



North Slope Borough School District

COVID-19 MITIGATION PLAN 2021-2022

For more information visit us at www.NSBSD.org

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NSBSD COVID MITIGATION PLAN

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INFORMATION FOR FULLY VACCINATED STAFF AND STUDENTS

Fully vaccinated people with no COVID-like symptoms following an exposure

Fully vaccinated people with no COVID-like symptoms do not need to quarantine or be tested following an exposure to someone with suspected or confirmed COVID-19, as their risk of infection is low.

Please Note: You are considered fully vaccinated two weeks after your second dose of the Pfizer or Moderna vaccines, or 2 weeks after your dose of Johnson and Johnson's Janssen vaccine.

Fully vaccinated people who do not quarantine should still monitor for symptoms of COVID-19 for 14 days following an exposure. If they experience symptoms, they should isolate themselves from others, be clinically evaluated for COVID-19, including SARS-CoV-2 testing, if indicated, and inform their health care provider of their vaccination status at the time of presentation to care.

Please Note: If you have had close contact with someone who has COVID-19, you should get tested 3-5 days after your exposure even if you do not have symptoms. You should also wear a mask indoors in public for 14 days following exposure or until your test is negative.

Please Note: Students and staff should inform Public Health and/or NSBSD officials regarding their vaccination status should they be deemed a close contact. Either agency will provide direction on how to move forward which may vary depending upon multiple circumstances as vaccinated individuals are no longer recommended to quarantine after exposure as determined by the CDC.



2021-2022

STANDARD OPERATIONS DEFINITION

Please note: The district will utilize the NSBSD Confirmed Case/ Operational Response Matrix to determine building/district closures.

STANDARD OPERATIONS

To ensure that the district provides an exceptional education for every student as well as promotes a safe and equitable learning environment, the district will embed the mitigation strategies as outlined within this document into daily practice to continue supporting collective student wellness during the remainder of the COVID-19 Pandemic.

ANTIGEN SELF-TESTS

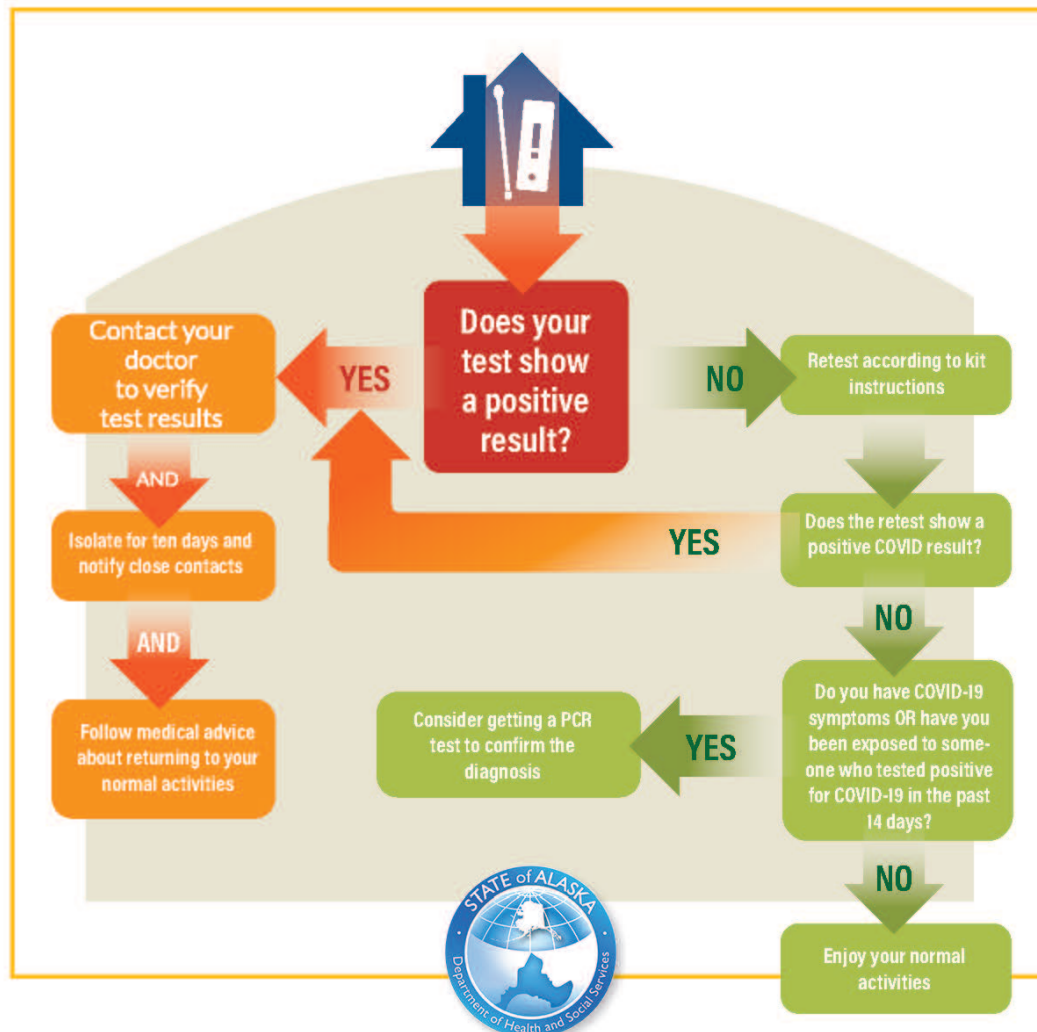
The Alaska Department of Education and Early Development (DEED) has provided COVID-19 Antigen Self Tests to the NSBSD. The tests are available free-of-charge to staff and students as requested during participation in student activities or relative to travel. These self-administered tests provide results in fifteen (15) minutes, allowing individuals to feel more confident regarding their COVID-19 status. In the event of a positive result, individuals are encouraged to obtain a PCR test at a local health clinic in order to obtain a confirmatory test, thus providing official documentation.

****Please see chart on the following page****



Using Your Over-The-Counter Antigen Test Kit.

Follow Instructions Precisely.



NORTH SLOPE BOROUGH SCHOOL DISTRICT **2021-2022 LEARNING OPTIONS**



TRADITIONAL

Standard Operations

All students will be attending for the full day of on-site instruction.



DISTANCE PROGRAM

When schools are closed for extended periods of time, distance delivery programs will be provided either by written assignments to students or via virtual instruction (may be limited due to limited Internet access).

NORTH SLOPE BOROUGH SCHOOL DISTRICT RE-START/RE-OPENING PLAN OVERVIEW

SCHOOL SCHEDULES

Standard Operations

Please contact your school office for the most up-to-date school schedule.

Standard Operations

- + Students, staff and visitors will be required to wear masks within the building until further notice.
 - *Please note: City Mandates and/or Ordinances override district policy.*
 - *Please note: If there are cases within the district and/or if there is a significant outbreak of COVID-19 within the community (as determined through consultation with Public Health), the district will require masks for a period of time as recommended by healthcare professionals.*
- + Students will be required to wear masks on buses until the CDC's Order is rescinded and/or modified
 - *Please note: The CDC's Order under Section 361 of the Public Health Service Act (42 U.S.C. 264) and 42 Code of Federal Regulations 70.2, 71.31(b) and 71.32 (b) - "A Requirement For Persons To Wear Masks While On Conveyances And At Transportation Hubs" stipulates by law that our students and driver's of public school buses must wear masks at the current time*

TRANSPORTATION

Standard Operations

For additional information, please see the "Bus Rider/Transportation Protocol"

INTERVENTIONS / MEETING THE NEEDS OF STUDENTS WITH IEPS AND 504S

Standard Operations

- + Students will attend and receive all planned services.
- + Students will practice the method of distance delivery for their school to prepare in the event of testing positive or being noted as a close contact requiring an extended amount of time away from school.
- + All planned services, evaluations, and assessments will be on-site with precautionary measures to include:
symptom checks, masks, and disinfectant of areas and supplies.
- + Itinerant-related providers will deliver in-person services.

Standard Operations

- + Students will receive instruction in the classroom setting
- + Classes will operate at normal capacity
- + Students who are required to quarantine by public health will take part in their on-line learning or school work will be delivered.
- + For the MS/HS, all assignments utilized in the classroom will be posted for times when students are off-site as a result of a positive COVID-19 test and/or “close contact” notification requiring time out of school. Instruction will either be via homework packets or internet.
- + For the ES, homework will be delivered to homes or available for pickup on an as needed basis for times when students are off-site as a result of a positive COVID-19 test and/or “close contact” notification requiring time out of school

CONNECTIVITY

Standard Operations

- + No students will need internet access as requisite for participation.

FACILITIES USE AND DISINFECTING/CLEANING

Standard Operations

- + Extra sanitizing of desks and common touch areas daily
- + Students will clean their desks after each period (MS/HS)
- + Students will clean their desks before lunch and at end of day (ES)
- + CDC Healthy Facilities Protocol

PARENTS AND VOLUNTEERS

Standard Operations

- + Parents and volunteers are able to eat lunch with their students, support classroom instruction, etc., but must participate in the school screening process

STUDENT ACTIVITIES AND DISTRICT TRAVEL

Standard Operations

- + District travel will be permitted when the school(s) is/are green.
- + Mitigation plans for student activities will be utilized for a determined period of time during each incidence of COVID-19 within the district requiring additional safety measures or at times when there is community spread
 - *Please note: District administration will meet with coaches, parents, and medical personnel to discuss safety measures in the event a given location has an extensive prevalence of COVID-19*
 - *Please note: Mitigation plans will allow for student contact, removal of masks while participating in active practice/competition scenarios, etc. These plans will follow the guidelines set by the Alaska State Activity Association (ASAA) to the extent possible*
- + All students participating in ASAA sanctioned activities must complete a COVID-19 Waiver and Release Form
- + Events held will follow a designated NSBSD Event Mitigation Plan in the event there is community spread and/or recent positive COVID-19 cases within the district
- + All MS/HS students taking part in after-school athletics programming may be required by ASAA to take a COVID test 1x or 2x per week throughout the season
 - *Please note: The district will not require this testing unless it is a requisite for participation at given ASAA events is implemented as a mitigation effort should the district experience cases of COVID-19 requiring additional safety measures or at times when there is a significant outbreak of COVID-19 within the community (as determined through consultation with NSHD and Public Health), and/or if deemed necessary by medical professionals at a later date*

- + All district teams traveling will follow the NSBSD COVID Mitigation Plan

Standard Operations

- + Any student or staff member who displays symptoms of COVID-19 may opt to take a COVID-19 test at community health or clinic.
 - *Please note: A parent/guardian will need to accompany their student to the SSMC/ASNA if they are a minor.*
- + If the test is negative, the student or staff member is eligible to remain at school. If the test is positive, the staff member or student will be referred to SSMC and/or Public Health for follow-up testing
 - *Please note: The parent(s)/guardian(s) of a student will be contacted in an instance of a positive test.*

SMALL THINGS MAKE A BIG DIFFERENCE

STEPS WE CAN ALL TAKE FOR A HEALTHIER COMMUNITY

WASH YOUR HANDS OFTEN



- + Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- + It's especially important to wash:
 - Before eating or preparing food
 - Before touching your face
 - After using the restroom
 - After leaving a public place
 - After blowing your nose, coughing, or sneezing
 - After handling your mask
 - After changing a diaper
 - After caring for someone sick
 - After touching animals or pets
- + If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- + Avoid touching your eyes, nose, and mouth with unwashed hands.

AVOID CLOSE CONTACT



- + Inside your home: Avoid close contact with people who are sick.
 - Maintain as much distance as possible between other household members.
- + Outside your home: Distance to the maximum extent possible.
 - Remember that some people without symptoms may be able to spread virus.
 - Place as much distance as possible between yourself and non-household members.
 - Keeping distance from others is especially important for people who are at higher risk of getting very sick.

COVER YOUR MOUTH AND NOSE WITH A MASK WHEN AROUND OTHERS



- + You could spread COVID-19 to others even if you do not feel sick.
- + The mask is meant to protect other people in case you are infected.
- + Everyone should wear a mask in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.
 - Masks should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
- + Do NOT use a mask meant for a healthcare worker. Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.
- + Maintain as much distance as possible between yourself and others.

COVER COUGHS AND SNEEZES



- + Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- + Throw used tissues in the trash.
- + Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

CLEAN AND DISINFECT



- + Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- + If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- + Then, use a household disinfectant. Most common EPA-registered household disinfectants will work.
- + For further information, please view the list at the attached link for specific products: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>



- + Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
 - Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to distance yourself from others.
- + Take your temperature if symptoms develop.
 - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- + Follow CDC guidance if symptoms develop.
- + Common symptoms include:
 - Elevated temperature of 99.7° F
 - Cough, trouble breathing or shortness of breath
 - Chills or night sweats
 - Sore throat
 - Body, muscle or joint aches
 - Loss of taste or smell
 - Headache
 - Vomiting or diarrhea
 - Abdominal pain or “tummy ache”
 - New rash on the skin

TIPS FOR TALKING TO CHILDREN ABOUT DISEASE OUTBREAKS

DEVELOPED BY: SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES ADMINISTRATION

WHAT YOU SHOULD KNOW

Children and youth in this age range may have some of the same reactions to anxiety and stress linked to infectious disease outbreaks as younger children. Often younger children within this age range want much more attention from parents or caregivers. They may stop doing their schoolwork or chores at home. Some youth may feel helpless and guilty because they are in a part of the world currently unaffected by the outbreak, or where the public health system protects people against outbreaks in ways it cannot in other parts of the world.

- + **Children, 6–10 years old**, may fear going to school and stop spending time with friends. They may have trouble paying attention and do poorly in school overall. Some may become aggressive for no clear reason. Or they may act younger than their age by asking to be fed or dressed by their parent or caregiver.
- + **Youth and Adolescents, 11–19 years old**, go through a lot of physical and emotional changes because of their developmental stage. So it may be even harder for them to cope with the anxiety that may be associated with hearing and reading news of an infectious disease outbreak. Older teens may deny their reactions to themselves and their caregivers. They may respond with a routine “I’m okay” or even silence when they are upset. Or they may complain about physical aches or pains because they cannot identify what is really bothering them emotionally. They may also experience some physical symptoms because of anxiety about the outbreak. Some may start arguments at home and/or at school, resisting any structure or authority. They also may engage in risky behaviors such as using alcohol or drugs.

HOW PARENTS, CAREGIVERS, AND TEACHERS CAN SUPPORT CHILDREN IN MANAGING THEIR RESPONSES TO INFECTIOUS DISEASE OUTBREAKS

With the right support from the adults around them, children and youth can manage their stress in response to infectious disease outbreaks and take steps to keep themselves emotionally and physically healthy. The most important ways to help are to make sure children feel connected, cared about, and loved.

- + **Pay attention and be a good listener.** Parents, teachers, and other caregivers can help children express their emotions through conversation, writing, drawing, playing, and singing. Most children want to talk about things that make them anxious and cause them stress—so let them. Accept their feelings and tell them it is okay to feel sad, upset, or stressed. Crying is often a way to relieve stress and grief.
- + **Allow them to ask questions.** Ask your teens what they know about the outbreak. What are they hearing in school or seeing on TV? Try to watch news coverage on TV or the Internet with them. Also, limit access so they have time away from reminders about the outbreak. Don’t let talking about the outbreak take over the family or classroom discussion for long periods of time.
- + **Encourage positive activities.** Adults can help children and youth see the good that can come out of an outbreak. Heroic actions, families and friends who travel to assist with the response to the outbreak, and people who take steps to prevent the spread of all types of illness, such as hand washing, are examples. Children may better cope with an outbreak by helping others. They can write caring letters to those who have been sick or lost family members to illness; they can organize a drive to collect needed medical supplies to send to affected areas.
- + **Model self-care, set routines, eat healthy meals, get enough sleep, exercise, and take deep breaths to handle stress.** Adults can show children and youth how to take care of themselves. If you are in good physical and emotional health, you are more likely to be readily available to support the children you care about.

TIPS FOR TALKING WITH CHILDREN AND YOUTH OF DIFFERENT AGE GROUPS DURING AN INFECTIOUS DISEASE OUTBREAK

A NOTE OF CAUTION! Be careful not to pressure children to talk about an outbreak or join in expressive activities. While most children will easily talk about the outbreak, some may become frightened. Some may even feel more anxiety and stress if they talk about it, listen to others talk about it, or look at artwork related to the outbreak. Allow children to remove themselves from these activities, and monitor them for signs of distress.

PRESCHOOL CHILDREN, 0–5 YEARS OLD

Give these very young children a lot of emotional and verbal support.

- + Get down to their eye level and speak in a calm, gentle voice using words they can understand.
- + Tell them that you always care for them and will continue to take care of them so they feel safe.
- + Keep normal routines, such as eating dinner together and having a consistent bedtime.

EARLY CHILDHOOD TO ADOLESCENCE, 6–19 YEARS OLD

Nurture children and youth in this age group:

- + Ask your child or the children in your care what worries them and what might help them cope.
- + Offer comfort with gentle words or just being present with them.
- + Spend more time with the children than usual, even for a short while.
- + If your child is very distressed, excuse him or her from chores for a day or two.
- + Encourage children to have quiet time or to express their feelings through writing or art.
- + Encourage children to participate in recreational activities so they can move around and play with others.
- + Address your own anxiety and stress in a healthy way.
- + Let children know that you care about them—spend time doing something special; make sure to check on them in a nonintrusive way.
- + Maintain consistent routines, such as completing homework and playing games together.

WHEN CHILDREN, YOUTH AND PARENTS, CAREGIVERS, OR TEACHERS NEED MORE HELP

In some instances, children may have trouble getting past their responses to an outbreak, particularly if a loved one is living or helping with the response in an area where many people are sick. Consider arranging for the child to talk with a mental health professional to help identify the areas of difficulty. If a child has lost a loved one, consider working with someone who knows how to support children who are grieving.¹ Find a caring professional in the Helpful Resources section of this tip sheet.

¹ National Commission on Children and Disasters. (2010). *National Commission on Children and Disasters: 2010 report to the President and Congress* (AHRQ Publication No. 10-MO37). Rockville, MD: Agency for Healthcare Research and Quality. Retrieved from <http://archive.ahrq.gov/prep/nccdreport/nccdreport.pdf> [PDF -1.15 MB]

**Note: Inclusion of a resource in this fact sheet does not imply endorsement by the Center for Mental Health Services, the Substance Abuse and Mental Health Services Administration, or the U.S. Department of Health and Human Services.*

HELPFUL RESOURCES

Substance Abuse and Mental Health Services Administration (SAMHSA)

5600 Fishers Lane – Rockville, MD 20857

Toll-Free: 1-877-SAMHSA-7 (1-877-726-4727)

Email: info@samhsa.hhs.gov

SAMHSA Store: <https://store.samhsa.gov>

SAMHSA Disaster Technical Assistance Center

Toll-Free: 1-800-308-3515 Email: DTAC@samhsa.hhs.gov Website: <https://www.samhsa.gov/dtac>

HOTLINES

SAMHSA's Disaster Distress Helpline

Toll-Free: -877-SAMHSA-7 (1-877-726-4727)

(English and español)

SMS: Text TalkWithUs to 66746

SMS (español): "Hablamos" al 66746

TTY: 1-800-846-8517

Website (English): <https://www.disasterdistress.samhsa.gov>

Website (español): <https://www.samhsa.gov/find-help/disaster-distress-helpline/espanol>

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (24/7/365 Treatment Referral Information Service in English and español)

Website: <https://www.samhsa.gov/find-help/national-helpline>

Child Welfare Information Gateway

Toll-Free: 1-800-4-A-CHILD (1-800-422-4453)

Website: <https://www.childwelfare.gov/topics/responding/reporting/how>

Alaska Careline

Toll-Free: 1-877-266-HELP

Crisis Line: 1-888-865-0799 (Toll-Free)

After hours support anytime needed

TREATMENT LOCATOR

SAMHSA's National Helpline

Toll-Free: 1-800-662-HELP (1-800-662-4357)(24/7 English and español);

TTY: 1-800-487-4889

Website: <https://findtreatment.gov>

RESOURCES ADDRESSING CHILDREN'S NEEDS

Administration for Children and Families

Website: <https://www.acf.hhs.gov>

ADDITIONAL RESOURCES

National Suicide Prevention Lifeline

Toll-Free (English): 1-800-273-TALK (8255)

Toll-Free (español): 1-888-628-9454

TTY: 1-800-799-4TTY (4889)

Website (English): <https://www.suicidepreventionlifeline.org> (español): <https://suicidepreventionlifeline.org/help-yourself/en-espanol>

National Child Traumatic Stress Network

Website: <https://www.nctsn.org>

National Crisis Textline

Free: text HOME to 741741



HEALTHY FACILITIES PROTOCOL

Through a collective effort of our parents/guardians, student-body and staff as well as through guidance from NSHS, we are excited to **implement the following actions in order to help facilitate a healthy learning environment for everyone:**

- + Parents/Guardians, students and staff are expected to review and adhere to the symptom free protocols prior to coming to school each day
- + All students and staff will have a prioritized time to wash their hands.
- + All students and staff will wear masks while in the buildings.
- + All students will sanitize their desks after each use prior to moving between classes.
- + All students will sanitize their desks prior to lunch and prior to leaving at end of day.
- + All classrooms will have and be re-stocked with gloves, hand sanitizer, sanitizer cleaner and paper-towels each day.
- + All main entrances will have and be re-stocked with hand sanitizer each day.
 - District Offices (CO/CO2)
 - All Student and Main Entrances.
- + High-Touch areas will be disinfected at multiple intervals throughout the day by electrostatic disinfectant devices
 - All restroom fixtures
 - Drinking fountains
 - Door handles
 - Sinks and hand-washing stations
- + District will utilize disinfectant and sanitation cleaner that meet ratings/requirements appropriate for reducing/eliminating viruses.
- + Air ventilation will be increased to ensure that air intake is maximized into facility in order to minimize to the extent possible all indoor air recirculation (HEPA filters will be installed if applicable)
- + Seating charts for contact tracing. This will aid the district in how to establish if students have firsthand contact with a COVID positive student. Firsthand contact is defined as anyone who has been within 6 feet of the positive person for 15 minutes over a cumulative 24-hour period. It is difficult to judge the exact exposure time. However, having a seating chart will make the judgment more accurate. This is more difficult in the middle school and high school but still necessary.



BUS RIDER/TRANSPORTATION PROTOCOL

During this pandemic, NSBSD plans to keep the safety of everyone on the bus a priority. The health and safety of the students and driver will be of utmost importance. **For the safety of all on board the following will be strictly enforced:**

Students will be required to wear masks on buses until the CDC's Order is rescinded and/or modified

***Please note:** The CDC's Order under Section 361 of the Public Health Service Act (42 U.S.C. 264) and 42 Code of Federal Regulations 70.2, 71.31(b) and 71.32 (b) - "A Requirement For Persons To Wear Masks While On Conveyances And At Transportation Hubs" stipulates by law that our students and driver's of public school buses must wear masks at the current time*

- + The buses will be sanitized after each run using misters spraying the premixed product of Oxivir which meets the CDC guidelines and kills the virus in 1 minute.
- + Food or drink will not be consumed on the bus as it requires removal of mask.
- + Hand sanitizer will be supplied at the entrance of the bus.
- + Family members will be required to sit next to each other.
- + Riders will be required to keep hands to themselves and social distancing will be expected to the extent possible on all routes.
- + Students may have assigned seats if bus capacity requires this.



NORTH SLOPE BOROUGH SCHOOL DISTRICT SCREENING PROTOCOL

To help support a healthy learning environment for our students and working environment for our staff, the following **screening items will be areas of focus during wellness checks each morning.**

We recognize that individuals may experience one or more of these symptoms on a predictable and regular basis due to medication, human biology or other reasons. Those items do not require removal from the building.



1 | Elevated temperature of 99.7° F



2 | Cough, trouble breathing or shortness of breath



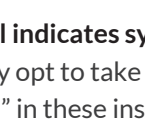
3 | Chills or night sweats



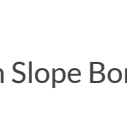
4 | Sore throat



5 | Body, muscle or joint aches



6 | Loss of taste or smell



7 | Headache

8 | Vomiting or diarrhea

9 | Abdominal pain or "tummy ache"

10 | New rash on the skin

If an individual indicates symptoms during the wellness check, they will not be admitted to school or work on that given day unless they opt to take a COVID-19 test and receive a negative result. The district will follow the "Symptomatic Response Plan" in these instances. ***Students and staff must follow the "Return to Work or School Protocol" following a failed wellness check.***

North Slope Borough School District

SYMPTOM FREE PROTOCOL

STUDENTS, STAFF, VOLUNTEERS, AND VISITORS

If you are experiencing one or more of these symptoms stay home, and do not go to school or report to work:

We recognize that individuals may experience one or more of these symptoms on a predictable and regular basis due to medication, human biology or other reasons. Those items do not prevent the individual from attending.



1 | Elevated temperature of 99.7° F



3 | Chills or night sweats



4 | Sore throat

5 | Body, muscle or joint aches

6 | Loss of taste or smell



7 | Headache

8 | Vomiting or diarrhea



9 | Abdominal pain or "tummy ache"

10 | New rash on the skin

CORONAVIRUS (COVID-19) SYMPTOMATIC RESPONSE PLAN

In collaboration with NSBPH, the following procedures will be utilized in any instance in which a **student or staff member is suspected of displaying symptoms associated COVID-19 within our buildings:**

1 | An instructor or fellow staff member discovers a person who meets the criteria established for being symptomatic:

- | | | |
|--|--------------------------------|-----------------------------------|
| a. Elevated temperature of 99.7° F | d. Sore throat | h. Vomiting or diarrhea |
| b. Cough, trouble breathing or shortness of breath | e. Body, muscle or joint aches | i. Abdominal pain or “tummy ache” |
| c. Chills or night sweats | f. Loss of taste or smell | j. New rash on the skin |
| | g. Headache | |

2 | Isolate the person to the designated quiet area in the building and notify the (Assistant) Principal, or Counselor

- a. Location will be in an established sitting area by building administration

3 | Person displaying symptoms:

a. If **staff member**, ask them politely to leave the building immediately and not to return to work until:

- If you have COVID-19 like symptoms but choose not to be tested, you may return to school no sooner than 10 days after the onset of symptoms. In addition, you must be without an elevated temperature (below 99.7 °) for 24 hours without taking any medicine to reduce their temperature and must be with improved symptoms from the onset of the illness.
- **Please note: A staff member displaying a symptom (or symptoms) consistent with COVID-19 must leave their worksite immediately and COVID-19 test. If the test is negative, fully vaccinated staff members are eligible to return to work if symptom free. Staff members who are not fully vaccinated must remain absent from work until they are symptom-free for 24 hours without medication.**

b. If **student** (remain in quiet area), administrator should contact parent/guardian for immediate pick-up and notify the parents/guardians that the student should not return until meeting the following conditions (*Please note: If parent/guardian is unavailable to pick-up their student, the district will try to arrange transportation*):

- If the student has COVID-19 like symptoms and does not complete COVID-19 testing and provide results to the district, the student may return to school no sooner than 10 days after the onset of symptoms and must be without an elevated temperature (below 99.7 °) for 24 hours without taking any medicine to reduce their temperature and must be with improved symptoms from the onset of the illness
- *Please note: A student displaying a symptom consistent with COVID-19 may opt to take a COVID-19 test for free. If the test is negative, the student is eligible to remain at school. If the test is positive, the student or staff member will be referred to NSBHD for follow-up testing. A parent or guardian will be contacted anytime a student has a positive test.*
- **Antigen self-tests may be available for staff and students to help them feel more confident with their COVID status.**

4 | Contact the maintenance team to immediately disinfect the quiet area

5 | Adhere to routine student and staff confidentiality requirements

POSITIVE CASE RESPONSE PROTOCOL

If the district is notified that a positive case has been identified in either a student or staff member who has accessed the building, **the district will utilize the Confirmed Case Response Matrix on page 27 of this document to guide future actions.**

COMMUNICATION

- 1 | Public Health will notify the principal of the case and potential exposure.
 - *Please note: Due to state and federal laws, the school district will not be the first people contacted in the event of a positive case and may not be notified in a timely manner by any agency. Often, this will be the parent (If it is a student) or a staff member directly. For the health of the entire community, it is vital that you contact the principal immediately upon notification so that quick and effective decisions can be made for everyone.*
- 2 | Principals will send a notification to the community indicating the number of positive cases of COVID-19 which the district was notified of and that close contacts will be notified as quickly as possible.
- 3 | NSBSD will coordinate with health officials to the extent possible in order to help facilitate contact tracing.
- 4 | Close-contacts (Including students, staff and community members) of the positive case will be notified by Alaska State Epidemiology or Public Health.
- 5 | Parents/Guardians and Staff should immediately notify the principal if they and/or their child has tested positive for COVID-19.
- 6 | On-going communication will be provided to students, staff and the community during this time by the superintendent, human resources and principals.



FACILITY OPERATIONS

Days are subject to change based upon a weekday or weekend notification

- 1| Some staff may remain off-site for a period of 24 hours.
- 2| The facility will be sanitized, disinfected and deep-cleaned in the event of a positive case on campus.

STUDENT EDUCATION IN THE EVENT OF PROLONGED BUILDING/CLASSROOM CLOSURE OR CLOSE CONTACT QUARANTINE PERIOD

- 1| During the **2nd through 10th day** of the closure or close contact quarantine period:
 - Students will complete their distance delivery curriculum or work assigned on their on-line learning platform.
- 2| On-going communication will occur during this time to ensure everyone is aware if the distance education will continue beyond the 10 day window or if students will return to school.



NSBSD CONFIRMED CASE/OPERATIONAL RESPONSE MATRIX

PREVALENCE OF COVID-19	ACTION	OUTCOME AND EDUCATION PLAN
Any positive case	<p>Classroom, building, or district may close for one day (Additional days may be added to support complex contact tracing events).</p> <p><i>Please note: If a positive case is located within a K-3 grade classroom, the entire classroom will be closed for the quarantine period.</i></p> <p><i>If a positive case is located within a 4-12 grade classroom, contact tracing will be utilized and close contacts requiring quarantine must not return to school until the quarantine period is observed.</i></p>	<ul style="list-style-type: none"> + ASAP – Building classroom or specific area will be sanitized, disinfected and cleaned. + Day 1 – All staff and students who are not close contacts requiring quarantine will resume standard operations. + Upon notification and on day one, contact tracing will occur until completed. + Days 2 – 10 (Close contacts requiring quarantine will take part in their remote learning platforms). + Potentially exposed student quarantines for 10 days (returning on day 11) after exposure OR 7 days after exposure (returning day 8) AND tests negative day 5 or later post-exposure.*

**Please note: VACCINATED STUDENTS do NOT need to quarantine after contact with someone who had COVID-19 unless they have symptoms. However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.*

1-2 cases in the same classroom	Explore closing the individual classroom through consultation with NSBPH. Students ages, classroom dynamics and other variables such as vaccination rates will play a role.
3 or more cases in the same classroom or school building	Explore closing the individual building through consultation with NSBPH. Students ages, classroom/building dynamics and other variables such as vaccination rates will play a role.
3 or more cases in all buildings	Explore closing Utqiagvik schools for a short period of time and transitioning to remote-learning through consultation with NSB Public Health. Students ages, classroom/building dynamics and other variables such as vaccination rates will play a role.

KEY NOTES

Close Contact: Per CDC, students are considered to be a “close contact” in the K–12 indoor classroom setting if any of the following criteria are met:

- 1 | An unvaccinated student who was fully masked but spent a cumulative 15 minutes at less than 3 feet from a COVID-19 positive student who was also fully masked; OR
- 2 | An unvaccinated student who spent a cumulative 15 minutes or more at less than 6 feet from a COVID-19 positive student where one or both students were unmasked; OR
- 3 | An unvaccinated student who was exposed to a COVID-19 positive teacher or staff member for 15 minutes or more at less than 6 feet, regardless of masking.
- 4 | Information for vaccinated students: People who are fully vaccinated do NOT need to quarantine after contact with someone who had COVID-19 unless they have symptoms. However, fully vaccinated people should get tested 3-5 days after their exposure, even if they don't have symptoms and wear a mask indoors in public for 14 days following exposure or until their test result is negative.

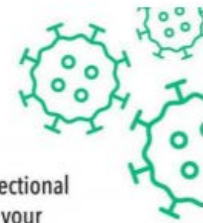
Please note: While individuals who are vaccinated are still considered close contacts, health recommendations do not suggest or indicate a need for quarantine unless they become symptomatic at a later date or test positive for COVID-19.

RETURN TO WORK OR SCHOOL PROTOCOL

COVID-19 SYMPTOMS, POSITIVE TEST OR CLOSE-CONTACT

(UNVACCINATED OR VACCINATED)

Feeling Sick or Exposed to COVID-19 Now what?



This guidance applies to the general public. But if you live or work in a high-risk setting such as a correctional institution, health care facility, an assisted living facility, or a fish-processing plant, talk to someone at your facility for guidance.

	UNVACCINATED	VACCINATED*
If you test positive for COVID-19	ISOLATE Until cleared by public health (usually 10 days, but may vary depending on symptoms).	
If you are exposed to COVID-19 and have NO symptoms	GET TESTED and QUARANTINE Until cleared by public health (7-14 days) depending on testing and location.	GET TESTED and MONITOR Carefully for symptoms for 14 days. Wear a mask. Quarantine not required. Test on day 3-5.
If you are exposed to COVID-19 and have ANY symptoms	GET TESTED and ISOLATE - If positive, keep isolating. - If negative, stay home while you have symptoms or until you are finished with QUARANTINE, whichever is longer. Talk to a health care provider and consider testing again.	GET TESTED and ISOLATE - If positive, keep isolating. - If negative, stay home while you have symptoms. Talk to a health care provider and consider testing again.
If you have ANY symptoms of COVID-19 and no known exposure	GET TESTED and STAY HOME - If positive, isolate for 10 days. - If negative, stay home while you have symptoms. Talk to a health care provider and consider testing again.	

* A person is fully vaccinated if two weeks have passed since receiving the second dose of the Pfizer or Moderna vaccines or a single dose of the Johnson and Johnson vaccine.



STAFF RETURN FROM TRAVEL PROTOCOL

To ensure we protect our students, fellow colleagues, our community and region as a whole, **the following guidance must be followed by all district staff members prior to returning to work from travel** out of the Village Census Area.

RETURN TO WORK

- 1 | Prior to traveling (if possible): inform your supervisor of your intended travel dates and anticipated return to work date.
- 2 | Contact your supervisor once you return to the respective village.
- 3 | Please speak with our Human Resource's Director for clarification.
- 4 | Begin one of the following safety measures if you test positive:

a. If you tested positive for COVID-19 but do not have symptoms:

- Stay home until 10 days after your test was done.
- Check your temperature twice a day and watch for COVID-19 symptoms.
- If possible, stay away from people who are at higher-risk for getting very sick.
- If you live with others, stay in a specific "sick room" or area away from other people or animals, including pets. Use a separate bathroom, if available.

b. If you tested positive for COVID-19 and do have symptoms:

- c. Stay home until 10 days have passed since symptoms first appeared, and
- d. At least 24 hours have passed since last fever without the use of fever-reducing medications, and
- e. Symptoms (e.g., cough, shortness of breath) have improved.
- f. If you live with others, stay in a specific "sick room" or area away from other people or animals, including pets. Use a separate bathroom, if available.

Please note: If you test positive, you must provide documentation that you have been cleared by the State of Alaska DHSS, or Public Health or your physician prior to returning.

5 | Important notes:

- a. You are required to contact your supervisor prior to physically returning to work on-site.

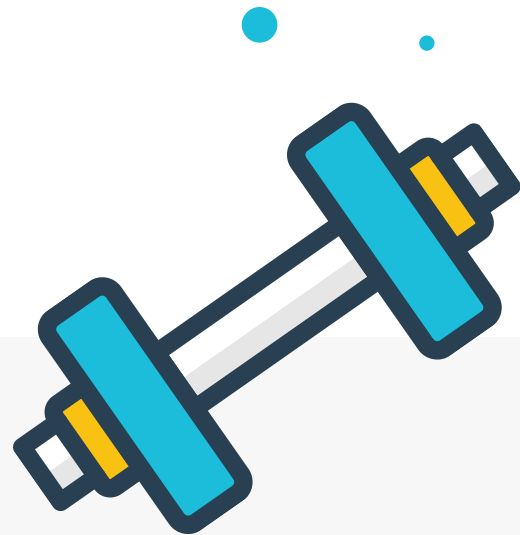


FITNESS CENTER MITIGATION PLAN

In our efforts to provide healthy options for the community as well as ensure that we are continuing to operate in a safe and supportive manner in conjunction with state mandates, city ordinances and medical recommendations, **the following mitigation plan will be utilized at any time the community is utilizing mitigation efforts:**

Standard Operations

- Masks will be required at anytime the community is utilizing masks.
- Social distancing must be adhered to.
- Machines/equipment must be cleaned with sanitation wipes after each use.
- Schools will increase sanitation efforts.



VACCINATION SUPPORT

The NSHD has partnered with NSB Public Health and Samuel Simmonds Memorial Hospital in order to provide multiple opportunities for students, staff and community members to receive COVID-19 vaccinations on-site or in conjunction with a local provider's schedule.

Please contact them to schedule your appointment.



RISK STRATIFICATION BY SPORT

(ADAPTED FROM: RESOCIALIZATION OF COLLEGIATE SPORT: DEVELOPING STANDARDS FOR PRACTICE AND COMPETITION, SECOND EDITION):

SPORT	LOCATION	TRANSMISSION	PROXIMITY
X-Country	Outdoor	Low	Close proximity at the start and potentially throughout the race among competitors.
Volleyball	Indoor	Intermediate/High	Intermittent contact among competitors. Frequent touching of shared equipment.
Wrestling	Indoor	High	Frequent close contact between two competitors at a time.
Basketball	Indoor	High	Frequent close contact among all competitors during play.
NYO (Derived from Gymnastics)	Indoor	Low/Intermediate	Can maintain distance among competitors and teammates during some events.

Please Note: The district determination for when to enact mitigation will be based on when/if there are positive cases within the school district and/or if there is a significant outbreak of COVID-19 within the community (as determined by the NSHD).

If the district implements testing, all students and staff associated with the activity will test.

EVALUATING POTENTIAL CLOSE CONTACTS IN A SCHOOL SETTING WITH CORRECT AND CONSISTENT MASK USE**

(Students Only)

Infected students should isolate at home.

PROXIMITY AND DURATION OF EXPOSURE

Infected student was 3-6 feet from other student(s) for 15 minutes or more over 24 hours period (cumulative)

Potentially exposed student fully vaccinated*?

YES

Potentially exposed student stays in school as long as free of symptoms, fully mask indoors. Recommend testing 3-5 days after exposure

NO

Infected student was **LESS** than 3 feet from other student for 15 minutes or more over 24 hours period (cumulative)

Potentially exposed student fully vaccinated*?

YES

Potentially exposed student stays in school as long as free of symptoms, fully mask indoors. Recommend testing 3-5 days after exposure

NO

Exposed student quarantines **AT HOME** for 10 days (returning day 11) after exposure
OR 7 days after exposure (returning day 8) **AND** tests 5 or later post exposure

* Fully Vaccinated means the student is at least 2 weeks out from their second dose of vaccine.

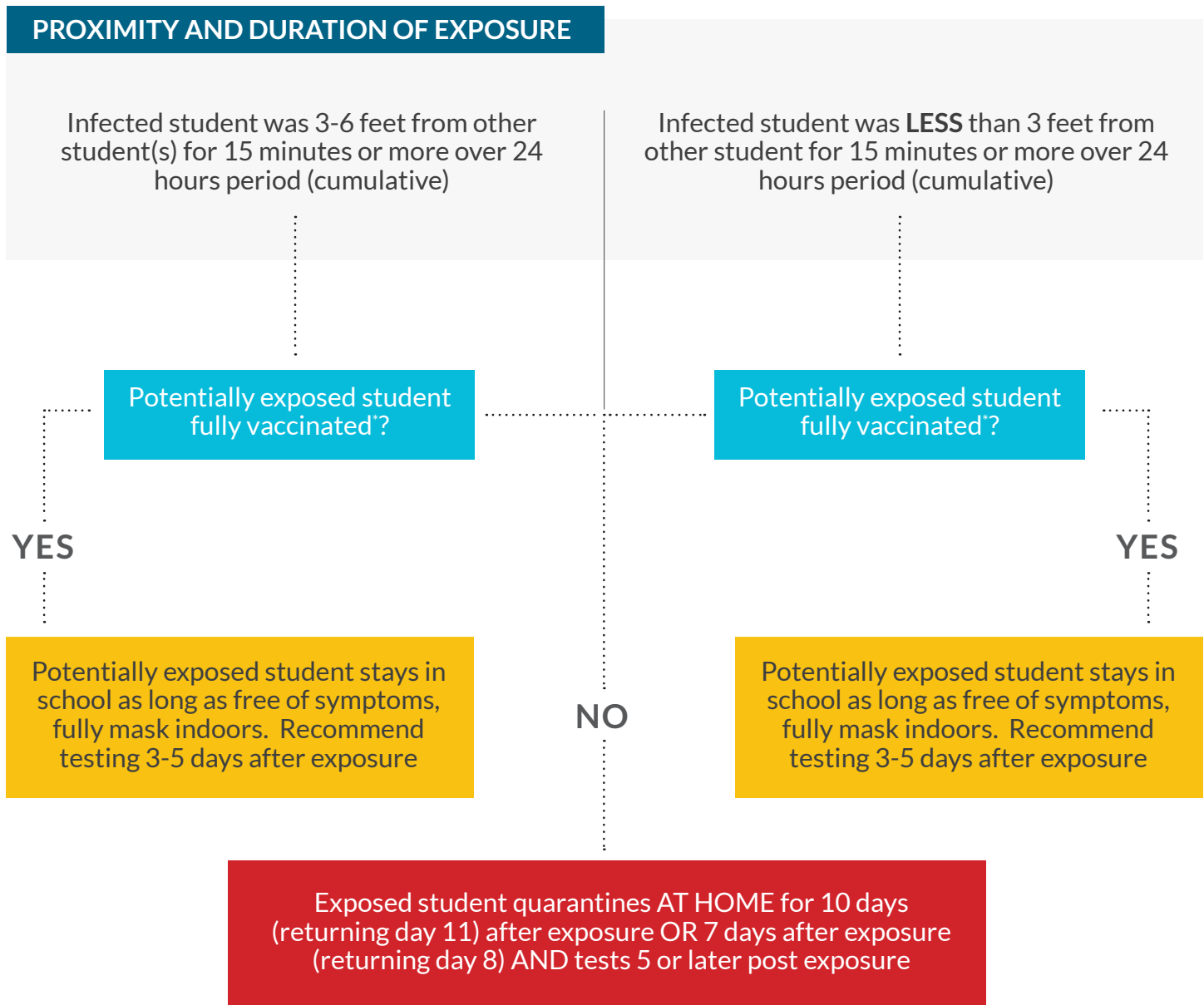
** Mask policy must ensure correct and consistent mask use. This means both the infected and potentially exposed student(s) wore masks that fit snugly on the face and were made of more than 1 layer.

Please note: A child who has recovered from COVID-19 in the prior 90 days is exempt from this process.

EVALUATING POTENTIAL CLOSE CONTACTS IN A SCHOOL SETTING WITHOUT CORRECT AND CONSISTENT MASK USE**

(Students Only)

Infected student should isolate at home.



* Fully Vaccinated means the student is at least 2 weeks out from their second dose of vaccine.

** Mask policy must ensure correct and consistent mask use. This means both the infected and potentially exposed student(s) wore masks that fit snugly on the face and were made of more than 1 layer.

Pease note: A child who has recovered from COVID-19 in the prior 90 days is exempt from this process.

*Thank you for your continued
help and support in keeping
our villages and schools safe.*



For more information visit us at www.NSBSD.org