

## 12/18 COVID Update

Hello All,

As we're fast approaching winter break, it's an important time to pause for a deep breath and check in. It's hard to believe we're already this far into the school year, and we've been able to open in-person successfully due to the collective support of our community and our commitment to keeping each other safe. This email contains some reminders about health and safety over the holidays, as well as information about our school-wide testing event to take place in January before we return to in-person learning.

*\*This is similar to a ParentSquare message that went out to families, but tailored to employees.*

### Travel Policy

The school's decision to shift all students to online home learning for the first two weeks of January is to allow everyone the chance to quarantine safely at home following any travel or exposure to individuals outside your household. Recognizing that these opportunities are now complicated by the city and state's stay-at-home orders, it is still important to keep the CDS Travel Policy in mind while considering any plans over the winter break. You can view the travel policy [here](#).

### Stay-at-Home Orders

If you haven't already, take a moment to familiarize yourself with the current [stay at home orders](#) which have been expanded to include a [mandatory quarantine](#) for all those arriving in or returning to the Bay Area. The SFDPH has also shared guidelines about celebrating the [holidays safely](#) as well as [socializing](#) during this surge.

### Updates to the SFDPH TK-12 Reopening Guidelines

The city's reopening guidelines have a few updates, which can be found in the newest version of the document [here](#). Below is a summary of applicable changes; please take note!

- Ventilation: fire doors should not be propped open to aid with ventilation, but please make sure to keep windows and doors open whenever possible.
- Masks: face masks are now OFFICIALLY required of all students TK and up; while they were only recommended previously for TK-2nd, CDS has always required them of ALL students. *However, all adults must now wear a mask when working along in a space that will be occupied by someone else or shared later.*
- Flu shots: everyone is encouraged to get a flu shot!

## All School Testing in January

CDS will be offering onsite testing for all students prior to resuming in-person learning in January. A negative test result will be required before students can return to campus after the winter break. Additionally, testing will be offered to staff as part of our normal, routine testing. ***Please note: testing is required at minimum once every two months. If you have not been tested since November, you will need to join our onsite testing or provide a negative result you secured for yourself.***

**What:** Self-administered cheek swab test through Curative (use sign-up link below)

**When:** Tuesday, January 12th

**Where:** 333 parking lot

### **How to make an appointment:**

- Click this [link](#) to create a profile and enter your name, date of birth and demographic information. If you have health insurance, you will need to enter your information. If you do not have health insurance, you can indicate you do not and still make an appointment!
  - **Please take care of this before arriving for testing! You will NOT be able to proceed with your testing if any information is missing**
  - You will not create a specific appointment time. Once you have filled out the information in the link, you can show up any time during your testing window (listed below)

### **Testing windows:**

- Tuesday, January 12th
  - 9 am - 11 am
  - 1 pm - 3 pm

### **How to get tested:**

Just show up during your testing window! When you walk into the 333 parking lot, you will see a line to take a sample kit along with instructions and a pen to label your kit. A CDS administrator will oversee each testing sample.

Please keep in mind the following:

- Do not eat, drink, or brush teeth 20 minutes prior to sample collection
- Deep cough 3-5 times and swish phlegm or spit around mouth

- Swab:
  - Inside of each cheek
  - Upper and lower gums
  - Underneath and top of tongue
  - Roof of mouth
- Total swabbing time should be at least 20 seconds
- Do not touch, drop, or contaminate the swab in any way
- Ensure the cap on the tube is secure and the swab tip is facing downward in the liquid

**How to access results:**

You will receive your results directly through email and text. We will ship off the testing specimens at the end of day Tuesday, Jan. 12, so we expect test results by Saturday, Jan. 16.