

Pandemic Protocol Reminders:
(Based on PH school meetings)

QUARANTINE GUIDELINES

(For close contacts, vaccinated or unvaccinated)

1. A close contact is someone who has been within **6 feet of an infected person for a total of 15 minutes** (can be broken up into shorter times) within 24 hours.

2. **The normal quarantine for a positive case is 10 days, as well as for an unvaccinated close contact.**
 - Note: HTS will provide zoom for classes that have to be closed or for quarantined students.

3. **FULLY VACCINATED close contacts must get tested after 3-5 days.**
 - They can come back to school if the tests come back negative and if they do not live with the person who has COVID-19. They must stay home until the test comes back negative. **Otherwise, if they live with the person they will need to stay out the full 10 days, even if they are vaccinated.**

4. At-home testing is not recommended. (Tests from drug stores, etc.), but antigen tests are now acceptable.
 - PCR recommended for staff.

5. **HTS will require masks 🧐 for all students ages 3 and up for both indoors and outside due to the new Delta variant.**
 - Surgical masks 🧐 or KN95 recommended while in the classrooms

6. Cohorts are not needed any longer, but physical distancing should be maintained whenever possible.

7. **HTS will eat all meals outside by classrooms.**
 - (**note**: staff is responsible for cleaning 🍷 lunch tables after each lunch or snack use)

TRAVEL GUIDANCE

(For vaccinated and unvaccinated)

Although the California PHD travel guidance has been lifted, we are recommending that all travelers **postpone non-essential travel** outside of the Bay Area until you are fully vaccinated. Where HTS guidance differs from PHD or CDC, we ask that parents use our guidelines when planning trips.

Since we do have students that are not vaccinated, we ask that you adhere to the following guidelines:

If you and your family members are vaccinated:

Follow [CDC travel guidance](#)

- **During Travel**
 - Wearing a mask over your nose and mouth is required.**
 - Follow all state and local recommendations and requirements, including mask wearing and social distancing.
- **After Travel**
 - Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.
 - [Isolate](#) and follow [public health recommendations](#) if you test positive or develop [symptoms of COVID-19](#).
- **New Updated Guidance For Those That ARE VACCINATED:**
 - Due to the increased risk of the spread of Covid due to the Delta variant, even for vaccinated people, we are requiring families who travel outside of the Bay Area to follow the CDC recommendations for travel.**
 - Please quarantine for 3-5 days and get tested upon arrival at home before coming back to school.**
 - Students must have a negative test in order to return.**
 - Please note that home tests are not accepted, only antigen or PCR tests.**

If you or any of your family members are unvaccinated:

- Avoid non-essential travel
- **After you travel:**
 - Get tested with a [viral test](#) 3 -5 days after travel AND stay home and self-quarantine for a **full 7 days after travel**. Please note that at - home tests are no longer accepted, only antigen or PCR.
 - Even if you test negative, stay home and self-quarantine for the full 7 days.
 - If your test is positive, [isolate](#) yourself to protect others from getting infected.
 - If you don't get tested, stay home and self-quarantine for 10 days after travel.**
 - Avoid being around people who are at [increased risk for severe illness](#) for 14 days, whether you get tested or not.
 - Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.
 - Follow all [state and local](#) recommendations or requirements.