WINTER BREAK COVID RESOURCES

When in doubt PLEASE reach out to your Primary Care Provider, call 9-1-1 for any emergency.

In this document you should find:

- School Site Contacts
- Testing sites locally
- Symptom decision tree (staff and students alike)
- Scenarios
- Isolation and Quarantine Guidelines
- Sac County testing sites and guide

IF ANYONE IN HOUSEHOLD SHOULD TEST COVID POSITIVE or need either quarantine or isolation over break: Please email both school nurse & health clerk at your site and leave a message at school site main number. Nurse Sandy Chavez is schavez@buckeyeusd.org; Nurse Tristan Kleinknight is tkleinknight@buckeyeusd.org

- Blue Oak, 530-676-0164 x1830; Nurse Tristan, Health Clerk II Joy Clark CMA, jclark@buckeyeusd.org
- Buckeye, 530-677-2277 x1230; Nurse Tristan, Health Clerk II Rachel Kelly LVN, rkelley@buckeyeusd.org
- Camerado, 530-677-1658 x1530; Nurse Tristan, Health Clerk Lesley Gentry, lgentry@buckeyeusd.org
- Oak Meadow, 916-933-9746 x2130; Nurse Sandy, Health Clerk Luz Shaw, lshaw@buckeyeusd.org
- Rolling Hills, 916-933-9290 x3030; Nurse Sandy, Health Clerk Bertha Chau, bchau@buckeyeusd.org
- Silva Valley, 916-933-3767 x2730; Nurse Sandy, Health Clerk Tara Nakano, tnakano@buckeyeusd.org
- Valley View, 916-939-9640 x3330; Nurse Tristan, Health Clerk II Mary Dietrich RN, mdietrich@buckeyeusd.org
- William Brooks, 916-933-6618 x2430; Nurse Sandy, Health Clerk II Terri Hale (Sub: Raffaella Avina), ravina@buckeyeusd.org

IF YOU (STAFF) OR YOUR CHILD BECOME ILL: Please follow the symptom decision tree. There are testing sites listed for obtaining Covid testing before we resume school, (last updated November). In all cases, CALL before going to a testing site. CALL 911 for any emergencies. PLEASE, email the nurse and health clerk at your site to inform them of your illness. You may choose to either isolate 10 days, test for 2+ low risk or 1+ high risk symptom or see a medical provider for an alternative diagnosis note.

THIS INFORMATION WILL ALSO BE POSTED ONLINE

See link in OUT OF OFFICE reply
COVID TESTING FOR CHILDREN RESOURCES: See original in google docs. Copy made to google drive on 11/16/20. For all instances, recommend that we have the student family CALL to confirm this information, make appointments as required. WHEN TESTING FOR RISK SYMPTOMS, CONFIRM TEST IS PCR TEST FOR INFECTIOUS COVID. ParentS must provide us with either a negative test letter or letter that states there is an ALTERNATIVE DIAGNOSIS to Covid.

**Urgent Care Center | Folsom:** Children, minimum age is 2 years old. Call for an appointment. **Appointments are Mon-Fri 3 pm.** YOU MUST REQUEST THE PCR TEST SPECIFICALLY WHEN MAKING AN APPOINTMENT!!! Confirmed results can take up to 72 hrs, and has had a recent history of response within 12 hrs. Urgent care center address: 1600 Creekside Dr #1400 · In Mercy Hospital of Folsom Open · Closes 8:45PM · (916) 984-8244  [https://www.folsom-urgentcare.com/](https://www.folsom-urgentcare.com/)

**Rapid Care, Cameron Park:** **NEED TO CONFIRM** they will actually test for symptoms referred for. Address: 4062 Flying C Rd, Suite 41, Cameron Park, CA, 95682: Open daily from 8AM to 5 or 8PM (CALL TO CONFIRM); 530-676-8234

**MED7 Urgent Care Center:** Call to confirm, states no appointment required, will see children, no referral required. Address: 1201 E Bidwell St, Folsom, CA 95630. Open daily 8AM-8PM, 916-920-6337. Website: [https://med7.com/](https://med7.com/)

**El Dorado County Community Health Center:** Multiple Addresses: Palmer Professional Building; 3104 Ponte Morino Dr, Cameron Park, CA 95682. Open daily (except) on Sunday 8AM-6PM, Saturday 8-12PM, 530-621-7700 AND Placerville Location, 4327 Golden Center Dr, Placerville, CA 95667, open daily (except) on Sunday 8AM-6PM, Saturday 8-12:30PM, 530-621-7700. TESTS ARE ONLY AVAILABLE TO THEIR PATIENTS. Requires a referral from PHN (public health nurse) can be school nurses or PHD nurses.

**Lincoln Urgent Care:** Has stated can do SAME DAY testing with results, adult and children alike. **IS IN LINCOLN!!! Call before sending to this site!!!** Lincoln Urgent Care has the Sophia Rapid Test. For this test, you must make an online appt. Cost $150 results in 15 minutes, mid turbinate testing, may be reimbursed by insurance. **MUST PROVIDE COPY OF SOPHIA2 OR PCR TESTING RESULTS!!!** Address: 77 Lincoln Blvd, Suite 1, Lincoln CA 95648. Open (has longer hours BUT these are COVID hours): MON-FRI from 8AM-6PM, Weekends 10AM-4PM, 916-258-2751 [https://ucclincoln.com/coronavirus/](https://ucclincoln.com/coronavirus/)


**ADULTS:** **Project Baseline:** Appointment required, project at Placerville Fairgrounds! **18+ YEARS!** Address: 100 Placerville Dr, Placerville, CA 95667, **MAKE APPT ONLINE! NO FEE!** [https://www.projectbaseline.com/study/covid-19/](https://www.projectbaseline.com/study/covid-19/)

**ADULTS:** CVS - drive through appointments ONLY (adults ONLY) - referral not req’d
Address: El Dorado Hills, CA 916-934-0133
Student/Staff Symptom Decision Tree
Screen all students for potential COVID-19 symptoms or exposure

Low-risk: general symptoms
- Fever (≥100.4°F)
- Congestion/runny nose
- Nausea/vomiting/diarrhea
- Sore throat
- Headache
- Fatigue/muscle or body aches

High-risk: red flag symptoms
- Cough
- Difficulty breathing
- Loss of taste/smell

Exposure to COVID-19 positive person?
Close contact: less than 6 feet, 15 minutes or longer

NO
- 1 low risk symptom (with no alternative diagnosis)

STOP

Send home

Return to school 24 hrs after symptom resolution (without fever reducing medication)

NO
- ≥2 low risk symptoms
- OR 1 high risk symptom

STOP

Send home

Health care provider confirms alternative diagnosis for symptoms. A health care provider’s note must be on file. SARS-CoV-2 PCR test not needed.

1
Return to school after 24 hrs without fever and symptoms improving

NO
- Negative SARS-CoV-2 PCR test

STOP

Send home

Return to school after 24 hrs without fever and symptoms improving

2

NO
- Positive SARS-CoV-2 PCR test
- OR
- No provider visit or test.

STOP

Stay home*

Return to school only after 10 days since symptom onset and 24 hrs without fever. Quarantine close contacts of confirmed cases. If any questions, contact local health care provider.

YES

*In consultation with local health care provider

Return to school after 10 days from last contact, unless symptoms develop. If symptoms develop, perform SARS-CoV-2 PCR test.

This care pathway was designed to assist school personnel and is not intended to replace the clinician’s judgment or establish a protocol for all patients with a particular condition. Diagnosis and treatment should be under the close supervision of a qualified health care provider. Guidance might change.

12/11/2020
**BUSD COVID SCENARIOS**

Based on EDC Scenarios from PHD: *Updates have been made to reflect new quarantine times!!!*

1. **If a student or staff displays COVID-19 symptoms:** e.g. cough, fever (100.4 or greater): See decision tree

   - STAY AT HOME AND ISOLATE (stay away from family, public)
   - Contact healthcare provider for ADVICE AND/OR TESTING!!!
   - Consult with School Nurse OR EDC Public Health as needed
   - If COVID-19 test is positive (see Scenario #3) or if test not done, isolation for a minimum of 10 days
   - If COVID-19 test is negative, see Scenario #4

2. **If student or staff is in close contact (<6 feet, 15+ minutes) with someone who tests positive for COVID-19 within 48 hours of contact:**

   - Report this information to your healthcare provider
   - Email and call school contacts as directed above
   - Consult with EDC Public Health for verification of positive test
   - If in doubt, quarantine for safety until you can confirm
   - Quarantine (stay away from family and the public) for 10 days (if symptom free) from last contact with positive person.
   - Student families should EMAIL & CALL SCHOOL. Plan to have your child remain out of school at least one day to confirm dates for quarantine and clear to return. **Staff should call their administrator and plan to have at least one day out from start of school to confirm dates for quarantine and clear to return.**

   *Please email your site nurse and health clerk – see BEGINNING of document.*

3. **If a student or staff member tests positive for COVID-19 during the winter break:**

   - ISOLATE from others & public for TEN days from symptoms or testing date
   - Report this information to your healthcare provider & school contacts
   - Student families should EMAIL & CALL SCHOOL. Plan to have your child remain out of school at least one day to confirm dates for quarantine and clear to return. **Staff should call their administrator and plan to have at least one day out from start of school to confirm dates for quarantine and clear to return.**
If a student or staff member tests NEGATIVE for COVID-19 during the winter break after having COVID-19 like symptoms:

- Report this information to your healthcare provider if needed
- Student or Staff – may return to school after symptoms improve and fever-free for at least 24 hours without fever-reducing medications AS LONG AS YOU ARE NOT A CLOSE CONTACT TO A COVID-19 POSITIVE PERSON (see Scenario #2).

FOR SCENARIO #4: IF YOU HAVE CONTINUED COVID-LIKE SYMPTOMS after testing, persistent symptoms please consider reaching out to your physician to discuss re-testing.

If a student or staff member tests NEGATIVE during your quarantine that occurs during the winter break:

- Negative test does not shorten quarantine
- PLEASE consider retesting should onset of symptoms occur
- Testing should ideally occur 5-7 days AFTER EXPOSURE to a COVID-19 positive person OR 2-3 days after onset of Covid-like symptoms.
- EMAIL and call school contacts to let them know of negative test
- Quarantine should last 10 days if no symptoms, 14 days if symptoms occur and consider testing 2-3 days into symptoms.

FOR SCENARIO #5: If a staff member or student is asked to start quarantine during winter break DO NOT END YOUR QUARANTINE EARLY unless directed by a nursing case manager at the health department.

PLEASE STAY SAFE!! Limit non-essential travel. Wear a mask in public places at all times covering the mouth and nose. Stay home when ill, during isolation or quarantine. REVIEW THE FACT SHEETS ABOUT ISOLATION AND QUARANTINE PROTOCOLS!!

For local reporting of concerns, review the EDC Covid Page: https://edcgov.us/Government/hhsa/covid-19-cases

For TESTING RESOURCES OUTSIDE OF EL DORADO COUNTY SEE THE PAGES AT THE END OF THIS DOCUMENT. THANK YOU.
What to do if you are being placed on Isolation or Quarantine due to COVID-19?

The most important thing to do is to self-quarantine or self-isolate, as instructed. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. Isolation is used to separate people infected with the virus (with or without symptoms) from people who are not infected.

**Public Health Staff will check in with you regularly if you are self-quarantined at home**

Please follow the steps below until Public Health Staff says you can return to your normal activities:

- **Stay home at all times** - Do not go to work, school or any public areas.

- **Separate yourself from others in your home** - put yourself in isolation and avoid sharing personal household items like dishes, linens and towels. Use a separate bathroom if possible.

- **Monitor your health & stay in touch with your doctor** - If your symptoms worsen, seek medical attention, but call first. Wear a facemask and follow care instructions from your doctor or local health department. If you need emergency help, call 911. **If you must call 911 or go to the hospital for an emergency, you must notify the responders and/or healthcare workers of your potential COVID-19 exposure for their protection.**

- **Practice healthy hygiene** - Wear a facemask when others are around. Cover your coughs and sneezes. Wash your hands properly, and often. Use an alcohol-based hand sanitizer. Avoid touching your eyes, nose, and mouth.

- **Avoid sharing household items** - Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water.

- **Clean all high-touch surfaces every day** - Routinely clean and disinfect your bedroom and bathroom and high-touch surfaces like phones, remotes, counter and table tops, and doorknobs.

- **Follow directions from the local health department** - It is highly important you follow the directions given to you by the Local Health Department staff. Their role is to protect you, your family & your community. If necessary the Local Health Department can have law enforcement officials enforce quarantine or isolation orders.

- **Call the El Dorado County Public Health Division** - Our office is available to answer any additional questions you might have. Call us to 530-573-3154 during business hours. For after hours and weekends please call 800-901-5789.

931 Spring Street • Placerville, CA 95667 • (530) 621-6320 • FAX (530) 295-2589
1360 Johnson Boulevard, #103 • South Lake Tahoe, CA 96150 • (530) 573-3155 • FAX (530) 541-8409
v061220
COVID-19 Community Testing
Frequently Asked Questions

This free testing is also available for all School Staff and County Staff in Sacramento County. Please see Sacramento County’s COVID-19 Testing webpage for an updated list of all Sacramento area testing locations.

Where are the community based sites and how do I register for a test?

<table>
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<tr>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Contact Information</th>
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| Monday   | 8AM-4PM | Liberty Towers Church  
5132 Elkhorn Blvd., Sacramento, CA 95842  
Appointments: 916-583-8877 or https://libertytowerscommunitysetmore.com | 9AM-5PM  
La Familia Maple Neighborhood Center  
3301 37th Ave., Room 7, Sacramento, CA 95824 (park on 36th Ave)  
Appointments: 916-990-1311 or https://lafamiliamaple.setmore.com |
| Tuesday  | 10AM-6PM | Natomas Unified School District  
1931 Arena Blvd., Sacramento, CA 95834  
Appointments: 916-561-5253 or https://natomasunified.setmore.com | 10AM-6PM  
Cordova Neighborhood Church  
10600 Coloma Road, Rancho Cordova CA 95670  
Appointments: 916-361-8684, or https://folsomcordova.setmore.com  
Closed 1-2pm for lunch |
| Wednesday | 8AM-4PM | Oak Hills Church  
1100 Blue Ravine Rd., Folsom, CA 95630  
Appointments: https://folsom.setmore.com | 9AM-5PM  
Tetteh Pediatric Health  
7248 S Land Park Dr., Suite 118, Sacramento, CA 95831  
| Thursday  | 8AM-12PM | Chabolla Community Center  
600 Chabolla Ave., Galt, CA 95632  
Appointments: 209-366-7180 or https://galt7662.setmore.com | 9AM-5PM  
Robertsons Community Center  
3525 Norwood Ave., Sacramento, CA 95838  
Appointments: 916-567-9567 or https://robertsonscommunitycenter.setmore.com |
|          | 1PM-5PM | River Delta  
14181 Grove St, Walnut Grove CA 95690  
Appointments: https://riverdelta.setmore.com |  |
These testing sites are NOT for: travel clearance; surgery clearance (Contact your health care provider); people with severe fever, cough, or other symptoms. (Contact your health care provider); or, people that have tested positive for COVID-19 within 10 days of the testing date.

Can I bring my kids?
- Yes you can, but you’ll need to make appointments for them separately. These community testing sites have appointments available for schools and County staff in Sacramento County and for community members.

What should I bring with me?
- Any form of identification with a name and a birthday.
- U.S. Citizenship or legal residency is not required.

I don’t feel sick can I still come in?
- Yes, people with no symptoms or with mild/moderate symptoms can get tested at this site.
- However, people with severe symptoms should contact their healthcare providers.

What should I expect at my appointment?
- Anyone coming in for a test will be expected to maintain social distancing, and wear a face covering at the testing site. A mask will be made available if you don’t have one.
- Bring a form of identification with a date of birth to check in at your appointment.
- A qualified healthcare provider will administer the nasal swab collection procedure.
- The test takes no more than 60 seconds from start to finish. You may be at the site longer to check-in, finish up registration and get prepared for your visit.

How will I get my results?
- If you test positive - a doctor will call you directly to notify you of your results and the next steps you should take. You will also receive an email from StemExpress with a copy of your results.
- If you test negative - StemExpress will email you with the status of your results.
- Provide both a phone number and an email address so we can get in touch with you quickly.
- All testing results are confidential. If you test positive, you should notify your employer so they can take appropriate steps to minimize spread in the workplace.
What should I do if I test positive?
- Stay home, most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- As much as possible, stay in a specific room and away from other people and pets in your home. If possible, use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
- Monitor your symptoms. Trouble breathing is a more serious symptom that means you should get medical attention.

How is the virus spread?
- COVID-19 mainly spreads from person to person, similar to the flu. This usually happens when a sick person coughs or sneezes near other people and releases respiratory droplets. It may also be possible to get sick if you touch a surface that has the virus on it and then touch your mouth, nose, or eyes.

What are the symptoms of COVID-19?
- Symptoms typically start 4–5 days after exposure or infection. The symptoms are often indistinguishable from influenza (flu). The majority of patients have one or more of these symptoms: Fever, Cough, Feeling fatigued, Shortness of breath, Muscle aches/pains.

Are there medicines that I should or should not take for COVID-19?
- Currently, there are no medications specifically approved to treat or prevent COVID-19. There are over-the-counter medications to manage symptoms.

How can I protect myself and my loved ones from COVID-19?
- The California Department of Public Health recommends people take steps to prevent the spread of all respiratory viruses, including COVID-19 (coronavirus):
  - Wash your hands with soap and water or an alcohol-based hand sanitizer if soap and water are not available. Wash your hands frequently, for at least 20 seconds, and certainly after sneezing or before/after touching your face or a sick person. Avoid touching your face with unwashed hands.
  - Stay away from work, school and other people if you become sick with any respiratory symptoms like fever and cough. Do not travel while sick.
  - Avoid close contact with people who are sick. People who are sick should be in a room, with the door closed, to help prevent spreading the disease to other people.
  - Avoid touching your eyes, nose and mouth.
  - Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. If you are coughing and sneezing, isolate yourself away from others.
  - Clean and disinfect frequently touched surfaces at home, work and school.
  - Practice healthy habits: Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

How long should I wait to re-test if I got a negative result? Should I re-test?
- If you test negative for COVID-19, you probably were not infected at the time your sample was collected. However, that does not mean you will not get sick. The test result only means that you did not have COVID-19 at the time of testing and you should still protect yourself. If you experience symptoms or believe you were exposed in the future you should get retested.
- For periodic routine testing, recommended frequency include testing all staff over 2 months, where 25% of staff are tested every 2 weeks, or 50% every month to rotate testing of all staff over time