



STANBRIDGE ACADEMY

COVID-19 TESTING, ISOLATION, AND QUARANTINE PROTOCOLS FOR STUDENTS & STAFF

Vaccinations

Vaccinations and boosters continue to be the best way to provide protection against contracting and spreading Covid-19. Another benefit of being vaccinated is those who are vaccinated experience less severe illness if they do become infected.

Boosters

Boosters are now recommended and available for everyone 12 years and older, five months after completing their primary Covid-19 vaccination series. This [CDC table](#) summarizes who is eligible and for which vaccine. Local, state, and federal health agencies all strongly recommend that those who are eligible get boosted ASAP. San Mateo County Health's [website](#) lists several options for vaccinations, including boosters. ***All Stanbridge faculty and staff will need to show proof of vaccination, including their booster, by January 31, 2022.***

Isolation and Quarantine

The California Department of Public Health (CDPH) recommends that anyone who comes into contact with someone who has, or is suspected of having, Covid-19 should get tested on day five after exposure.

- **Isolation separates** those infected with a contagious disease from people who are not infected.
- **Quarantine restricts** the movement of persons who were exposed to a contagious disease in case they become infected.

Current CDPH guidelines state that anyone who comes into contact with someone who has, or is suspected of having, Covid-19 must quarantine if you are in one of the following groups:

- You have completed the primary series of the vaccine and are eligible for a booster but have not received it.
- You received the single dose Johnson & Johnson vaccine (completing the primary series) more than two months ago (November 2021 or earlier) and have not received a recommended booster shot.
- You are not vaccinated or have not completed a primary vaccine series.

Isolation and quarantine are proven public health interventions fundamental to reducing Covid-19 transmission. Isolation and quarantine processes should be in place to respond to any increase in cases we might see after modification of local and statewide restrictions.

Isolation for Stanbridge Academy Students (Positive Covid Test)

The [California Department of Public Health's \(CDPH\) recommendations regarding isolation](#) in the event of contracting Covid-19 now apply to students. Though CDPH recommends a five day minimum isolation period for persons who test positive, we are extending that period to ten days. Under this updated guidance, ***everyone who has tested positive for Covid-19, regardless of vaccination status, previous infection, or lack of symptoms, must follow these recommendations:***

- Stay home for at least ten days.
- Isolation can end after day ten ***if*** symptoms are not present or are resolving ***and*** a diagnostic specimen (rapid antigen test preferred) collected on day ten or later, tests negative.
- Although PCR tests are acceptable, they are much less practical and useful in attempting to return to school after ten days.
- If symptoms are not present or are resolving, isolation can end after day ten.
- If fever is present, isolation should be continued until fever resolves.
- If symptoms other than fever are not resolving, continue to isolate until symptoms are resolving or until after day ten.
- Wear a well-fitting mask around others for the duration of ten day isolation, especially in indoor settings.

Quarantine for Stanbridge Academy Students (Close Contact Covid Exposure)

Students, regardless of vaccination status, must quarantine at home for at least five days after any known close exposure to Covid-19.

- Close contact exposure = More than 15 minutes over a 24-hour period within 0–6 feet.
- Stay home for at least five days.
- Take a rapid antigen test at least five days past exposure.
- If no symptoms ***and*** rapid antigen test is negative ***and*** the student is fully vaccinated, including the booster if eligible, students can return to school.
- If not vaccinated or have not received a booster vaccination if eligible, quarantine for a full ten days.

Quarantine for Stanbridge Academy Staff (Close Contact Covid Exposure)

School staff must quarantine for five days after any close household exposure to Covid-19.

- Staff who are not fully vaccinated ***or*** are vaccinated and eligible but have not yet received their booster dose, follow the five-day quarantine recommendation from the CA Department of Public Health.
- CDPH guidance states that those who are boosted or are vaccinated but not yet booster-eligible do not need to quarantine following exposure if no symptoms. However, Stanbridge is requiring that all staff members quarantine for five days regardless, as an extra precaution given current circumstances.

Exclusion Requirements for Employees Who Test Positive for Covid-19 (Isolation required)

Requirements apply to all employees, regardless of vaccination status, previous infection, or lack of symptoms.

- Employees who test positive for Covid-19 must be excluded from the workplace for at least ten days. (This is a modification from the CDPH guidelines of five days.)
- Isolation can end and employees may return to the workplace after day ten *if* symptoms are not present or are resolving, **and** a diagnostic specimen (Antigen test preferred) collected on day ten or later tests negative.
- If symptoms are not present or are resolving, isolation can end and the employee may return to the workplace after day ten.
- If an employee has a fever, isolation must continue and the employee may not return to work until the fever resolves.
- If an employee's symptoms other than fever are not resolving, they may not return to work until their symptoms are resolved or until after day ten from the positive test.
- Employees must wear face coverings around others for a total of ten days after the positive test, especially in indoor settings.

Employees Who Are Exposed to Someone with Covid-19 (Quarantine required)

Requirements apply to employees who are unvaccinated; OR vaccinated and booster-eligible but have not yet received their booster dose.

- Employees must be excluded from the workplace for at least five days after their last close contact with a person who has Covid-19.
- Exposed employees must test on day five.
- Quarantine can end and exposed employees may return to the workplace after day five if symptoms are not present and a diagnostic specimen (Antigen test preferred) collected on day five or later tests negative.
- If an employee is unable or chooses not to test and does not have symptoms, quarantine can end and the employee may return to the workplace after day ten.
- Employees must wear face coverings around others for a total of ten days after exposure, especially in indoor settings.
- If an exposed employee tests positive for Covid-19, they must follow the isolation requirements above.
- If an exposed employee develops symptoms, they must be excluded pending the results of a test.

Employees Who Are Exposed to Someone with Covid-19 (No quarantine required)

Requirements apply to employees who are boosted; OR vaccinated but not yet booster-eligible

Employees do not need to quarantine if they:

- Are exposed to someone with Covid-19 that is **not** considered a “close household exposure” (e.g., a household member, cohabitant, etc.).
- Test on day five with a negative result.
- Wear face coverings around others for ten days after exposure, especially in indoor settings. Please refer to the section below on masks for additional face covering requirements.
- If employees test positive, they must follow isolation recommendations above.
- If employees develop symptoms, they must be excluded pending the results of a test.

Masks

All Stanbridge school staff and students will wear N95, KN95 or KF94 masks or equivalent when on campus until notified of any changes. The N95 and others are reusable, generally up to 40 hours as long as they stay clean. It’s suggested to use two or three in rotation so they have time to dry thoroughly between uses.

What’s the difference between N95, KN95, and KF94 masks?

- **Regulation**
The main difference between N95, KN95, and KF94 masks is where they are regulated. N95 face masks are regulated by the U.S. government and the CDC through the National Institute for Occupational Safety & Health (or NIOSH). KN95 masks are regulated by the Chinese government, and KF94 masks are regulated by the Korean Ministry of Food and Safety (KFDA).
- **Filtration**
According to the CDC, when worn properly fitted to the face, N95 masks are meant to filter out at least 95% of tiny airborne particles. KN95 masks also filter out at least 95% of particles per China’s regulations, but the NIOSH regulations of N95 masks are considered to be stricter. KF94s block at least 94% of particles, according to studies.
- **Design**
All three types of masks offer multiple layers of meltblown fabric (versus the one to two layers in a typical cloth mask). The fits of each mask, however, are different: The N95, which comes in a cup, flat-fold, or tent shape, seals tightly across the face with bands around the head, while the flat-fold KN95 typically stays on with two ear loops (more comfortable for some, but potentially prone to more leakage). The KF94 has ear loops too, as well as distinctive side flaps which mold across your nose bridge and under your chin.

Suggested masks and links

- [Best KN95 Masks for COVID Protection 2022 | The Strategist](#)
- <https://bonafidemasks.com/Powecom-kn-95/>
- <https://shopvida.com/pages/face-masks>
- <https://wellbefore.com/products/kn95-disposable-fda-ce>
- [KF94 on amazon](#)
- [KN95 on Amazon](#)
- <https://behealthyusa.net/collections/blue-industry-1/products/blue-kf94-mask-large-adult-size?variant=36886981771428>
- [Covid rapid tests/ amazon](#)