



**The Arbor Learning Community  
COVID-19 Plan  
For Use from August 2023 - May 2024**

**COVID-19**

Coronavirus disease 2019 (COVID-19) is an infectious respiratory illness.

SARS-CoV-2, the virus that causes COVID-19, is spread mainly from person-to-person contact between people who are in close contact with one another primarily through aerosols (airborne transmission), and less frequently by droplets, when an infected person coughs, sneezes, exhales, or talks; although less common, it may also be spread when a person touches a contaminated object and then touches their eyes, nose, or mouth. It may be spread by people who are not showing symptoms. Since particles containing the virus can travel more than six feet, especially indoors, physical distancing, face coverings, increased ventilation indoors, and respiratory protection can all decrease the spread of COVID-19, but are most effective when used in combination.

**KEY PREVENTION PRACTICES**

The Arbor will follow these key prevention practices: use of face coverings, regular cleaning and disinfection, frequent hand washing, and improved ventilation.

Please note that this guidance may be subject to change based upon updates in local and state guidance, in addition to requirements from the charters for whom we are a vendor.

**Face Coverings**

In accordance with the Isolation & Quarantine Guidance below, individuals may be required to wear masks on campus in instances of exposure to a person diagnosed with COVID-19.

**Cleaning and Disinfecting**

Classrooms and high use surfaces, including lunch tables will be cleaned routinely with EPA COVID-19 approved disinfectants.

**Frequent Handwashing and/or Sanitizing**

Arbor students, staff, and volunteers should wash hands with soap and warm water often, for a minimum of 20 seconds; should avoid contact with eyes, nose, and mouth; and should cover coughs and sneezes. Students will be encouraged to wash hands after using the bathroom and before and after break and lunch, and additional sinks will be available. Hand sanitizer (at least

60% ethanol or 70% isopropanol) will be available in each classroom and in stations around the campus. When hands are visibly dirty, soap and water is recommended over hand sanitizer.

### **Ventilation**

Ventilation will be optimized per CDPH guidance, including the opening of windows in indoor classrooms as much as possible and the use of in-room (portable) air cleaners in all indoor classrooms.

## **COVID-19 SYMPTOM SCREENING, PROTOCOLS FOR ISOLATION, QUARANTINE, AND RETURNING TO CLASS**

**Students, staff, volunteers, and visitors may not come to The Arbor if any of the following apply:**

- The student, staff member, volunteer, or visitor is feeling ill
- The student, staff member, volunteer, or visitor has symptoms consistent with COVID-19 (See below)

### **Self-Screening for Symptoms of COVID-19**

Before leaving home in the morning, all Arbor parents and guardians must screen their students for the symptoms of COVID-19 listed below; staff and volunteers are required to self-screen; visitors to campus (including family members and guardians) must self-screen or be screened by a parent or guardian.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting or diarrhea

Individuals should seek emergency medical attention if symptoms become severe, including trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face. Call 911 or call ahead to your local emergency facility.

### **COVID-19 Testing**

Getting tested for SARS-CoV-2 as soon as possible is recommended for students, staff, and volunteers exhibiting COVID-19 symptoms. If any student, staff member, or volunteer receives a positive COVID-19 diagnosis, please notify The Arbor immediately.

For students, please email [attendance@thearborlearningcommunity.com](mailto:attendance@thearborlearningcommunity.com) or call (714) 340-3433. For staff, please text Esther and Deanna.  
For volunteers, please email Deanna at [deanna.sabri@thearborlearningcommunity.com](mailto:deanna.sabri@thearborlearningcommunity.com).

### **ISOLATION IN CASES OF POSITIVE COVID-19 DIAGNOSIS**

**Arbor students, staff, and volunteers who test positive for COVID-19 (regardless of vaccination status, previous infection or lack of symptoms) should:**

- Stay home for at least 5 days (counting the first day of symptoms as day 0 or counting the date of first positive test as day 0, if no symptoms develop)
- May end isolation after day 5 if:
  - Symptoms are not present, or are mild and improving; AND
  - You are fever-free for 24 hours (without the use of fever-reducing medication).
- If fever is present, isolation should be continued until 24 hours after fever resolves.
- If symptoms, other than fever, are not improving, continue to isolate until symptoms are improving or until after Day 10.
- If the confirmed case has severe symptoms, or is at high risk of serious disease or has questions concerning care, they should contact their healthcare provider for available treatments.
- Infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.
- After ending isolation (no fever without the use of fever-reducing medications and symptoms are improving), confirmed cases may remove their mask sooner than Day 10 if they have two sequential negative tests at least one day apart. If antigen test results are positive, the person may still be infectious and should continue wearing a mask and wait at least one day before taking another test.

Should home isolation be necessary, students who are feeling well are encouraged to keep up with their class via content posted on Canvas.

#### **Becoming Symptomatic While at The Arbor**

If symptoms develop while at The Arbor or if a student is not feeling well, Arbor staff will call the student's guardian or emergency contact to pick them up. Students will be isolated while waiting to be picked up. If a staff member or volunteer is not feeling well, they will be sent home.

#### **Notification**

The Arbor will email families of students who spent more than a cumulative total of 15 minutes (within a 24-hour time period) indoors in a classroom with someone diagnosed with COVID-19

during their period of infectiousness. Notification will be provided to all individuals considered exposed. Being exposed to someone with COVID-19 does not necessarily mean that your child will become infected, but does require families to follow the guidelines in Guidance for Students, Staff and Volunteers Who Were Exposed to a COVID-19 Diagnosed Individual.

### **GUIDANCE FOR STUDENTS, STAFF, AND VOLUNTEERS WHO WERE EXPOSED TO A COVID-19 DIAGNOSED INDIVIDUAL**

**Asymptomatic Arbor students, staff and volunteers who have been determined to be exposed to an individual diagnosed with COVID-19 should follow the recommendations below:**

- Test within 3-5 days of last exposure (counting the day of exposure as day 0), unless they had COVID-19 within the last 30 days
- The individual should wear a well-fitting mask around others for 10 days from exposure (counting the day of exposure as day 0), especially in indoor settings
- If symptoms develop or individual tests positive for COVID-19, see Isolation in Cases of Positive COVID-19 Diagnosis Guidance above

#### **Communication Plan**

The Arbor will notify the OC Health Care Agency and charters for whom we are a vendor of any COVID-19 cases on campus, as required.

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*Updated September 19, 2023, and subject to future local, state, and federal guidance*

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#### **Primary Resources for Developing this Document**

[Guidance on Isolation and Quarantine for COVID-19 \(ca.gov\)](#) (5/24/23)

[K–12 Guidance 2022–23 School Year \(ca.gov\)](#) (5/23/23)

[Symptoms of COVID-19 | CDC](#) (10/26/22)

[K-12 Guidance 2023-24 School Year \(ca.gov\)](#) (8/28/23)

[Guidance on Isolation and Quarantine for COVID-19 \(ca.gov\)](#) (8/29/23)