

# **Immaculate Heart of Mary School COVID-19 Exposure Management Plan September 2021**

A targeted public health response to contain COVID-19 exposures at a community level can help maximize the impact of the Los Angeles County Department of Public Health (DPH) COVID-19 response.

Immaculate Heart of Mary School serving students from Transitional Kindergarten through Grade 8 is a trusted community partner that can help DPH improve the timeliness and impact of the Public Health response through rapid initiation of a COVID-19 Exposure Management Plan (EMP). Immediate implementation of an EMP when a single case of COVID-19 is identified at school can accelerate the ability to contain the spread of infection and prevent outbreaks from occurring.

The steps for managing exposures to 1, 2, 3 or more COVID-19 cases at Immaculate Heart of Mary School are described below and summarized in Appendix A.

## **Exposure Management Planning Prior to Identifying 1 COVID-19 Case at Immaculate Heart of Mary School**

Khia Bautista, Principal, is the designated School COVID-19 Compliance Officer. She is responsible for establishing and enforcing all COVID-19 safety protocols and ensuring that staff and students receive education about COVID-19. She serves as a liaison to DPH for sharing site-level information to facilitate public health action.

All students and employees who (1) have symptoms consistent with COVID-19, (2) are quarantined because of exposure at school, or (3) are at school with an active public health investigation shall have access to testing or be tested for COVID-19.

Immaculate Heart of Mary School is implementing a DPH-guided symptom screening program prior to school entry or while at school. Immaculate Heart of Mary School will apply DPH guidance on Decision Pathways for persons who have not been tested yet for COVID-19 but screen positive for symptoms prior to school entry or while at school. Staff will self-evaluate before arrival at school. Students will be verbally screened upon arrival at the school. A thermometer is available for staff to conduct temperature checks.

## **Exposure Management for 1 COVID-19 Case at Immaculate Heart of Mary School**

After identifying 1 confirmed COVID-19 case (student or employee), the School Compliance Office instructs the case to follow Home Isolation Instructions for COVID-19 ([ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation)). NOTE: a confirmed COVID-19 case is an individual who has a positive COVID-19 test.

School Compliance Officer provides a copy of the Public Health Emergency Isolation Order and informs the case that DPH will contact the case directly through the DPH Case and Contact Investigation Program to collect additional information and issue the Health Officer Order for Case Isolation.

School Compliance Officer works to identify all individuals in the School who have had an exposure to the confirmed positive case during their infectious period (Close Contacts).

- A case is considered to be infectious from 2 days before their symptoms first appeared until the time they are no longer required to be isolated (i.e., no fever for at least 24 hours, without the use of medicine that reduce fevers AND other symptoms have improved AND at least 10 days have passed since symptoms first appeared). A person with a positive COVID-19 test but no symptoms is considered infectious from 2 days before their test was taken until 10 days after their test.
- Close Contact: A person is considered to have been exposed to a case during the infectious period if at least one of the following criteria is met:

Being within 6 feet of the infected person for 15 minutes or more over a 24-hour period.

Having had unprotected contact with the infected person's body fluids and/or secretions of a person with confirmed COVID-19 (e.g., being coughed or sneezed on, sharing utensils or saliva, or providing care without using protective equipment).

Individuals in the classroom or school group should NOT be considered a close contact unless the program is reasonably sure that they meet the above definition of a close contact. Individuals should NOT be considered a close contact solely because they were in the same classroom or school group as a person with confirmed COVID-19. If the program cannot determine who is a close contact to a person with confirmed COVID-19 at school, they should contact Public Health immediately for technical assistance.

- Exposures will be reviewed by Public Health to assess which persons need to quarantine including the possibility of quarantining all individuals in the same cohort or classroom as an infected person if exposures cannot be ruled out for the entire group.

School Compliance Officer shall notify DPH of (1) employees and students with confirmed COVID-19 who were on campus at any point within the 14 days prior to the illness onset date and (2) persons on campus who were exposed to the infected person during the infectious period. The illness onset date is the first date of COVID-19 symptoms or the COVID-19 test date, whichever is earlier.

- All COVID-19 exposure case notifications to DPH shall be submitted within 1 business day of being notified of the case. Secure online reporting is the preferred method for notifying DPH of COVID-19 exposures and can be done on a computer or mobile device with access to the secure web application: <http://www.redcap.link/lacdph.educationsector.covidreport>

All persons identified to have had an exposure to a COVID-19 positive case at school are notified by the School Compliance Officer of the exposure through a letter or other communication strategies. The notification of exposure shall include the following messages:

- DPH is coordinating with the school to contact persons who are identified as having had close contact with the school-associated case to gather additional information and provide guidance on testing and quarantine.
- Employees with a campus exposure should follow guidance outlined in Cal/OSHA COVID19 Prevention Emergency Temporary Standards (ETS). However, if an employee's

quarantine period ends before they meet Cal/OSHA's criteria for return-to-work, they may return to the Worksite(s) as soon as they have cleared quarantine per the Health Officer Quarantine Order. A summary of requirements is provided in the Public Health guidance document on Responding to COVID-19 in the Workplace.

- Persons with an exposure to the case should test for COVID-19 and inform the school of test results. This will determine the extent of disease spread at the school and serve as a basis for further control measures. Testing resources include: Employee Health Services or Occupational Health Services, Student Health Center, Personal Healthcare Providers, LA City and County Testing Sites: [covid19.lacounty.gov/testing](https://covid19.lacounty.gov/testing), and Community-Based Testing Sites (local health centers and pharmacies). Individuals who need assistance finding a medical provider can call the LA County Information line 2-1-1, which is available 24/7.
- Exposed persons who are not exempted from quarantine (see exemptions below) must self quarantine (stay in their home or another residence, separate from others) and monitor for symptoms as outlined in Quarantine and Other Instructions for Close Contacts. As long as they do not develop symptoms of COVID-19 they may end quarantine either:
  - After 10 full days have passed from their last known contact to the infectious case (as defined above). Activities may resume starting on Day 11. They must continue to monitor their health and adhere to COVID-19 prevention precautions through Day 14.
  - After 7 full days have passed from their last known contact to the infectious case if they have a negative viral test result from a specimen collected on or after Day 5 from the date of last exposure to the case. Activities may resume starting on Day 8. They must continue to monitor their health and adhere to COVID-19 prevention precautions through Day 14. Note the test must be an FDA-authorized viral COVID-19 test, including a Nucleic Acid Amplification Test (NAAT, such as PCR) or an Antigen test, that is collected and performed in a healthcare setting or certified testing site.
- The following close contacts are exempt from quarantine provided they remain asymptomatic:
  - Persons who are fully vaccinated.
  - Persons who have recovered from laboratory-confirmed COVID-19 within the last 90 days.

Even though they do not need to quarantine, they must monitor for symptoms and strictly adhere to COVID-19 precautions for 14 days from their last exposure. It is recommended that fully vaccinated persons get a viral test 3-5 days after their last exposure. No testing is recommended for persons who have recently recovered from COVID-19. See Quarantine and Other Instructions for Close Contacts.

- Optional Modified Quarantine for TK-12 Students. Modified quarantine allows asymptomatic students, under self-quarantine orders, who were exposed to a person with diagnosed COVID19 in any school setting where students are supervised by school staff (indoors, outdoors, or on a school buses) to continue in-person academic activities that are part of the regular school curriculum and provided during school hours. As a reminder, persons who are fully vaccinated and/or have recovered from laboratory-confirmed COVID-19 within the last 90 days do NOT need to self-quarantine. An asymptomatic student under

self-quarantine orders may be approved for modified quarantine if specific criteria outlined below are met. If these criteria cannot be met, then the exposed student must remain in home quarantine as outlined above.

- (1) The exposure was to a person with a COVID-19 diagnosis in any school setting where students are supervised by school staff (indoors, outdoors, or on school buses).
- (2) The exposed student remains asymptomatic.
- (3) The exposed student AND the person with a COVID-19 diagnosis MUST have each worn a mask consistently and correctly during the entire exposure period. This includes any outdoor exposures. Prior to applying modified quarantine, verification is required of mask-to-mask exposure between the person with a COVID-19 diagnosis and the exposed student. School Administrators must keep records of this verification and provide to Public Health upon request.
- (4) The exposed student is not part of a TK-12 outbreak. Due to the high rate of secondary transmission in outbreaks, students with an outbreak exposure must fully quarantine at home. They may be released after Day 7, if they have a negative viral test result from a specimen collected on or after Day 5 from the date of last exposure to a confirmed COVID-19 case in the outbreak, provided they remain without symptoms.
- (5) Students under modified quarantine are still subject to the Health Officer Quarantine Order and must stay at home for the duration of quarantine, except for in-person instruction.
- (6) Students under modified quarantine are required to wear a mask indoors and outdoors and on school buses, while at school. The exception is for eating and drinking, where they must be at least 6 feet away from other students and preferably outdoors.
- (7) Students under modified quarantine must be tested twice a week using an FDA authorized viral COVID-19 test (e.g., PCR or Antigen) in a healthcare setting or certified testing site. It is recommended that the first test be conducted immediately after exposure (Day 1 or Day 2 from date of last exposure) and the second test be conducted at least 3 days later. Students may be released from quarantine after Day 7 from the date of last exposure if their second test is conducted on Day 5 or later, the test is negative, and the student remains without symptoms.
- (8) It is strongly recommended that unvaccinated, asymptomatic individuals who are NOT identified as close contacts but who were present in a school classroom or school activity with a confirmed case be tested weekly for two weeks (14 days) following the date of last exposure in the classroom/activity. If capacity allows, consider also testing asymptomatic, fully vaccinated individuals that were present in the school classroom/activity with a confirmed case but were not close contacts.

The School Compliance Officer will determine whether additional notification is needed to inform the wider school community about the school exposure and precautions being taken to prevent spread of COVID-19.

## **Exposure Management for 2 COVID-19 Cases at Immaculate Heart of Mary School within a 14-day Period**

After identifying 2 confirmed cases (students and/or employees) within a 14-day period, the school follows the steps for 1 confirmed case.

School Compliance Officer determines whether the 2 cases are epidemiologically linked, meaning that the two affected individuals were both present at some point in the same setting during the same time period while either or both were infectious.

- Determination of epidemiological links between cases may require further investigation to assess exposure history and identify all possible locations and persons that may have been exposed to the case while infectious at the site.  
NOTE: Epidemiologically linked cases include persons with identifiable connections to each other such as sharing a physical space (e.g. in a classroom, office site on campus, or gathering), indicating a higher likelihood of linked spread of disease in that setting rather than sporadic transmission from the broader community.
- If epidemiological links do not exist, the school continues with routine exposure management.
- If epidemiological links exist, the school reinforces messages to students and employees on precautions to take to prevent spread at the school, including implementations of site-specific interventions.

### **Exposure Management for 3 or more COVID-19 Cases at Immaculate Heart of Mary School within a 14-day Period**

If the school identifies a cluster of 3 or more confirmed cases (students and/or employees) within a 14-day period, the school shall proceed with the following steps:

- Report the cluster immediately to DPH via the secure web application:  
<http://www.redcap.link/lacdph.educationsector.covidreport>
- DPH will review the submitted information to determine whether the outbreak criteria described below have been met and will notify the school within 1 business day on next steps.
- Outbreak Criteria: At least 3 confirmed cases with symptomatic and asymptomatic COVID-19 within a 14-day period in a group with members who are epidemiologically linked, do not share a household, and are not a close contact of each other outside of the campus. School groups include persons that share a common membership at school (e.g., classroom, school event, school extracurricular activity, academic class, sport teams, clubs, transportation). Epidemiological links require the infected persons to have been present at some point in the same setting during the same period while infectious.

If outbreak criteria are not met, DPH will advise the school to continue with routine exposure management.

If outbreak criteria are met, DPH will notify the school that an outbreak investigation has been activated and a public health investigator will communicate directly with the school to coordinate the outbreak response.

(see below for Appendix A from LA-DPH)

**COUNTY OF LOS ANGELES DEPARTMENT OF PUBLIC HEALTH  
ORDER OF THE HEALTH OFFICER**



**Appendix A: Steps for Managing Exposures to COVID-19 Cases at School**

<b>1 Case</b>	<ol style="list-style-type: none"> <li>1) <i>Required:</i> School instructs the case to follow COVID-19 Home Isolation Instructions.</li> <li>2) <i>Required:</i> School informs the case that DPH will contact the case directly to collect additional information and issue Health Officer Order for Isolation.</li> <li>3) <i>Required:</i> School works with DPH to identify school contacts. Schools can call the TK-12 School COVID-19 Case Reporting Call Center for assistance with identification of close contacts and exposure management.</li> <li>4) <i>Required:</i> School notifies school contacts of exposure. School contacts are instructed to quarantine at home, test for COVID-19 due to their exposure, and issued the <a href="#">Public Health Emergency Quarantine Order</a>. <b>Students who are approved for modified quarantine may continue in-person academic activities that are part of the regular school curriculum and provided during school hours, but they are still under the Health Officer Quarantine Order and may not participate in extracurricular activities at school, including sports, and activities in the community setting while in quarantine.</b></li> <li>5) <i>Required:</i> School submits a report to DPH within 1 business day with information on the confirmed case and persons who were exposed to the case at the site. Schools that are reporting a case for the first time or require assistance in exposure management should call the TK-12 School COVID-19 Case Reporting Call Center or email <a href="mailto:ACDC-Education@ph.lacounty.gov">ACDC-Education@ph.lacounty.gov</a> for assistance.</li> <li>6) <i>Recommended:</i> School sends general notification to inform the school community of the school exposure and precautions taken to prevent spread.</li> </ol>
<b>2 Cases</b>	<ol style="list-style-type: none"> <li>1) <i>Required:</i> Follow required steps for 1 confirmed case.</li> <li>2) <i>Required:</i> If the 2 cases occurred within 14 days of each other, school consults with DPH to determine whether the cases have epidemiological (epi) links. If epi links exist, school implements additional infection control measures. Schools can call the TK-12 School COVID-19 Case Reporting Call Center or email <a href="mailto:ACDC-Education@ph.lacounty.gov">ACDC-Education@ph.lacounty.gov</a> for assistance in determining whether cases have epidemiological links.</li> </ol>
<b>3+ Cases</b>	<ol style="list-style-type: none"> <li>1) <i>Required:</i> If a cluster of 3 or more cases occurred within 14 days of each other, the school immediately notifies DPH by calling the TK-12 School COVID-19 Case Reporting Call Center or reporting online at: <a href="http://www.redcap.link/lac@ph.educationsector.covidreport">http://www.redcap.link/lac@ph.educationsector.covidreport</a>.</li> <li>2) <i>Required:</i> DPH determines if the outbreak criteria have been met. If outbreak criteria are met, a DPH outbreak investigation is activated, and a public health investigator will contact the school to coordinate the outbreak investigation.</li> </ol>