact tracing in combination with isolation and quarantine, in collaboration with the State, local, territorial, or tribal health departments.

Riley County USD 378 provides assistance to the Riley County Health Department per their request with contact tracing as necessary.

(F) Diagnostic and screening testing.

All diagnostic and screening testing for Covid is provided by Riley County USD 378.

(G) Efforts to provide vaccinations to school communities.

Riley County USD 378 has provided and will continue to provide the opportunity to staff who wish to receive the vaccine through the Riley County Health Department. Vaccines for children 12 and older are available at Riley County Health Department as parents have the full decision-making on the choice to have their child receive the vaccine or not.

- (H) Appropriate accommodations for children with disabilities with respect to health and safety policies.

Riley County USD 378 takes each student case on an individual basis and makes appropriate accommodations taking into consideration student/parent, medical and educational information.

- (I) Coordination with State and local health officials.

Riley County USD 378 remains in coordination as needed with the Riley County Health Department, Via Christi Hospital, KSDE and KDHE in regards to all needs with the safe, continued operation of in-person instruction.

Part II.

Describe how the district will ensure continuity of services, including but not limited to:

- (A) services to address students' academic needs

Riley County USD 378 is offering extra help for students that have fallen behind by adding additional positions with ESSER funds to provide more intense instruction to students. Summer learning opportunities may be available for selected students to help close the academic gap.

- (B) students' and staff social, emotional, and mental health

Riley County USD 378 continues to monitor all students and staff's social, emotional, and mental health on a regular basis. The district continues to focus on relationships between student and student as well as students and staff to ensure that everyone is checking in on everyone. Seminar is focused on additional relationship building.

- (C) other needs, which may include student health and food services.

Riley County USD 378 has added a second full-time nurse along with two nurse aides to help monitor and address student health and will continue to employ these positions. The district continues to offer and serve breakfast and lunch through the foodservice program.

Amended: August, 2023

HOME COVID-19



COVID-19

Isolation and Precautions for People with COVID-19

Updated May 11, 2023

If you were exposed to COVID-19, you should start taking precautions.



Isolation and Exposure Calculator

A tool to help you determine if you need to isolate or take other steps to prevent spreading COVID-19.

Isolation & Exposure

If you have COVID-19, you can spread the virus to others. There are precautions you can take to prevent spreading it to others: isolation, masking, and avoiding contact with [people who are at high risk of getting very sick](#). Isolation is used to separate people with confirmed or suspected COVID-19 from those without COVID-19.

These recommendations do not change based on [COVID-19 hospital admission levels](#). If you have COVID-19, also see additional information on [treatments](#) that may be available to you.

This information is intended for a general audience. Healthcare professionals should see [Ending Isolation and Precautions for People with COVID-19](#). This CDC guidance is meant to supplement—not replace—any federal, state, local, territorial, or tribal health and safety laws, rules, and regulations.



For Healthcare Professionals: [Ending Isolation and Precautions for People with COVID-19](#)



When to Isolate

Regardless of vaccination status, **you should isolate from others when you have COVID-19.**

You should also isolate **if you are sick and suspect that you have COVID-19 but do not yet have test results**. If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation.



IF YOU TEST

Negative

You can end your isolation



IF YOU TEST

Positive

Follow the full isolation recommendations below

When you have COVID-19, isolation is counted in days, as follows:

If you had no symptoms

- **Day 0 is the day you were tested** (not the day you received your positive test result)
- **Day 1 is the first full day** following the day you were tested
- If you develop [symptoms](#) within 10 days of when you were tested, the **clock restarts at day 0 on the day of symptom onset**

If you had symptoms

- **Day 0 of isolation is the day of symptom onset**, regardless of when you tested positive
- **Day 1 is the first full day** after the day your [symptoms](#) started



Isolation

If you test positive for COVID-19, **stay home for at least 5 days and isolate from others in your home.**

You are **likely most infectious during these first 5 days.**

- **Wear a high-quality mask** if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask. For travel guidance, see CDC's [Travel webpage](#).
- **Do not travel.**
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to [improve ventilation](#) at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your [symptoms](#). If you have an [emergency warning sign](#) (like trouble breathing), seek emergency medical care immediately.
- Learn more about [what to do if you have COVID-19](#).



Ending Isolation

End isolation based on how serious your COVID-19 symptoms were. Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

If you had no symptoms

You may end isolation after day 5.

If you had symptoms and:

Your symptoms are improving

You may end isolation after day 5 if:

- You are fever-free for 24 hours (without the use of fever-reducing medication).

Your symptoms are not improving

Continue to isolate until:

- You are fever-free for 24 hours (without the use of fever-reducing medication).
- Your symptoms are improving.¹

If you had symptoms and had:

Moderate illness (you experienced shortness of breath or had difficulty breathing)

You need to isolate through day 10.

Severe illness (you were hospitalized) or have a weakened immune system

- You need to isolate through day 10.
- Consult your doctor before ending isolation.
- Ending isolation without a viral test may not be an option for you.

If you are unsure if your symptoms are moderate or severe or if you have a weakened immune system, talk to a healthcare provider for further guidance.

Regardless of when you end isolation

Until at least day 11:

- Avoid being around people who are more likely to get very sick from COVID-19.
- Remember to wear a high-quality mask when indoors around others at home and in public.
- Do not go places where you are unable to wear a mask until you are able to discontinue masking (see below).
- For travel guidance, see CDC's [Travel webpage](#).



Removing Your Mask

After you have ended isolation, when you are feeling better (no fever without the use of fever-reducing medications and symptoms improving),

- Wear your mask through day 10.

OR

- If you have access to antigen tests, you should consider using them. With two sequential negative tests 48 hours apart, you may remove your mask sooner than day 10.

Note: If your antigen test results¹ are positive, you may still be infectious. You should continue wearing a mask and wait at least 48 hours before taking another test. Continue taking antigen tests at least 48 hours apart until you have two sequential negative results. This may mean you need to continue wearing a mask and testing beyond day 10.

After you have ended isolation, if your COVID-19 symptoms recur or worsen, restart your isolation at day 0. Talk to a healthcare provider if you have questions about your symptoms or when to end isolation.

^[1] As noted in the Food and Drug Administration labeling for authorized over-the-counter antigen tests, negative test results do not rule out SARS-CoV-2 infection and should not be used as the sole basis for treatment or patient management decisions, including infection control decisions.

Last Updated May 11, 2023

Source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases

Symptoms of COVID-19

Know the symptoms of COVID-19, which can include the following:



Cough, shortness of breath, or difficulty breathing



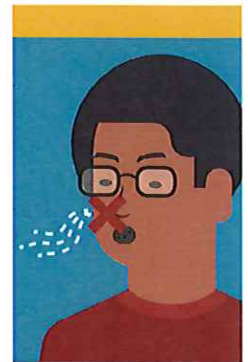
Congestion, sore throat, fever, or chills



Fatigue, headache, or body aches



Nausea, vomiting, or diarrhea



New loss of taste or smell

If you are experiencing any of these symptoms, get tested for COVID-19.

Symptoms can range from mild to severe and appear 2–14 days after you are exposed to the virus that causes COVID-19.

**Seek medical care immediately if you or someone you know has
Emergency Warning Signs of COVID-19:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Difficulty waking or staying awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

This is not a list of all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)