

STANBRIDGE ACADEMY

COVID-19 TESTING, ISOLATION, AND QUARANTINE PROTOCOLS FOR STUDENTS & STAFF – 2022/2023

COVID 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. If you or your child has not received a Covid-19 vaccination, please discuss with your doctor and get it as soon as possible.

COVID 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. If you or your child are eligible for a booster, please sign up and get it as soon as possible.

ISOLATION & 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 can be found here [Guidance on Isolation and Quarantine for COVID-19](#)

Isolation for Stanbridge Academy Students and Staff (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. CDPH recommends a five day minimum isolation period for persons who test positive.

We will follow these guidelines. 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 five days.
- Isolation can end after day five **if** symptoms are not present or are resolving **and** a diagnostic specimen (rapid antigen test preferred) collected on day five or later, tests negative.
- Although PCR tests are acceptable, they are much less practical and useful in attempting to return to school after five 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 and Staff (Close Contact Covid Exposure)

Close contact exposure = More than 15 minutes over a 24-hour period within 0–6 feet.

Test within 3-5 days after last exposure.

Per CDPH masking guidance, close contacts should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease (see masking section below for additional information).

Strongly encouraged to get vaccinated or boosted.

If symptoms develop, test and stay homes,

If test result is positive, follow isolation recommendations above

FACE MASKS

All Stanbridge school staff, students, and visitors will wear a well fitting face mask when indoors on campus until notified of any changes. A high quality N95, KN95 or KF94 is recommended but not required. 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>