



SAFE CAMPUS REOPENING PROTOCOLS

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Introduction

Over the past several months Cerro Coso Executive Administration and the college's COVID-19 Response Team have tracked the various directives provided from the Governor of California's Road to Resilience four-phase approach to recovery. The members also referred to information from the following federal and state organizations:

- Centers for Disease Control and Prevention (CDC) - [Considerations for Institutes of Higher Education](#)
- California Community College Chancellor's Office (CCCCO) - [Report of the Safe Campus Reopening Workgroup](#)
- American College Health Association (ACHA) - [Considerations for Reopening Institutions of Higher Education in COVID-19 Era](#)
- California Office of Emergency Services (CalOES)
- Occupational Safety and Health Administration (OSHA)
- Kern County Public Health Services
- Inyo County Public Health and Prevention
- Mono County Public Health Department

The following document is informed primarily by guidelines received from the Statewide Association of Community Colleges (SWACC) who, as the college's liability insurance provider, has provided comprehensive guidance related to reopening, and also from the California Department of Public Health (CDPH) document, [Guidance for Institutions of Higher Education](#)

The purpose of these protocols is to define the measure being taken to reduce the risk of infection from the COVID-19 virus. While the provisions in this document are intended to reduce COVID-19 risk, they cannot guarantee that infection will not occur.

General Measures – Maintaining Healthy Operations

- Access to Cerro Coso Community College campuses will be limited to faculty, staff, students, and individuals seeking services from the college or attending college-approved activities until further notice.
- The only instruction taking place wholly or partially in-person at any Cerro Coso Community College campus for fall 2020 is classes supporting training for essential workforce activities (drafting, emergency medical technology, health careers, machine tool technology, and welding) and intercollegiate athletic classes.
- To facilitate social distancing, some workforce classes offered in-person will adopt a hybrid approach: put lectures online and divide students into groups for hands-on skill training, using the scheduled class time to meet with different groups.
- Athletic classes will follow the protocols of the CCC Athletic Trainers Association guidelines, which spell out the cleaning regimen expected with equipment and the classroom. It is expected that no competition will begin prior to January 2021; at that time, the college will follow the guidance applicable to sporting events and participation in sports. See Appendix C.
- The Child Development Center will follow the Child Development Center Protocols as contained in Appendix B.
- Health Careers students completing clinical hours at the Bishop Care Center will follow that organization's protocols as contained in Appendix I.
- Student support services such as counseling, advising, financial aid, admissions and records, outreach, and Access programs will continue to occur virtually unless or until restrictions are lifted.
- Learning support services such as library and proctoring will continue to occur virtually unless or until restrictions are lifted.
- Tutoring services and learning assistance center availability for individual study will be offered at the Indian Wells Valley (IWV) and Tehachapi campuses in limited amounts on an appointment basis and requiring the observance of all healthy hygiene practices by students, faculty, and staff.
- Until further notice, group events and gatherings such as meetings, workshops, open houses, etc., will occur virtually to the extent possible. College activities requiring the physical presence of students and staff (such as a drive-thru activity) shall be evaluated on a case-by-case basis. Contact your area administrator for more information and allow sufficient time for evaluation. In addition, an event planning form is needed for all college events requiring the physical presence of students and staff, which can take up to three weeks for processing
- College activities that can be conducted without group gathering but still require the physical presence of students and staff (such as a drive-by activity) shall be evaluated on a case-by-case basis. Contact your area administrator for more information and allow sufficient time for evaluation.
- Parking permits will not be enforced on the Ridgecrest campus for Fall 2020. Citations may be issued for illegal parking
- Barnes & Noble Bookstore at the Ridgecrest campus will remain closed through fall 2020. Bookstore services are being provided virtually to Cerro Coso students through the bookstore website, supported by the Porterville College bookstore.
- Pony Espresso at the Ridgecrest campus will remain closed through fall 2020.
- No use of college facilities by external parties at any campus will be approved for fall 2020.

- Faculty and staff who are at a higher risk for severe illness (including older adults and people of all ages with certain underlying medical conditions) should contact the college human resources (HR) office to seek an accommodation that limits their risk of exposure.
- Students who are at a higher risk for severe illness should not take any in-person courses at Cerro Coso during the fall 2020 semester but should continue making progress on their educational goals through courses offered online or through scheduled Zoom. Students should contact the counseling office at 760-384-6219 or counseling_forms@cerrocoso.edu to discuss their options.
- Until further notice, all faculty and staff intending to visit a Cerro Coso Community College campus must complete the Employee Coming to Campus form available on the college website prior to arrival on campus. This form requires the individual to affirm that he or she is free of COVID symptoms at the time of their visit and that he or she agrees to abide by the protocols and healthy hygiene practices described in this document. Faculty or staff members who have been provided official training by the COVID-19 Response Core Team in order to understand the risks and healthy hygiene practices and who have regularly scheduled campus-visit hours for work may be cleared by their supervisor to come to campus at those times without submitting the form. However, if the faculty or staff member intends to come to campus at any other time, he or she must complete and submit the form.
- Until further notice, all students intending to visit a Cerro Coso Community College campus for any reason whatsoever—including classes and scheduled appointments for services—must complete the Student Coming to Campus form available on the college website prior to every arrival on campus. This form requires the individual to affirm that they are free of COVID symptoms at the time of their visit and that they agree to abide by the protocols and healthy hygiene practices described in this document.
- Student workers must complete both the employee and student forms separately for the hours they intend to be on campus for each purpose. If they are working and going to class back-to-back, both forms are still required.
- Any face-to-face meeting between students and a faculty member or other employee will take place in the LAC, one-stop shop, or other prearranged public space sufficiently sized to maintain social distancing, and will observe all healthy hygiene practices. Students must complete the Student Coming to Campus form prior to arrival; faculty and staff must complete the Employee Coming to Campus form if they have not already completed the official training provided by the COVID-19 Response Core Team and had their regularly scheduled work hours recorded on the semester's spreadsheet. Faculty or staff must notify the Maintenance and Operations director (at cody.pauxit@cerrocoso.edu) so that spaces can be effectively cleaned and disinfected afterward.
- Signage will be posted on campus regarding all elements of the return to campus plan, including proper hygiene, the mandatory wearing of masks, the need for physical distancing, and all other mandatory components. To the extent possible, signage will be consistent with city/county/state or district requirements.
- Until further notice, face coverings are to be worn in all public spaces at the college by faculty, staff, and students (classrooms, hallways, restrooms, etc.) in line with requirements for workers and members of the public, including exemptions to the requirement for persons with a medical condition, mental health condition, or disability that prevents wearing a face covering, and for persons who are hearing impaired or communicating with persons who are hearing impaired.
- Until further notice, all staff and students on campus are to observe safe social distancing, defined as maintaining at least six feet of distance between themselves and others at all times.
- Sharing of supplies and equipment will be greatly reduced or eliminated. Items that are difficult to clean or disinfect shall be discouraged. Adequate supplies shall be ensured to the extent possible

to minimize sharing of high-touch materials (e.g., assigning each student their own supplies, lab equipment, computers) or limit use of supplies and equipment by one group of students at a time and clean and disinfect between use.

- All desktop computers shall be removed from the LAC's except for a small number to enable printing self-service. Students who use the LAC's for access to computer technology shall be apprised of the college's Laptop Loan program, and a laptop checked out to them for the duration of the fall 2020 semester. Requests can be made by filling out the [Laptop Lending](#) form.
- Hand sanitizing stations will be placed throughout the campuses that dispense hand sanitizer identified as effective for COVID-19.
- Restroom cleaning will be completed frequently during the day.
 - In instances where there are multiple sinks, sinks will be closed that do not allow for appropriate social distancing.
 - "Wait here" stickers will be placed on the floor in hallways of restrooms in cases where lines may exist, although this can be minimized through class scheduling.
 - Restrooms will be fully stocked.
- Elevator occupancy limit shall be set at 2 individuals per elevator through signage, and hand sanitizing stations will be installed near the elevators either inside or immediately outside.
- Drinking fountains will be closed until further notice. Bottle filling will remain accessible at those drinking fountains with that function, and these will be cleaned frequently throughout the day. Disposable cup dispensers will be provided to allow individuals without their own container to get water.
- Only travel deemed essential will be approved for faculty, staff, and students for Fall 2020. For essential travel, vehicles will be thoroughly cleaned and disinfected between uses. To the extent possible, college fleet vehicles will be scheduled no more often than every other day to provide time for cleaning.
- Persons arranging the work of visitors or vendors are responsible for communicating the protocols described within this document and ensuring the visitors or vendors are knowledgeable about these protocols, are provided or obtain their own supplies and PPE, and adhere to these protocols.
- All employees play a part in maintaining a safe and healthful working environment by complying with the provisions of this plan. Key responsibilities include:
 - Following safe practices as communicated to them
 - Reporting hazardous conditions related to potential transmission of the COVID-19 virus.
 - Staying home and reporting to their supervisor if they exhibit symptoms of COVID-19, have a positive COVID-19 test, or have been exposed to a known or suspected case.
- Supervisors or managers play an important role in the implementation of the safety protocols identified in this document. They shall:
 - Identify additional risks that may not be addressed in this document and report these to the Core Response Team
 - Ensure that practices are followed by faculty, staff, and students in their area – including periodic inspection.
 - Correct deficiencies in practices that have been identified.
 - Provide additional training, as necessary, for faculty, staff, and students in their area – or request this training through the Core Response Team.

- Initiate immediate response actions regarding known or suspected cases of COVID-19, including the completion of Report of Sick Employee or Student, and work with the HR Manager to complete response actions.
- Students or staff who believe they have been exposed to COVID should to contact the following areas:
 - Human Resources (staff or students)
 - Campus Security (staff or students)
 - Area Administrator (staff)
 - Instructor (students)
- The designated COVID-19 point of contact for the college is the COVID-19 Core Response Team. Its duties and responsibilities are described in Appendix A. The team can be reached by calling or emailing any one of its members, or by sending an email to cc_covid19@listserv.cerrocoso.edu.

Healthy Hygiene Practices

- Face coverings must be worn at the college by faculty, staff, and students according to the CDPH's [Guidance on the Use of Face Coverings](#). People in California must wear face coverings when they are in the high-risk situations listed below:
 - Inside of, or in line to enter, any indoor public space
 - Engaged in work, whether at the workplace or performing work off-site, when:
 - ◆ Interacting in-person with any member of the public;
 - ◆ Working in any space visited by members of the public, regardless of whether anyone from the public is present at the time;
 - ◆ Working in any space where food is prepared or packaged for sale or distribution to others;
 - ◆ Working in or walking through common areas, such as hallways, stairways, elevators, and parking facilities;
 - ◆ In any room or enclosed area where other people (except for members of the person's own household or residence) are present when unable to physically distance;
 - ◆ Driving or operating any public transportation or paratransit vehicle, taxi, or private car service or ride-sharing vehicle when passengers are present. When no passengers are present, face coverings are strongly recommended.
 - While outdoors in public spaces when maintaining a physical distance of six feet from other persons is not feasible.
- Individuals exempt from wearing a face covering include but are not limited to persons with a medical condition, mental health condition, or disability that prevents wearing a face covering, and persons who are hearing impaired, or communicating with a person who is hearing impaired, where the ability to see the mouth is essential for communication.
 - If an employee meets one of the exemptions from wearing a face covering, he or she can receive an accommodation by contacting Human Resources.
 - If a student meets one of the exemptions from wearing a face covering, he or she can receive an accommodation by contacting Access Programs
- All available opportunities will be used to communicate to faculty, staff, and students the importance

of healthy hygiene practices and of staying home and self-isolating if sick. This includes email communications, social media, college website, Navigate, Canvas, CC-Information, signs, and videos.

- The college shall promote and reinforce [washing hands](#), avoiding [contact with one's eyes, nose, and mouth](#), and covering [coughs and sneezes](#) among students and staff.
- Students, faculty, and staff shall be encouraged to frequently wash their hands for 20 seconds with soap, rubbing thoroughly after application. Using "antimicrobial" soap is not necessary or recommended.
- Students, faculty, and staff shall be encouraged to cover coughs and sneezes with a tissue or use the inside of the elbow. Used tissues should be thrown in the trash and hands washed immediately with soap and water for at least 20 seconds.
- Students, faculty, and staff shall be encouraged to use hand sanitizer when hand washing is not practicable. Sanitizer must be rubbed into hands until completely dry, and hand sanitizer should not be used that contains methanol per FDA advisory.
- Students, faculty, and staff shall be encouraged to be immunized against influenza unless contraindicated by personal medical conditions.
- Students, faculty, and staff shall be encouraged to keep their personal items (e.g., cell phones, other electronics) and personal work and living spaces clean and to use disinfectant wipes to wipe down shared desks, lab equipment, and other shared objects and surfaces before use
- Adequate supplies shall be ensured to support healthy hygiene, including sanitation stations, soap, hand sanitizer containing at least 60 percent alcohol, paper towels, tissues, and disinfectant wipes.
- If a student persistently refuses to correctly wear a face covering or maintain social distancing or otherwise follow college requirements for a safe and healthful environment as described in these protocols and as directed by college personnel, he or she shall be removed from class or from campus pursuant to the student conduct policy.
 - An instructor can remove a student from the current and the next class meeting, at his or her discretion; any employee can direct a student to leave campus if the student threatens the health or safety of themselves or another.
 - If assistance is needed, the faculty or staff member should notify Campus Security.
 - A student's failure to comply with the directives of Campus Safety may result in a request for assistance from local law enforcement and a referral to the vice president of student services pursuant to the student conduct policy.
 - The faculty or staff member shall notify the vice president of student services. Any removal of a student from class or campus requires that the vice president of student services be notified immediately.
- If any employee persistently refuses to correctly wear a face covering or maintain social distancing or otherwise follow college requirements for a safe and healthful environment as described in these protocols and as directed by their supervisor, he or she shall be subject to the disciplinary process as outlined in the appropriate collective bargaining agreement.
- If any student, faculty, or staff member has a concern about compliance with these healthy hygiene practices on campus, an email has been created to bring this concern to the attention of the Response Team: cc_covid19@listserv.cerrocoso.edu.

Cleaning, Disinfecting, Sanitizing, and Ventilation

To ensure the safety of everyone that visits the college campus, the Maintenance & Operations (M&O) Department has spent significant time preparing the campus for reopening in accordance with CDC, Cal-OSHA, and CDPH guidelines. Throughout the spring and summer, all campus buildings have undergone a thorough cleaning, including the replacement of HVAC filters.

Additionally, the M&O department has undergone and continues to undergo training specifically related to the cleaning and disinfecting of the campus as it relates to COVID-19. This training includes CDC and OSHA guidelines regarding appropriate cleaning methods, products, and personal protective equipment.

Cleaning with soap and water removes germs, dirt, and impurities from surfaces, lowering the risk of spreading infection. Disinfecting kills germs on surfaces after cleaning, further lowering the risk of spreading infection. Sanitizing products, which are regulated and approved by the FDA, do not kill all types of germs, such as norovirus. Guidance from the CDC states that sanitizers should be used only when soap and water/disinfectant are not readily available. M&O has dedicated resources towards cleaning and disinfecting and only utilizing sanitizers when absolutely necessary.

- Hand sanitizing stations will be located throughout the campuses that dispense hand sanitizer identified as effective with COVID-19.
- M&O will clean and disinfect classrooms after each class meeting. Cleaning and disinfecting of each classroom includes doors, door handles, handrails, counters, instructor workstations, white boards, chair backs, chair seats, arm rests, and desktops.
- Supplies will be provided to employees so that they can disinfect and sanitize their personal workspaces. M&O will continue to clean (vacuum and empty trash) office spaces based on office occupant's on-campus presence.
 - Employees are encouraged to clear office spaces and surfaces of all unnecessary items to make them easier clean and disinfect.
 - Cleaning, disinfecting, and sanitizing supplies will be available for employee use at:
 - ◆ Ridgecrest
 - » Main Building – first floor interior rotunda near MB102, MB103, MB104, and MB105
 - » Main Building – first floor Student Center
 - » Main Building – Print Shop
 - » Main Building – second floor near mailboxes
 - » Main Building – second floor One-Stop reception area
 - » Main Building – third floor 350 hallway
 - » Main Building – third floor Administration hallway
 - » Occupation Lab – welding
 - » Learning Resource Center – first floor
 - » Learning Resource Center – second floor
 - » Gymnasium – lobby

- ◆ Bishop
 - » Front (east) lobby doors
 - » North hallway doors by the nursing and med assisting classrooms
 - » LVN and CMA classrooms and quarantine room
 - » Staff mail/copy room
- ◆ Mammoth
 - » Front (northeast) lobby doors
 - » Table outside restroom doors
 - » Quarantine room
 - » Staff mail/copy room
- ◆ Tehachapi
 - » Front Office (Check in Window)
 - » Faculty Office Area
 - » Quad area (near room 13)
- ◆ Kern River Valley
 - » 2nd Floor Entrance Hallway
 - » LAC/LRC (Room 10)
 - » Front Office (Check in)
- In addition to standard cleaning methods, M&O will utilize Protexus electrostatic sprayers using a hospital disinfectant. These sprayers will be located at the Ridgecrest/IWV campus, Tehachapi, Bishop, and Mammoth.
- Restrooms will be fully stocked and cleaned and disinfected frequently throughout the day.
- Bottle filling dispensers at IWV will be cleaned frequently throughout the day.
- Cleaning logs will be placed in each classroom and restroom and will include the date, time, and employee.
- The specific needs of each lab class related to faculty/student and student/student interaction will be determined so that appropriate safeguards can be put in place – face shields, eye protection, gloves, apron, etc. – and appropriate training provided regarding cleaning and disinfecting in between interactions. These labs include the nursing skills lab, the emergency medical technology classrooms, welding and industrial arts spaces, and intercollegiate athletic facilities.
- For on-campus student and learning support services, cleaning protocols will be established that will be used between students (including wiping surfaces and sanitizing hands).
- Each building has filtration at the point in which air is coming into the building. These are 4-ply filters with a minimum efficiency reporting value (MERV) rating of 8.
- The HVAC system utilizes a mixture of indoor and outdoor air to help balance humidity and temperature in the building. The college will maximize the mixture of outside air but may be limited based on outdoor temperatures. The target for outside air is between 15-30%.
- In addition to M&O, each individual on campus is encouraged to use the provided disinfectant spray

and wipes to wipe down desks, equipment, and shared surfaces before and after each use. Signage will be posted reminding individuals of this responsibility.

- Class by class, students and faculty may share responsibility for some on-the-spot disinfecting of supplies or equipment. In these instances, expectations shall be communicated to students on the syllabus and signage will be posted reminding individuals of this responsibility.
- Cleaning and Sanitizing Products:
 - WAXIE Green Botanical Soap
 - WAXIE Lan-O-Tone Soap
 - Central, Pink Lotion Soap
 - Hillyard, Sanitizer (spray)
 - Hillyard, Citrus Scrub
 - Liquid Sanitizer spray 80%
 - Spartan sanitizing wipes
 - Pro Sanitize Gel Hand Sanitizer 70%
- Disinfecting Products:
 - ECOLAB FACILIPRO Multipurpose Hydrogen Peroxide Cleaner
 - Lemon Quat Disinfectant Cleaner
 - Hillyard, Re-Juv-Nal Multipurpose Cleaner
 - PROTEXUS (PUR TABS) Electrostatic Spray, Broad Spectrum disinfectant
 - Clorox Bleach
- Maps outlining the cleaning protocols for each area are attached in Appendix F.
- To reduce the need for cleaning and disinfecting, sharing of supplies and equipment will be greatly reduced or eliminated. Items that are difficult to clean or disinfect shall be discouraged.
 - In the learning assistance centers, shared desktop computers will be severely limited. Keyboards and mice will be cleaned after every student use. Students shall be apprised of the college's Laptop Loan program and laptops made available to students who make such a request. Requests can be made by filling out the Laptop Lending form.
 - The need to handle paper shall be reduced for students and staff by such techniques as
 - ◆ utilizing Canvas for the turning of homework assignments and term papers
 - ◆ ensuring students can access information through their phone or other device
 - ◆ creating pre-assembled packets of typical materials that students can pick up without anyone else handling
 - ◆ utilizing the website and Adobe so that all forms can be accessed online and signed
- If any student, faculty, or staff member has a concern about compliance with these practices on campus, an email has been created to bring this concern to the attention of the Response Team: cc_covid19@listserv.cerrocoso.edu.

Checking for Signs and Symptoms

Employees

Each employee who has not completed the official COVID-19 Response Core Team training and/or whose regularly work schedule has not been posted to the semester's schedule spreadsheet by their supervisor must fill out and submit the Employee Coming to Campus form prior to each visit. If the employee has completed the training and has his or her work hours posted to the spreadsheet, the form must still be filled out if the employee is coming to campus outside of the identified regular work hours. The completion of this form serves multiple purposes including:

- Notification to Safety & Security of who is on campus in case of an emergency
- Notification to Maintenance & Operations so that the area visited can be cleaned and disinfected.
- Notification to Supervisor in case of emergency
- Confirmation from the employee of being symptom free prior to coming to campus.
- Agreement by the employee to abide by all college requirements for a safe and healthful environment including maintaining social distancing, correctly wearing face coverings, etc.

The form asks employees to conduct a self-check and indicate to what extent they have COVID symptoms [as described by the CDC](#):

- 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
- Diarrhea

In addition, for those faculty interacting with students in a classroom environment, each faculty member shall conduct a temperature self-screening prior to coming to campus or admitting students into the classroom. If their temperature exceeds 100.4, class shall be cancelled.

Students and Visitors

Prior to every trip to campus, students and individuals seeking services from the college or attending college-approved activities requiring the physical presence of students and staff must fill out and submit the Student Coming to Campus form. The completion of this form serves multiple purposes including:

- Notification to Safety & Security of who is on campus in case of an emergency
- Notification to Maintenance & Operations so that the area visited can be cleaned and disinfected.

- Notification to the Instructor that the student is intending to come to class
- Confirmation from the student of being symptom free prior to coming to campus.
- Agreement by the student to abide by all college requirements for a safe and healthful environment including maintaining social distancing, correctly wearing face coverings, etc.

The form asks the student to conduct a self-check and indicate to what extent he or she has COVID-19 [symptoms](#):

- 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
- Diarrhea

At the classroom door, faculty will ensure that each student has submitted the Student Campus Visit form and take temperatures before admitting students to the classroom.

- Students shall be turned away if they have not submitted the form
- Students shall be turned away and told college human resources will call them if they answer in any of the following patterns:
 - ◆ If they answer YES to "Cared for or had close contact with a person who has tested positive for COVID-19 or been notified that you may have been exposed to it?"
 - ◆ If they answer YES to "Have you been asked to self-isolate or quarantine by a medical professional or a local public health official?"
 - ◆ If they answer NO to either of those two questions but YES to having more than one or more symptoms
- Students shall be turned away if their temperature exceeds 100.4.
- Once a student has been turned away, the instructor shall notify college human resources or Campus Safety for follow up to determine return-to-campus criteria based on the student's responses.
- Attendance must be taken during each class. If an individual is diagnosed with COVID-19, HR directives shall be implemented as detailed in the subsequent section.

In any situation where the instructor has determined that the student should not be in attendance, and the individual does not comply with their request or becomes agitated or belligerent, he or she shall be removed from campus pursuant to the student conduct policy.

- An instructor can remove a student from the current and the next class meeting, at his or her discretion.
- If assistance is needed, the faculty member should notify Campus Safety.

- A student's failure to comply with the directives of Campus Safety may result in a request for assistance from local law enforcement and a referral to the vice president of student services pursuant to the student conduct policy.
- The faculty or staff member shall notify the vice president of student services. Any removal of a student from class or campus requires that the vice president of student services be notified immediately.

Sick faculty, staff, or students shall not return to in-person classes or any college facilities, or end isolation until they have been properly cleared as indicated below.

Distancing Inside and Outside the Classroom

Limiting close face-to-face contact with others is the best way to reduce the spread of COVID-19. COVID-19 spreads mainly among people who are in close contact (within about 6 feet) for a prolonged period. Spread happens when an infected person coughs, sneezes, or talks, and droplets from their mouth or nose are launched into the air and land in the mouths or noses of people nearby. The droplets can also be inhaled into the lungs. Since people can spread the virus before they know they are sick, it is important to stay at least 6 feet away from others when possible.

Indoor Traffic

- Modified path of travel will guide the flow of traffic in all hallways and areas where services are provided.
- In the student center and outside classrooms, "Wait here" stickers will be placed on the floor to direct traffic.
- Vending machines will be removed where appropriate physical distancing is not feasible.
- Scheduling of services will be modified to ensure spacing of students and the ability to maintain distances or the ability to maintain barriers, such as plexiglass or other barrier.
- Entry to the campus buildings is limited as follows:
 - Ridgecrest
 - ◆ Main Building – East and West Bridge (2nd floor)
 - ◆ Occupational Lab – Exterior door to Fountain rotunda on 1st floor
 - ◆ Learning Resource Center – Main Entrance only "(with an exception for IT employees, who will utilize the east entrance)
 - ◆ Gymnasium – Main Entrance only
 - ◆ East Wing – West entrance
 - Bishop
 - ◆ Front (east) lobby door
 - Mammoth
 - ◆ Front (northeast) lobby door
 - Tehachapi
 - ◆ Main front doors located on Snyder Ave
 - ◆ (For EMTC course) Quad entrance doors on Snyder Ave.

- Kern River Valley
 - ◆ Double entrance doors at front of building

Inside the Classroom

For fall 2020, M&O has consulted with every department offering classes wholly or partly in person to determine the specific needs of each lab class related to faculty/student and student/student interaction and the appropriate safeguards to be put in place – face shields, eye protection, gloves, apron, etc. These labs include the nursing skills lab, the emergency medical technology classrooms, the welding and industrial arts spaces, and intercollegiate athletic facilities.

- Seating/desks have been spaced at least six feet apart.
- For courses offered in specialized indoor settings, substantial physical distancing shall be observed, with groups of students rotated in and out of activities as required to maintain the appropriate space.
- Students and visitors are encouraged to arrive 15 minutes early. Late students will not be allowed entry; faculty shall be encouraged to state this practice on their syllabus
- Students will queue up outside the classroom when they arrive for class. Students must adhere to the markers on the ground that indicate safe social distancing.
- Entry to the classrooms is limited as follows:
 - Ridgecrest
 - ◆ DRFT C108: East door to WW145
 - ◆ MCTL C107: East door to WW145
 - ◆ WELD C101: East door to WW192
 - ◆ WELD C102: East door to WW147
 - ◆ WELD C200: East door to WW147
 - ◆ WELD C203: East door to WW147
 - ◆ WELD C204: East door to WW147
 - ◆ WELD C210: East door to WW147
 - ◆ EMTC C070: South door MB 105
 - ◆ EMTC C105: South door MB 105
 - ◆ HCRS C100: Interior door to Skills Lab
 - ◆ HCRS C103: Interior door to Skills Lab
 - ◆ HCRS C107: Interior door to Skills Lab
 - ◆ HCRS C113: Interior door to Skills Lab
 - Bishop
 - ◆ Outside of Restrooms
 - ◆ North(west) hallway entrance by room 163
 - ◆ Staff mailroom/lounge/copy room
 - ◆ A&R counter
 - ◆ Classrooms: 176/7, 160, 162, and 163, (as needed 110 – CPR, CNA one day each)
 - Mammoth

- ◆ Outside of Restrooms
- ◆ Lobby North (main) entrance
- ◆ Staff mailroom/lounge/copy room
- ◆ A&R Counter
- ◆ Classrooms: 202, 206, 215, 216
- Tehachapi
 - ◆ EMTC C070: Door to Room 13
 - ◆ EMTC C105: Door to Room 13

If any student, faculty, or staff member has a concern about compliance with these practices on campus, an email has been created to bring this concern to the attention of the Response Team: cc_covid19@listserv.cerrocoso.edu.

Learning Support Services (Tutoring and Individual Study)

Tutoring and individual study will be available at each campus during the following days and times starting on the first day of the semester. Days and times may be adjusted throughout the semester, or cancelled entirely, based on level of demand.

- Ridgecrest:
 - Times: Mondays, Wednesdays, and Thursdays from 9AM to 6PM
 - Location: Learning Resource Center – 2nd floor
- Bishop:
 - By appointment only
 - Allied Health classes: North door by skills lab
- Mammoth:
 - By appointment only
 - EMTC C105: Front lobby door
- Tehachapi:
 - Times: Tuesday and Thursday from 10 AM to 5 PM
 - Room Location: LAC/LRC Room 12

In addition:

- Any individual requesting an appointment for tutoring or individual study must submit a [Student Tutor Request Form](#). Appointments must be made in advance, and the Student Campus Visit form filled out and submitted prior to the student arriving on campus and being admitted to the facility. The student shall select Learning Assistance Center, and it will be routed to the staff member on duty.
- All tutoring will be held in a one-to-one session with attendees wearing face coverings and remaining six feet apart and otherwise observing all aspects of healthy hygiene practices.
- Study spaces shall be set up so that students are seated at least six feet apart and capacity capped for each facility through an appointment system to ensure that no more than the maximum number of students and staff are present at any given time that ensures safe social distancing.

If any student, faculty, or staff member has a concern about compliance with these practices on campus, an

email has been created to bring this concern to the attention of the Response Team: cc_covid19@listserv.cerrocoso.edu.

Field Trips

Field trips may continue to be offered by faculty in order to provide students with a valid educational experience. Field trip requests will be reviewed on a case-by-case basis. Only the following modes are permitted until restrictions are lifted:

- Students are assigned to go to the location on their own with no supervision. The instructor simply assigns the students to attend the location as an assignment on their own time.
- The instructor has students meet together at a particular location and time. Students are on their own in relation to transportation to and from the event. Students abide by the location's or Cerro Coso's COVID-19 protocols, whichever is more stringent.

Other Work-Related Distancing Circumstances

Employees may have regular work hours on campus either by choice or by assignment pursuant to the appropriate collective bargaining agreement. Also, it may be necessary from time to time for a faculty or staff member to meet with a student face-to-face to conduct college business.

- When this happens, where there is more than one individual sharing a general work area, work schedules will be rotated to the extent possible so that only one individual is in the space at a time or another workspace is identified.
- Any face-to-face meeting with students by faculty or other employee held on campus will take place in the learning assistance center, one-stop shop, or other sufficiently sized room to maintain social distancing. Students must complete the Student Campus Visit form prior to arrival; faculty and staff must complete the Employee Campus Visit form.
- Face-to-face services will observe social distancing, reducing the number of students served as necessary and in all other respects practice the same protocols as other support services.
 - Where interactions between students/staff cannot be reduced to six feet, the interaction will take place where plexi-glass partitions are installed
 - To the extent possible, use of individual workstations will be rotated to allow for cleaning & disinfecting

Plan for When a Staff Member or Student Becomes Sick

The guidance below adheres to the SWACC guidelines and is subject to modification depending on the individual situation. See Appendix H. The college HR office must know immediately of any possible COVID-19 exposure for all individuals in order to assess the situation; if necessary, the district HR office will give additional guidance.

If a faculty, staff member, or student is concerned that another faculty, staff member, or student is sick, they should report the concern to their instructor, supervisor, Campus Safety, Human Resources office, or by email to cc_covid19@listserv.cerrocoso.edu.

When a student or employee is sick:

- They should be directed to immediately leave campus and told that college human resources will call them for follow up to determine their return-to-campus criteria.
 - Isolated waiting areas are as follows:
 - ◆ Ridgecrest – West Wing Bridge 233
 - ◆ Bishop – Room 160
 - ◆ Mammoth – Room 215
 - ◆ Kern River Valley – Room 6
 - ◆ Tehachapi – Room 8
- They should be directed to contact the local medical facility, or their personal health care provider to discuss the need for a COVID-19 test.
- Under no circumstances should the person's name be disclosed except to Campus Security, Human Resources, and the area administrator.
- Applicable state, county, and city laws and regulations will be followed regarding the notification process in cases of confirmed COVID-19 case on campus.
- The individual sending the sick student or employee home must document the interaction using the Report of Sick Employee or Student Form found in Appendix D.
- If a faculty or staff member becomes aware of a student who has become sick—such as the student emailing the faculty member directly but not submitting the Coming to Campus form—the faculty or staff member must still notify college human resources so that follow up can occur to determine return-to-campus scenarios based on the student's responses.
- College Human Resources will take ownership of the Report of Sick Employee or Student and conduct a more detailed incident assessment and response. College Human Resources will coordinate with appropriate individuals, including the M&O Director, area supervisor/manager, and outside environmental health agency, regarding additional actions that may need to be taken in response to the report.
 - Human Resources retains these reports for recordkeeping purposes.

Employees

District Human Resources will provide the memoranda of understanding (MOUs) for Fall 2020 between CSEA and CCA as it relates to COVID-19 processes and procedures and changes in working conditions that are necessary.

Non-Work-Related Exposure

When an employee indicates that they know they have been exposed somewhere other than work:

- Send the employee home for fourteen-day self-quarantine (sick leave or remote work)
 - If tested during this time and is negative but still no symptoms, complete the 14-day self-quarantine (Emergency Paid Sick Leave (EPSL), sick leave or remote work).
 - If tested during this time and is positive but still no symptoms, can return after at least 10 days have passed since their first positive test (Emergency Paid Sick Leave (EPSL), sick leave or remote work)

- If during the fourteen-day quarantine the employee indicates symptomologies of COVID-19, recommend the individual see their health care provider for a COVID-19 test.
 - If not tested or receive a negative test result the following must be met:
 - ◆ At least 10 days since symptom onset
 - ◆ At least 24 hours without fever and
 - ◆ Improvement of respiratory symptoms
 - If tested or receive a positive test result the then employee to remain off campus in self-isolation until release from doctor or Kern County Public Health (EPSL, sick leave or remote work)

Any contact with a COVID-19 positive person, but they are unsure of their exposure to that person, contact being defined as being within 6 feet longer than 15 minutes. For example, a function, gathering or other public setting where there was a COVID-19 positive individual

- Employee is asymptomatic.
 - Individual returns to usual work schedule
- Employee is or becomes symptomatic – refer employee to their health care provider
 - If not tested or receive a negative test result the following must be met:
 - ◆ At least 10 days since symptom onset
 - ◆ At least 24 hours without fever and
 - ◆ Improvement of respiratory symptoms
 - If tested or receive a positive test result the then employee to remain off campus in self-isolation until release from doctor or Kern County Public Health (EPSL, sick leave or remote work)

Work Related Exposure

When an employee is exposed to another COVID-19 positive employee at work

- Send the employee home for fourteen-day self-quarantine (paid administrative leave or remote work)
- If during the fourteen-day self-quarantine the employee becomes symptomatic, send employee to WC facility for a COVID-19 test then home awaiting results of the test (EPSL, sick leave, paid administrative leave or remote work)
 - If receive a negative test result the following must be met:
 - ◆ At least 10 days since symptom onset
 - ◆ At least 24 hours without fever and
 - ◆ Improvement of respiratory symptoms
 - If positive test result the then employee to remain off campus in self-isolation until release from doctor or Kern County Public Health (EPSL, sick leave, or remote work, if WC is approved, sick leave will be changed to industrial leave)

Students

When a student indicates that they know they have been exposed:

- Student should self-quarantine for fourteen days.
 - If tested during this time and is negative but still no symptoms, complete the 14-day self-quarantine.

- If tested during this time and is positive but still no symptoms, can return after at least 10 days have passed since their first positive test
- If during the fourteen-day quarantine the student indicates symptomologies of COVID-19, recommend the individual see their health care provider for a COVID-19 test.
 - If not tested or receive a negative test result the following must be met:
 - ◆ At least 10 days since symptom onset
 - ◆ At least 24 hours without fever and
 - ◆ Improvement of respiratory symptoms
 - If tested or receive a positive test result the then student to remain off campus in self-isolation until release from doctor or Kern County Public Health

Any contact with a COVID-19 positive person, but they are unsure of their exposure to that person, contact being defined as being within 6 feet longer than 15 minutes.. For example, a function, gathering or other public setting where there was a COVID-19 positive individual

- Student is asymptomatic.
 - Individual returns to usual work schedule
- Student is or becomes symptomatic – refer individual to their health care provider
 - If not tested or receive a negative test result the following must be met:
 - ◆ At least 10 days since symptom onset
 - ◆ At least 24 hours without fever and
 - ◆ Improvement of respiratory symptoms
 - If tested or receive a positive test result the then student to remain off campus in self-isolation until release from doctor or Kern County Public Health

Training and Support

All available opportunities will be used to communicate to faculty, staff, and students the importance of staying home and self-isolating if sick and of other healthy hygiene practices. This includes email communications, social media, college website, Navigate, Canvas, and CC-Information, signs, and videos.

The COVID-19 Core Response Team will provide CC staff with training and communication prior to the return to campus to ensure that all staff and students understand the risks and healthy hygiene practices associated with COVID-19. Training will include precautions against infection and the college's procedures and guidelines related to the pandemic and reopening plans, as well as how to provide training for students.

The Core Response Team will coordinate training for faculty, staff, and students related to topics such as

- How to [prevent the spread of COVID-19](#), including self-isolation and the importance of not coming to work or attending class
- [Healthy hygiene](#) practices
- [Symptoms](#) and [self-screening](#)
- Proper use of personal protective equipment, including [face coverings](#)
- Information on employer or government-sponsored leave benefits
- [What to do if they are sick](#) or believe another is sick

Live trainings can be conducted virtually—for example, at faculty flex day. Or they can be conducted in person—for example, for M&O staff—as long as masks are worn, social distancing is maintained, and all re. In addition, training can be provided through [videos](#) and other media formats.

In addition, faculty have an added responsibility to reiterate these topics to students as part of the orientation process for each individual course. There will be statements included in each on-campus course syllabus that outlines the expectations for participating in a face-to-face course, including reference to the student conduct policy.

Considerations for Partial or Full Closure

To the extent the college experiences a circumstance that it must consider a partial or full closure, it intends to closely follow the guidelines from the CDPH:

- Check State and local health officer orders and health department notices frequently about transmission in the area or closures and adjust operations accordingly.
- When a student, faculty, or staff member tests positive for COVID-19 and has exposed others at the school, implement the following steps:
 - Consult the local public health department regarding additional follow-up needed to identify close contacts, and recommended actions, closures, or other measures to protect your community.
 - Give standard guidance for isolation at home for 10 days for COVID19 infected persons.
 - Give standard guidance for quarantine at home for at least 14 days after close contact, parts or all of the campus might need to close temporarily as students or staff quarantine. Refer to local health department website or CDPH Isolation & Quarantine Guidance.
 - Additional close contacts outside of the residence and classroom should also quarantine for 14 days at their residence.
 - Develop communication plans for exposure notifications or school closure to include outreach to students, parents, faculty, staff, and the community.
 - Include information for workers regarding labor laws, information regarding Disability Insurance, Paid Family Leave, and Unemployment Insurance, as applicable.
 - Provide guidance to students, parents, faculty, and staff reminding them of the importance of community physical distancing measures while some or all of campus is closed, including discouraging students or staff from gathering elsewhere.
 - Develop or review plans for continuity of education.
 - Monitor local public health department website and maintain regular communications.

COVID-19 Response Teams

Due to the size of the college, the COVID-19 Core Response Team is responsible for managing this plan. At Cerro Coso Community College, teams responding to COVID-19 include the Core Response Team and the Extended Response Team. Membership of each team is identified in Appendix A.

Core Team

- Ensuring this plan and associated practices are updated to reflect current public health guidance.

- Facilitating the extended team. (Safety Manager)
- Developing global and common environment safe practices, as well as guidance for creating area/operation specific safe practices.
- Providing support to supervisors in developing area/operation specific practices.
- Managing global facility color-coded mapping activities and facility maps. (M&O Director)
- Reviewing, approving, and inventorying all safe practices.
- Providing training on global and common environment safe practices, as well as training for supervisors on their responsibilities under this plan, including the creation of specific area/operation safe practices.
- Coordinating global communications to visitors/vendors. (Director, Public Relations and Institutional Advancement)
- Reviewing and archiving inspection records.
- Reviewing and managing the completion of response actions related to known or suspected cases of COVID-19.
- Coordinating with responsible parties (e.g., building maintenance) to ensure proper consideration is given to minimizing potential environmental health concerns related to building closures and re-openings. (M&O Director)
- Coordinating with responsible parties (e.g., purchasing) to address the specification, acquisition, distribution and inventory of supplies critical to implementation of safe practices. (M&O Director)

Extended Team

This team is comprised of the Safety and Security Committee at Cerro Coso Community College, a reporting committee of College Council. It consists of representatives from primary organizational units and serves as a bridge between the core team and all employees and stakeholders. The team reviews information and plan updates provided by the Core Team and provides feedback regarding challenges and opportunities related to the implementation of the protocols and other plan provisions.

Appendices

Appendix A: Designated Contacts

Covid-19 Core Response Team

NAME	DEPARTMENT/TITLE	PHONE	EMAIL
Dr. Sean Hancock	President	760-384-6212	sean.hancock@cerrocoso.edu
Corey Marvin	Vice President, Instruction	760-384-6201	cmarvin@cerrocoso.edu
Heather Ostash	Vice President, Student Services	760-384-6249	hostash@cerrocoso.edu
Lisa Couch	Vice President, Finance & Administrative Services	760-384-6230	lcouch@cerrocoso.edu
Mike Campbell	Director, IT	760-384-6159	mcampbell@cerrocoso.edu
Natalie Dorrell	Director, Public Relations & Institutional Advancement	760-384-6260	ndorrell@cerrocoso.edu
Resa Hess	Manager, HR	760-384-6259	rhess@cerrocoso.edu
Cody Pauxtis	Director, Maintenance & Operations	760-384-6369	cody.pauxtis@cerrocoso.edu
Kevin King	Manager, Safety & Security	760-384-6367	kevin.king@cerrocoso.edu
Deanna Campbell	Director, Eastern Sierra College Center	760-872-5301	dcampbell@cerrocoso.edu
Lisa Stephens	Director, East Kern	760-379-6813	lisa.stephens@cerrocoso.edu
Notes			
Team Meetings- TBD for Fall 2020			

Covid-19 Extended Response Team

See membership of the Safety & Security Committee (Participatory Governance Committee)

Notes

Team Meetings—TBD for Fall 2020

Internal Team Resources

Coronavirus Updates (Faculty, Staff & Students)

<https://www.cerrocoso.edu/campus-safety/coronavirus-covid-19-updates>

Environmental Health Consultant

Forensic Analytical Consulting Services (www.forensicanalytical.com)

Name

o. xxx-xxx-xxxx

d. xxx-xxx-xxxx

xxxx@forensicanalytical.com

Local Public Health Department Contacts

Kern County

<https://kernpublichealth.com/>

Inyo County

<https://www.inyocounty.us/services/health-human-services/public-health-and-prevention-division>

Mono County

<https://monohealth.com/public-health>

Key Guidance & References

CDC (Centers for Disease Control)

Main: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Industry Guidance: https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fguidance-business-response.html

Colleges & University Guidance: <https://www.cdc.gov/coronavirus/2019-ncov/community/colleges-universities/index.html>

California

Main: <https://covid19.ca.gov/>

Industry Guidance: <https://covid19.ca.gov/industry-guidance/>

Cal/OSHA: <https://www.dir.ca.gov/dosh/coronavirus/Health-Care-General-Industry.html>

Other Resources

California Community College Chancellor's Office: <https://www.cccco.edu/About-Us/Chancellors-Office/Divisions/Communications-and-Marketing/Novel-Coronavirus>

American Industrial Hygiene Association (AIHA): <https://www.backtoworksafely.org/>

Appendix B: Child Development Center Protocols

California City Location Operational Policies and Procedures

This is a fluid document outlining our plans as we re-open our center. It will be updated as we work out processes and best practices are figured out. We are open to all feedback and suggestions on how we can support one another during this time.

- Discussion with CCLD analyst including tele-visit
- Hanging of all notices and posters per licensing
- Pre-opening licensing checklist
- If you are showing, any signs of illness DO NOT ENTER THE BUILDING!
- Face coverings are to be worn while on premises.

Families will not be admitted into the classroom due to the classrooms open floor plan. Drop off and pick up will take place on the side of the building. Families must adhere to all social distancing policies at all times and wear face coverings. Families must wait on X or remain in their cars if multiple families are dropping off at the same time.

Families who need to sign paperwork or meet with the staff must sign in, have health check performed including temperature check and wash hands.

Children are required to wear masks. We cannot force a child to keep a mask on their face, but we highly encourage a mask for everyone over the age of 2. Having an extra mask on site is encouraged as best practice in case the first one becomes soiled.

Drop off

A staff member (management or teacher) will check the child in every morning.

- Families will sanitize hands using a hand sanitizer that contains 60% more alcohol prior to picking up their assigned clipboard and pen.
- Ink pens are in 2 containers- one clean on the first table and one dirty on the second table.
- Daily health check performed including taking the temperature (using a no touch thermometer). Information is recorded on log and family member staff both sign off on log.
- Family member can then sign in child.
- Pen is placed in dirty pen container, clipboard is placed on the table
- Staff walks child into the classroom.

Staff doing morning health check –

- Sanitize hands prior to performing health check
- Wear mask
- Perform daily health check
- Walk child to classroom
- Clean thermometer with alcohol wipe between each child
- Clean hands prior to performing another health check
- Disinfect or sanitize sign in area that family used

Pick up:

- Family sanitize hands
- Family will retrieve their clipboard and clean pen from the first table and sign their child out
- Family place the used pen in the dirty pen bucket and place their clipboard on the second table
- Family will wait for family at the end of the ramp
- Child will clean their area up
- Child will wash their hands
- Staff member will walk them to the front door to their families

Daily admittance:

Children will not be admitted if they are showing any of the following signs of illness including:

- Temperature over 100.4 (temperature will be taken by a staff member daily)
- Cough (frequent and unusual)
- Discharge from eyes, nose, mouth (Green, excessive watery, etc.)
- Sneezing (frequent and unusual)
- Shortness of breath
- Constant Runny nose (that is not clear)
- Any abnormal signs of behavior
- Or at the discretion of the CDC staff

Classroom Items:

- Must have at least 2 sets of extra clothes- All clothing that has secretion or excretion is changed immediately. If clothes are sent home because they are soiled, please send in new clothes the next day.
- Masks- A plastic bag with child's name will be in their cubby. When children are not wearing them, they will be inside the bag. Masks are sent home when soiled, daily or every Friday to be washed (based on the families' preference).
- No toys or extra items from home (please talk to Jessica if special circumstance exist).

Meal times:

- No family style dining.
- One staff will serve all the children at all tables in the classroom.
- Staff will wear gloves and not touch anything else. Use tongs/serving utensils to serve the children.
- Children are offered each meal item and they have a choice of what they eat.
- Children spaced out with at least one chair between them. More if possible.
- Drinking Water:
 - Children have the right to drink water throughout the day whenever they want.
 - Children can use the inside drinking fountains which will be sanitized frequently and disinfected mid-day and end of day or will be provided with a water cup with their name on it by the staff member to be filled from the water jug. The water jug will be washed and sanitized daily.

Classroom space and set up:

- HANDWASHING- staff and children will follow a 6-step procedure for handwashing. Staff will assist children in assuring that all 6 steps are completed.
 - Upon entering classroom
 - Upon re-entry into room (at any time)
 - After using restroom
 - Before and after eating
 - After taking off, putting on or touching face mask
 - Anytime hands are near face or in mouth
 - After wiping nose, cough or handling any bodily fluids
 - Only use sanitizer if you cannot wash hands
- Children required to wear masks
 - Staff use social stories to discuss why mask usage is needed
- Group sizes to remain as low as possible
- Room is arranged to encourage physical distancing including areas of individualized play
 - Tape is used to define areas of play
- Children encouraged to remain 6 feet apart
 - No group time or large group activities
- Limited amount of toys out each day
- Rotate toys to maintain interest
- Provide toys and materials that are developmentally appropriate and provide enriching learning times
- Dirty toy baskets available
 - Toys that are dirty are placed up in the dirty toy basket until properly cleaned and returned to floor
- Children each provided with personal container of items that are non-shareable (crayons, pencils, etc)
- Social component of school maintained as much as possible

Outside play: spend as much time as possible outside

- Outside activities encouraged (in appropriate weather)
- Inside activities brought outside
- Cleaning guidelines remain
- Handrails on climber, bike handles, swing chains, picnic tables and benches, etc. should be cleaned frequently

STAFF GUIDELINES:

- Staff wash hands immediately upon entering the building, prior to signing in or touching anything.
- Staff will self-certify each day that they do not have a fever and have not been exposed to COVID-19 in the past 48 hours upon signing in. Ink pens used to sign in will stay with them for the day or be placed in the dirty pen bucket.
- Staff will wear aprons while in the classrooms.

- Masks are worn in the building per CA guidelines. Masks need to be cleaned on a daily basis. It is the staff member's responsibility to have a clean mask. If for some reason they need one, please let Tiffany know.
- Used aprons are placed in the white mesh bag to be laundered throughout the week.
- Staff will ensure proper handwashing of all children and staff at all times.
- Staff will ensure the supervision of children at all times by performing head counts aloud, especially at transition times.
- Children will have a warm and supportive environment where their emotional, social, physical, and intellectual development is enriched.
- Staff will maintain communication regarding each child virtual methods on a consistent basis (email, phone, zoom, notes, etc)
- Staff will model appropriate behaviors such as not touching face, proper handwashing, maintaining social distance, etc.

If a child becomes sick while at school:

- Child must be isolated immediately
- Notify supervisor/director immediately
- Do not allow another child to use the area until cleaning is done
- Family will be notified to pick up immediately
- If COVID-19 symptoms – administration will follow up with proper authorities

CLEANING**Cleaning during the day:**

- Bathrooms cleaned then sanitized with a bleach water solution after each child uses it. Maintain other cleaning as normal.
- Clean and sanitize tables before meal times. Clean and disinfect tables after all meals.
- Clean and sanitize tables in between children using them.
- Classroom sinks/drinking fountains cleaned and sanitized frequently.
- Between classes:
 - Morning classroom materials/ toys removed and afternoon classroom materials/ toys brought out.
 - Doors/shelves/walls are cleaned and disinfected

Toys in dirty basket cleaning process:

- Staff put on gloves.
- Wash toys with soapy water.
- Clean with List N EPA registered disinfectant (lemon Quat).
- Let sit for 10 minutes.
- Rinse.
- Air dry.

Nightly Cleaning:

- CDC staff will clean all toys used in the classrooms at the end of day following cleaning procedures listed above.
- Tables and chairs cleaned with soap and water then a List N EPA registered cleaner (lemon quat) prior to picking up chairs.
- Shelves/cubbies (sides/insides, etc) cleaned with a List N EPA registered cleaner (lemon quat).

A CDC staff will use disinfectant to clean keyboards and phones in common areas every day. Cloth chairs are disinfected each day.

Outside cleaning:

We will be maintaining regular cleanings on the outside playground equipment in accordance with state regulations along with all CDC recommendations.

Opening and Closing checklist:

An opening and closing checklist of cleaning/preparation tasks is posted in the sign in book.

CC janitorial staff will clean the whole center every night following all guidelines and M & O cleaning schedule**Resources used to create this guidance include:**

<https://www.cdss.ca.gov/inforesources/child-care-licensing>

<https://www.cde.ca.gov/sp/cd/re/elcdcovid19.asp>

<https://files.covid19.ca.gov/pdf/guidance-childcare--en.pdf>

<https://www.cdpr.ca.gov/docs/schoolipm/>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-childcare.html>

<https://nrckids.org/files/CFOC4%20pdf-%20FINAL.pdf>

California City Location Cleaning

All staff have completed the annual training on the use of disinfectants per The Healthy Schools Act. Training found online at <https://apps.cdpr.ca.gov/schoolipm/>.

Staff are provided the use of PPE including protective eyewear and gloves.

Tables and chairs

- Before each- use soapy water and then sanitize (Regular sanitizer)- one paper towel per table
- After each meal - tables cleaned with soapy water then disinfected with Lemon Quat (Spray, let sit for 10 minutes, remove any excess liquid, air dry), then clean with soapy water to remove disinfectant residue
- End of day- tables cleaned with soapy water then disinfected with Lemon Quat (Spray, let sit for 10 minutes, remove any excess liquid, air dry)
- Chairs needs to be cleaned as well. Be sure to get the backs and sides.

Shelves/Sides of cubbies (places children touch)

- Clean then disinfectant with Lemon Quat- (Spray, let sit for 10 minutes, remove any excess liquid then air dry)
- All sides of shelves inside and out daily. If shelves are being cleaned properly- tape residue, dust bunnies, etc should not exist.

Toys

- After mouthed and placed in dirty toy bucket- washed with soapy water- cleaned with disinfectant (Lemon Quat- let sit for 10 minutes, rinse, then air dry)
- End of day all toys taken to kitchen washed in dishwasher.
 - If unable to fit in dishwasher or cannot take to kitchen then must be cleaned with soapy water then disinfected with Lemon Quat (let sit for 10 minutes, rinse, then air dry)
- Do not use a sponge unless it is a new sponge or you are able to microwave the sponge for 2 minutes

Bathrooms

- Sinks and toilets- Cleaned with soap and water then with bleach solution after each use
 - Bleach sits for a min. of 2 minutes before being wiped dry.

Microfiber cloths to be used to clean shelves, as they are more effective than paper towels

Mixing of chemicals and reuse of bottles for another chemical is prohibited

When spraying chemicals (Disinfectant/Sanitizer/etc.) use it as a stream rather than a mist.

Bleach water must be made daily and date must be on bottle.

1 Tbsp bleach to 1 gallon of water = 1 tsp of bleach per 32 oz water.

Put water into bottle then add bleach. Use cold water.

Bottles need to be labeled!

Lemon Quat- disinfectant- Yellow label

Hand and home sanitizer- Purple label

Sanitizer- chemical label

Bleach- Blue label

Soapy water- no label – just write on it

Kitchen

- Counters- before and after
 - Clean with soapy water and the sanitize with bleach solution – must sit for 2 minutes before being wiped dry

Guidance used to create this document located at <https://files.covid19.ca.gov/pdf/guidance-childcare--en.pdf>

IWV Campus (Ridgecrest) Operational Policies and Procedures

This is a fluid document outlining our plans as we re-open our centers. It will be updated as our processes and best practices are figured out. We are open to all feedback and suggestions on how we can support one another during this time.

- Discussion with CCLD analyst including tele-visit
- Hanging of all notices and posters per licensing
- Pre-opening licensing checklist

If you are showing, ANY signs of illness DO NOT ENTER THE BUILDING!

- You must be wearing a face covering to enter the building.

Families will not be admitted past the lobby. Only one family member per child allowed entering the center at a time. No more than 2 families in the lobby at one time. Families must adhere to all social distancing policies at all times and wear face coverings. Families must wait outside on X or remain in their cars if multiple families are dropping off at the same time.

To enter the building you will walk down the steps and enter on the west door. To exit the building, exit the east door and walk around the front of the center to the parking lot. If you have mobility needs, please inform Jessica immediately. Look for directional signage.

Children are highly encouraged to wear masks. We cannot and will not force a child to keep a mask on their face, but we highly encourage a mask for everyone over the age of 2 per CDC recommendations.

Families who need to sign paperwork or meet with the staff must sign in, have health check performed including temperature check and wash hands.

Drop off:

A staff member (management or teacher) will check the child in every morning.

- Families will sanitize hands using a hand sanitizer that contains 60% more alcohol prior to entering the building.
- Ink pens are in 2 containers- one clean and one dirty. Use a clean pen then place it in the dirty basket. All pens will be properly cleaned prior to reuse.
- Staff will provide sign in sheet and daily health check form to family daily.
- Daily health check performed including taking the temperature (using a no touch thermometer), the information is recorded on log, family member/staff both sign off on log.
- Family member can then sign in child.
- Child will choose a facemask to wear.
- Staff walks child back to class.

Staff doing morning health check –

- Sanitize hands prior to performing health check
- Wear mask
- Perform daily health check
- Walk child to classroom

- Clean thermometer with alcohol wipe between each child
- Clean hands prior to performing another health check
- Clean and disinfect sign in area that family used

Pick up:

- Family sanitize hands prior to entering building
- Staff provides sign out sheet
- Staff retrieves child from classroom, bring to family and shares needed information about day. (Teachers are still reachable via email, apps and phone for questions and concerns you may have regarding your child)

Daily admittance:

Children will not be admitted if they are showing any of the following signs of illness including:

- Temperature over 100.4 (temperature will be taken by a staff member daily)
- Cough (frequent and unusual)
- Discharge from eyes, nose, mouth (Green, excessive watery, etc)
- Sneezing (frequent and unusual)
- Shortness of breath
- Constant Runny nose (that is not clear)
- Any abnormal signs of behavior
- Or at the discretion of the CDC staff

Children's face coverings:

Every child will be offered a center facemask after they are signed in. A large zip lock baggie holds the masks that children can choose from. If they have a personal mask from home, that mask is placed in a baggie labeled with their name and taken to their cubby to await pick up. At the end of the day or when soiled the facemask is placed in the classrooms garment bag to be laundered. Masks are laundered in hot water as needed to ensure the supply of masks to children. Children do not have to wear a center mask. They can keep their personal mask on.

Classroom Items:

- Clothing- Must have at least 2 sets of extra clothes- All clothing that has secretion or excretion is changed immediately. If clothes are used, send in new clothes the next day.
- No toys or extra items from home (please talk to Jessica if special circumstance exist).
- Nap blankets/nap items need to remain at school for the entire week.

Meal times:

- No family style dining.
- One staff will serve all the children at all tables in the classroom.
- Staff will wear gloves while using tongs/serving utensils to serve the children.
- Children are offered each meal item and they have a choice of what they eat.
- Children spaced out with at least one chair between them. More if possible.

- Disposable paper products are used to eat all meals on.
- Drinking Water:
 - Children have the right to drink water throughout the day whenever they want.
 - ◆ Children can use the inside drinking fountains (which will be sanitized frequently and disinfected mid-day and end of day) or will be provided with a disposable water cup by the staff member to be filled from the water jug. The water jug will be washed and sanitized daily. Prior to handing out the cups, the staff member will clean hands.

Classroom space and set up:

- Upon entering classroom everyone (children and staff) will follow all 6 steps of handwashing- if child does not complete all 6 steps then they need to re do
 - Upon re-entry into room (at any time)
 - After using restroom
 - Before and after eating
 - After taking off, putting on or touching face mask
 - Anytime hands are near face or in mouth
 - After wiping nose, cough or handling any bodily fluids
 - Only use sanitizer if you cannot wash hands
- Children (above the age of 2) strongly encouraged to wear masks at all times. If mask is not worn physical distancing is implemented.
 - Staff use social stories to discuss why mask usage is needed
- Group sizes remain as low as possible while classrooms are arranged to encourage physical distancing including areas of individualized play.
 - Tape is used to define areas of play
- Children encouraged to remain 6 feet apart
 - No group time or large group activities or sensory activities
- Limited amount of toys out each day
- Rotate toys to maintain interest
- Provide toys and materials that are developmentally appropriate and provide enriching learning times
- Planned lessons and enriching curriculum presented daily
- Dirty toy baskets available
 - Toys that are dirty are placed up in the dirty toy basket until properly cleaned and returned to floor
- Children each provided with personal container of items that are non-shareable (crayons, pencils, etc)
- Social component of school maintained as much as possible.
- Nap mats placed as close to 6 feet apart as possible. Children placed head to foot
 - Staff washing mat after nap. Use List N EPA registered disinfectant. Keep all bedding inside a labeled bag. Continue to wash bedding once a week.

Outside play: spend as much time as possible outside

- Outside activities encouraged (in appropriate weather)

- Inside activities brought outside
- Cleaning guidelines remain
- Handrails on climber, bike handles, swing chains, picnic tables and benches, etc. should be cleaned frequently

STAFF GUIDELINES:

- Staff wash hands immediately upon entering the building, prior to signing in or touching anything.
- Staff will self-certify each day that they do not have a fever and have not been exposed to COVID-19 in the past 48 hours upon signing in. Ink pens used to sign in will stay with them for the day or be placed in the dirty pen bucket.
- Staff will wear aprons while in the classrooms.
- Masks are worn in the building per CA guidelines. Masks need to be cleaned on a daily basis. It is the staff member's responsibility to have a clean mask. If for some reason you need one, please let Jessica know.
- Used aprons are placed in the white mesh bag located in lounge to be laundered throughout the week.
- Staff will ensure proper handwashing of all children and staff at all times.
- Staff will ensure the supervision of children at all times by performing head counts aloud, especially at transition times.
- Children will have a warm and supportive environment where their emotional, social, physical, and intellectual development is enriched.
- Teachers will maintain communication with families regarding each children on a consistent basis using virtual methods if needed (email, phone, zoom, notes, etc.)
- Staff will model appropriate behaviors such as not touching face, proper handwashing, maintaining social distance, etc.

CLEANING**Cleaning during the day:**

- Bathrooms cleaned then sanitized with a bleach water solution after each child uses it. Maintain other cleaning as normal.
- Clean and sanitize tables before meal times. Clean and disinfect tables after all meals.
- Clean and sanitize tables in between children using them.
- High traffic areas (doors, walls, etc.) washed and sanitized during naptime.
- Classroom sinks/drinking fountains cleaned and sanitized frequently.

Toys in dirty basket cleaning process:

- Staff put on gloves.
- Wash toys with soapy water.
- Clean with List N EPA registered disinfectant (lemon quat)
- Let sit for 10 minutes
- Rinse
- Air dry

Nightly Cleaning:

- CDC staff will clean all toys used in the classrooms at the end of day following cleaning procedures listed above
- Tables and chairs cleaned with soap and water then be disinfected using a List N EPA registered cleaner (lemon quat) prior to picking up chairs
- Shelves/cubbies (sides/insides, etc) cleaned with soap and water then disinfected using a List N EPA registered cleaner (lemon quat)
- **CC janitorial staff will disinfect the whole center every night following all guidelines and M & O cleaning schedule**

If a child becomes sick while at school:

- Child must be isolated immediately
- Notify supervisor/director immediately
- Do not allow another child to use the area until cleaning is done
- Family will be notified to pick up immediately
- If there are COVID-19 symptoms – administration will follow up with proper authorities

Outside cleaning:

We will be maintaining regular cleanings on the outside playground equipment in accordance with state regulations along with all CDC recommendations.

Break room/ lobby/office areas:

Staff will clean after themselves using soap and water followed by a List N EPA registered disinfectant (lemon quat). Computer stations have "THIS AREA IS SANITIZED" signs that are used to show when areas are cleaned. After cleaning the area staff will be place sign back down, so others know it is ready to use.

Prior to opening for the day, a CDC staff will clean with soap and water followed by a List N EPA registered disinfectant wipes or spray (lemon quat) the following areas:

Break room:

- Counters
- Chairs
- Tables
- Keyboards/computers
- Phones
- Filing cabinet fronts
- Cupboard handles
- Appliance (Refrigerator/microwave, etc.) handles
- Locker fronts
- Disinfect couches

Offices:

- Tops/sides of desks

- Chairs

Keyboards/computers:

- Phones
- Filing cabinet fronts
- Lobby:
- Keyboards/computers
- Phone
- Filing cabinet fronts
- Chairs
- Pens
- Sign in books
- Counters (including under the counters)

Opening and Closing checklist:

A daily opening and closing checklist of cleaning/preparation tasks is posted in the sign in book.

Resources used to create this guidance include:

<https://www.cdss.ca.gov/inforesources/child-care-licensing>

<https://www.cde.ca.gov/sp/cd/re/elcdcovid19.asp>

<https://files.covid19.ca.gov/pdf/guidance-childcare--en.pdf>

<https://www.cdpr.ca.gov/docs/schoolipm/>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-childcare.html>

<https://nrckids.org/files/CFOC4%20pdf-%20FINAL.pdf>

IWV Campus (Ridgecrest) Cleaning

All staff have completed the annual training on the use of disinfectants per The Healthy Schools Act. Training found online at <https://apps.cdpr.ca.gov/schoolipm/>.

Staff are provided the use of PPE including protective eyewear and gloves.

Tables and chairs

- Before each- use soapy water and then sanitize (Regular sanitizer)- one paper towel per table
- After each meal - tables cleaned with soapy water then disinfected with Lemon Quat (Spray, let sit for 10 minutes, remove any excess liquid, air dry), then clean with soapy water to remove disinfectant residue
- End of day- tables cleaned with soapy water then disinfected with Lemon Quat (Spray, let sit for 10 minutes, remove any excess liquid, air dry)
- Chairs needs to be cleaned as well. Be sure to get the backs and sides.

Shelves/Sides of cubbies (places children touch)

- Clean then disinfectant with Lemon Quat- (Spray, let sit for 10 minutes, remove any excess liquid then air dry)
- All sides of shelves inside and out daily. If shelves are being cleaned properly- tape residue, dust bunnies, etc should not exist.

Toys

- After mouthed and placed in dirty toy bucket- washed with soapy water- cleaned with disinfectant (Lemon Quat- let sit for 10 minutes, rinse, then air dry)
- End of day all toys taken to kitchen washed in soapy water and then bleached and air-dried
 - If unable to take to kitchen then must be cleaned with soapy water then disinfected with Lemon Quat (let sit for 10 minutes, rinse, then air dry)
- Do not use a sponge unless it is a new sponge or you are able to microwave the sponge for 2 minutes

Bathrooms

- Sinks and toilets- Cleaned with soap and water then with bleach solution after each use
 - Bleach sits for a min. of 2 minutes before being wiped dry.

**each classroom has colored microfiber cloths. These cloths are used to clean the surfaces. They are more effective than paper towels. At the end of the day place in the bucket in break room to be cleaned.

The current colors for each room are

- C- yellow (now green due to the blue apron dye)
- D-orange
- B- blue
- A-Mixture of colors
- Front-older colored cloths and white cotton towels

Mixing of chemicals and reuse of bottles for another chemical is prohibited

When spraying chemicals (Disinfectant/Sanitizer/etc.) use it as a stream rather than a mist.

Bleach water must be made daily and date must be on bottle.

- 1 Tbsp bleach to 1 gallon of water = 1 tsp of bleach per 32 oz water.
- Put water into bottle then add bleach. Use cold water.

Bottles need to be labeled!

- **Lemon Quat- disinfectant- Yellow label**
- **Hand and home sanitizer- Purple label**
- **Sanitizer- chemical label**
- **Bleach- Blue label**
- **Soapy water- no label – just write on it**

Kitchen

- Counters- before and after

- Clean with soapy water and then sanitize with bleach solution – must sit for 2 minutes before being wiped up

Guidance to help form this document located at <https://files.covid19.ca.gov/pdf/guidance-childcare--en.pdf>

Appendix C: Athletic Condition Class Protocols

Similar to other on-campus classes, students in the athletic condition classes must undergo both a temperature and symptom check prior to participating in each class session. Additional protocols outlined for the athletic condition classes include:

COVID-19: NSCA Guidance on Safe Return to Training for Athletes

Minimizing Risk: Managing Schedules and Teams Training Sessions

- ✓ Adhere to social gathering and distancing policies at your institution, according to local, state, and federal authorities.
- ✓ Group size counts should include both athletes and staff, and account for transition periods between sessions.
- ✓ Schedule mid- and post-workout cleaning periods, allowing a 10-15 minute buffer between teams or groups.
- ✓ Limit or stagger training groups throughout workout blocks and/or alternate training days.
- ✓ Favor efficient training methods, limiting groups to 2-3 non-consecutive sessions per week.
- ✓ Avoid person-to-person contact while spotting with use of bar catches and the two-spotter technique.
- ✓ For programming purposes, consider grouping athletes based on conditioning status.
- ✓ Create exercise pairings to limit weight room traffic; Or one-way traffic flow based on entrances and exits.
- ✓ Maximize fresh air flow in the weight room, and a relative humidity ≤60%.
- ✓ Use outdoor training spaces whenever possible.
- ✓ Keep doors propped open and lights on throughout the day.

Centers for Disease Control & Prevention (CDC) Resources:



Facility & Equipment: Cleaning and Sanitation Procedures

- ✓ Clean all weight room surfaces with germicidal disinfectant.
- ✓ Consider providing masks and/or gloves.
- ✓ Educate on weight room upkeep expectations during onboarding meetings with new athletes.
- ✓ Provide COVID-19 related updates to weight room rules.
- ✓ Promote hand washing before and after workouts.
- ✓ Keep extra bottles of disinfectant for athletes to wipe down equipment after use, and provide hand sanitizer at all times.
- ✓ Don't share cloth towels or rags.
- ✓ Remove and store extra loose equipment from the training floor to minimize cleaning surfaces.
- ✓ Carry a personal water bottle instead of drinking directly from the community water fountain.
- ✓ Delegate staff cleaning duties, especially towards commonly shared pieces of equipment, including medicine balls, dumbbells, kettlebells, weight belts, bars and plates.
- ✓ Ensure that cleaning and sanitation procedures are extended to restrooms, locker rooms, carpet and flooring, exercise mats, water fountains, and athlete nutrition "fueling" stations.

Training Safety: Risk Factors Following Periods of Inactivity

- ✓ Avoid high-volume submaximal exercises to fatigue, or performed within a limited time frame.
- ✓ Emphasize a 10-20 minute daily dynamic warm-up for reestablishing sport-related movement patterns.
- ✓ Consider that prolonged inactivity increases the likelihood of delayed onset muscle soreness.
- ✓ Communicate regularly with the medical & coaching staffs about at-risk athletes, including athletes cardiac abnormalities, history of exertional or nonexertional collapse, asthma, and diabetes.
- ✓ Consider the use of daily readiness surveys and/or workload monitoring for tracking athlete status.
- ✓ Plan & adjust workouts to match environmental factors, especially in cases of high heat & humidity.
- ✓ Do not perform physically exhausting drills for the purpose of developing "mental toughness."

The 50/30/20/10 Rule: Conditioning Training

★ COVID-19: All Student-Athletes Returning from Inactivity
 ■ Normal Circumstances: Returning Student-Athletes

Week Number	COVID-19 (%)	Normal (%)	Work:Rest Ratio
1	50%	50%	1:4 Work:Rest Ratio or Greater
2	70%	70%	1:3 Work:Rest Ratio or Greater
3	80%	100%	All percentages are based on the upper-most training volume of the conditioning program.
4	90%	100%	
5	100%	100%	

The F.I.T. Rule: Weight Training

F.I.T.	Week 1	Week 2
FREQUENCY Sessions per Movement or Muscle Group <i>Adapted for COVID-19</i>	2 Sessions per Week	2 Sessions per Week
INTENSITY Sets x Reps %1RM as a Decimal for Each Periodized Lift	11-30 Units	11-30 Units
TIME Rest Interval	1:4 Work:Rest	1:3 Work:Rest

Primary reference: National Strength and Conditioning Association COVID-19 Return to Training Task Force. COVID-19: NSCA Guidance on Safe Return to Training for Athletes. May 2020. Available at: <http://nsca.com/covid-19-return-to-training>
 Additional references: Calzavara, A., et al. (2019). CSCCa and NSCA Joint Consensus Guidelines for Transition Periods: Safe Return to Training Following Inactivity. Strength and Conditioning Journal, 41(3), pp. 1-23. NCAA SSI Interassociation Recommendations: Preventing Catastrophic Injury and Death in Collegiate Athletics. July 2018. Available at: <http://www.ncaa.org/report-science-institute/preventing-catastrophic-injury-and-death-collegiate-athletes>

CCCAA Resocialization Back to Sport Guidelines Timeline

Core Principles of Resocialization of CCCAA Athletics⁴

- There must not be directives at the national level that preclude resocialization.
- State and local authorities must have in place a plan for resocialization.
 - In accordance with the federal guidelines, such a plan assumes the following state/local **GATING CRITERIA** have been satisfied:
 - A downward trajectory of influenza-like illnesses reported within a 14-day period **and** a downward trajectory of COVID-like syndromic cases reported within a 14-day period.
 - A downward trajectory of documented cases of COVID-19 within a 14-day period **or** a downward trajectory of positive tests as a percentage of total tests within a 14-day period.
 - Hospitals can treat all patients without crisis care **and** there is a robust testing program in place for at-risk health care workers, including emerging antibody testing.
- There should be a written plan in place at the university/college level for resocialization of students. In keeping with the federal guidelines, universities should consider guidance provided to employers to develop and implement appropriate policies regarding the following:
 - Social distancing and protective equipment.
 - Temperature checks.
 - Testing and isolating.
 - Sanitation.
 - Use and disinfection of common and high-traffic areas
 - School business travel.
 - Monitoring of workforce for symptoms and preventing symptomatic people from physically returning to work until cleared by a medical provider.
- There must be a written plan in place at the university/college level for resocialization of student-athletes within athletics. In keeping with the federal guidelines, athletics should practice the following:
 - All student-athletes, athletics health care providers, coaches and athletics personnel should practice good hygiene.
 - All student-athletes, athletics health care providers, coaches and athletics personnel should stay home if they feel sick.
 - Guidance noted above for university employees should be in place within athletics.
- There must be adequate personal protective equipment for athletics health care providers, and there must be sanitizers to manage infection control in all shared athletics space.
- There must be the ability to assess immunity to COVID-19 at a regional and local level. This could include immunity at the college campus, plus a more focused assessment of herd immunity for athletics teams.
- There must be access to reliable, rapid diagnostic testing on any individual who is suspected of having COVID-19 symptoms.
- There must be in place a local surveillance system so that newly identified cases can be identified promptly and isolated, and their close contacts must be managed appropriately.
- There must be clearly identified and transparent risk analyses in place. Such risk analyses consider issues such as economics, education, restoration of society, and medical risk of sport participation, including COVID-19 infection and possible death.
- Reference NSCA attachment for best practices on safe return to training.⁷

PHASE 0
Pre-Resocialization

PHASE 1
Resocialization with Major Social Distancing (Healthy group only): Minimum 14 days

PHASE 2
Resocialization with Moderate Social Distancing (Healthy group only): Minimum 14 days

PHASE 3
Resocialization of Healthy Groups + Appropriate Sanitation Resocialization of Vulnerable Group with Moderate Social Distancing: Minimum 14 days

PHASE 4
Return to Regular Practice and Competitions

PHASE 0	
Pre-Resocialization Period	
PHASE CHECKLIST	
<ul style="list-style-type: none"> <input type="checkbox"/> 1. Create an Athletics COVID 19 Action Team that works in close coordination with district COVID 19 Action Team.² <input type="checkbox"/> 2. All aspects of the Core Principles of Resocialization of Athletics are in place.⁴ <input type="checkbox"/> 3. School must be operating in accordance with local and state public officials, the CCCAA and approval of school leadership regarding a return to campus, return to practice and return to competition.^{1,2,4} <input type="checkbox"/> 4. Ensure alignment with state, local, district guidelines.¹⁻² <input type="checkbox"/> 5. Successfully procured all necessary PPE and proper disinfecting solvents and materials should begin in this phase.⁴ <input type="checkbox"/> 6. Working with team physicians to ensure policies adhere to best practices and ensure the safety of all people involved.⁴ <input type="checkbox"/> 7. Athletics must meet with other departments involved with infection control (facilities and custodial).⁴ <input type="checkbox"/> 8. Essential staff will begin to work to implement policies and procedures set forth by their respective institutions as well as the department of athletics.^{4,6} <input type="checkbox"/> 9. All personnel should be screened in accordance with their institutional policy and use safe social distancing practices.⁴ 	
EDUCATION:	
<ul style="list-style-type: none"> <input type="checkbox"/> Identify who will be responsible for educating staff and student-athletes.² <input type="checkbox"/> Educate all athletics staff (including medical staff, strength and conditioning staff, equipment managers, administrators, and all other athletics staff) on policies and procedures regarding infection control and new operational policies. Educate coaching staff on how to educate student-athletes.^{2,4,6} <input type="checkbox"/> Education of student-athletes begins. Student-athletes should be educated in the prevention of spread of infectious disease, policies and procedures set forth by the institution must be adhered to completely. Education should include personal care and hygiene.² <input type="checkbox"/> Depending on specific district needs, education should take a multi-faceted approach based on current social distancing guidelines and district policies. <input type="checkbox"/> It is the duty of athletics staff, teammates and individual student-athletes to report any possibility of self or others with symptoms of infection to appropriate medical staff. All student-athletes, athletics health care providers, coaches and athletics personnel should stay home and report remotely if they feel sick.^{1,4,9} 	
CRITERIA FOR PROGRESSION	
<ul style="list-style-type: none"> <input type="checkbox"/> Above checklist is completed, and state and local gating criteria have been satisfied.⁴ 	
<p>**Upward spikes in infection spread may cause resocialization efforts to halt or even retreat until infection spikes lower again. Consult state, local and district authorities for current directives.⁴</p>	

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PHASE 1	
Resocialization with Major Social Distancing (Healthy Group Only): Minimum 14 days	
PHASE CHECKLIST	
<p>In accordance with the federal guidelines, resocialization of sport for Phase One assumes the following:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1. Gating criteria have been satisfied for a minimum of 14 days.⁴ <input type="checkbox"/> 2. Vulnerable student-athletes, athletics health care providers, coaches and athletics personnel should continue to shelter in place. Vulnerable populations include individuals with serious underlying health conditions such as high blood pressure, chronic lung disease, diabetes, obesity and asthma, and those whose immune system is compromised, such as by chemotherapy.^{1,4} <input type="checkbox"/> 3. Those living in dorms and other residences where vulnerable individuals reside should be aware that by returning to work or other environments where distancing is not practical, they could carry the virus back home, and appropriate isolating precautions should be taken.⁴ <input type="checkbox"/> 4. Physical distancing should continue.^{1,3,4} <input type="checkbox"/> 5. Gatherings of more than 10 people should be avoided unless precautionary measures of physical distancing and sanitization are in place.^{4,5} <input type="checkbox"/> 6. Gyms and common areas where student-athletes and staff are likely to congregate and interact, should remain closed unless strict distancing and sanitation protocols can be implemented.^{1,4} <input type="checkbox"/> 7. Virtual meetings/coaching should be encouraged whenever possible and feasible.^{2,4,5} <input type="checkbox"/> 8. Nonessential travel should be minimized, and Centers for Disease Control and Prevention guidelines regarding isolation after travel should be implemented.^{1,4} <input type="checkbox"/> Continue to educate athletics staff and student-athletes on current best practices for infection control. Continue to implement policies and procedures put in place by your individual institution.^{2,5} <input type="checkbox"/> It is the duty of athletics staff, teammates and individual student-athletes to report any possibility of self or others with symptoms of infection to appropriate medical staff. All student-athletes, athletics health care providers, coaches and athletics personnel should stay home and report remotely if they feel sick.^{1,4,9} 	
NATIONAL STRENGTH & CONDITIONING ASSOCIATION (NSCA) CONDITIONING RECOMMENDATIONS FOR PHASE 1:	
<ul style="list-style-type: none"> <input type="checkbox"/> Healthy group only, small groups, social distancing: Due to inability to ensure at-home training during shelter in place across the CCCAA, coaches must assume student-athletes are coming off of a period of inactivity as outlined by the National Strength and Conditioning Association. The 50/30/20/10 reduction provides recommended percentages of weekly volumes and/or workloads for conditioning in the first 2-4 weeks of return to training following periods of inactivity. Week 1: 50%, Week 2: 70%, Week 3: 80%, Week 4: 90%, Week 5: 100%.⁷ Be aware that environmental conditions (i.e. heat) require a minimum of a 2 week acclimatization period.^{6,8} 	
CRITERIA FOR PROGRESSION	
<ul style="list-style-type: none"> <input type="checkbox"/> Above checklist is completed, and state and local gating criteria continue to be satisfied 	
<p>**Upward spikes in infection spread may cause resocialization efforts to halt or even retreat until infection spikes lower again. Consult state, local and district authorities for current directives.⁴</p>	

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PHASE 2
Resocialization with Moderate Social Distancing (healthy group only): Minimum 14 days
<p>PHASE CHECKLIST</p> <p>In accordance with the federal guidelines, if Phase One has been implemented successfully, with no evidence of a rebound, and gating criteria have been satisfied for a minimum of 14 days since the implementation of Phase One:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1. Vulnerable individuals should continue to shelter in place.^{1,4} <input type="checkbox"/> 2. Awareness and proper isolating practices related to vulnerable individuals in residences should continue.⁴ <input type="checkbox"/> 3. Physical distancing should continue.^{1,4} <input type="checkbox"/> 4. Gatherings of more than 50 people should be avoided unless precautionary measures of physical distancing and sanitization are in place.^{1,5} <input type="checkbox"/> 5. Gyms and common areas where student-athletes and staff are likely to congregate and interact should remain closed, or appropriate distancing and sanitation protocols should be implemented.⁴ <input type="checkbox"/> 6. Virtual meetings should continue to be encouraged whenever possible and feasible.⁴ <input type="checkbox"/> 7. Nonessential travel may resume.^{1,4} <input type="checkbox"/> Continue to educate athletics staff and student-athletes on current best practices for infection control. Continue to implement policies and procedures put in place by individual institution.^{2,5} <input type="checkbox"/> It is the duty of athletics staff, teammates and individual student-athletes to report any possibility of self or others with symptoms of infection to appropriate medical staff. All student-athletes, athletics health care providers, coaches and athletics personnel should stay home and report remotely if they feel sick.^{1,4,9}
<p>NSCA CONDITIONING RECOMMENDATIONS FOR PHASE 2:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Healthy group only, larger groups, social distancing: Due to inability to ensure at-home training during shelter in place across the CCCAA, coaches must assume student-athletes are coming off of a period of inactivity as outlined by the National Strength and Conditioning Association. The 50/30/20/10 reduction provides recommended percentages of weekly volumes and/or workloads for conditioning in the first 2-4 weeks of return to training following periods of inactivity. Week 1: 50%, Week 2: 70%, Week 3: 80%, Week 4: 90%, Week 5: 100%.⁷ Be aware that environmental conditions (i.e. heat) require a minimum of a 2 week acclimatization period.^{6,8}
<p>CRITERIA FOR PROGRESSION</p> <ul style="list-style-type: none"> <input type="checkbox"/> Above checklist is completed, and state and local gating criteria continue to be satisfied
<p>**Upward spikes in infection spread may cause resocialization efforts to halt or even retreat until infection spikes lower again. Consult state, local and district authorities for current directives.⁴</p>

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PHASE 3
Resocialization of Healthy Groups + Appropriate Sanitation
Resocialization of Vulnerable Group with Moderate Social Distancing: Minimum 14 days
<p>PHASE CHECKLIST</p> <p>In accordance with the federal guidelines, if Phase Two has been implemented successfully, with no evidence of a rebound, and gating criteria have been satisfied for a minimum of 14 days since the implementation of Phase Two:</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1. Vulnerable student-athletes, athletics health care providers, coaches and athletics personnel can resume in-person interactions, but should practice physical distancing, minimizing exposure to settings where such distancing is not practical.^{1,4} <input type="checkbox"/> 2. Gyms and common areas where student-athletes and staff are likely to congregate and interact can reopen if appropriate sanitation protocols are implemented, but even low-risk populations should consider minimizing time spent in crowded environments.^{1,4} <input type="checkbox"/> 3. Unrestricted staffing may resume.^{1,4} <input type="checkbox"/> Continue to educate athletics staff and student-athletes on current best practices for infection control. Continue to implement policies and procedures put in place by individual institution.^{2,5} <input type="checkbox"/> It is the duty of athletics staff, teammates and individual student-athletes to report any possibility of self or others with symptoms of infection to appropriate medical staff. All student-athletes, athletics health care providers, coaches and athletics personnel should stay home and report remotely if they feel sick.^{1,4,9}
<p>NSCA CONDITIONING RECOMMENDATIONS FOR PHASE 3:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Healthy group only, unrestricted group size, social distancing. Vulnerable group added with social distancing: Due to inability to ensure at-home training during shelter in place across the CCCAA, coaches must assume student-athletes are coming off of a period of inactivity as outlined by the National Strength and Conditioning Association. The 50/30/20/10 reduction provides recommended percentages of weekly volumes and/or workloads for conditioning in the first 2-4 weeks of return to training following periods of inactivity. Week 1: 50%, Week 2: 70%, Week 3: 80%, Week 4: 90%, Week 5: 100%.⁷ Be aware that environmental conditions (i.e. heat) require a minimum of a 2 week acclimatization period.^{6,8}
<p>CRITERIA FOR PROGRESSION</p> <ul style="list-style-type: none"> <input type="checkbox"/> Above checklist is completed, and state and local gating criteria continue to be satisfied
<p>**Upward spikes in infection spread may cause resocialization efforts to halt or even retreat until infection spikes lower again. Consult state, local and district authorities for current directives.⁴</p>

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PHASE 4

Return to Regular Practice and Competitions

PHASE CHECKLIST

- 1. The transition from the previous core principles to a relaxation of these principles can occur when COVID-19 can be managed in a manner like less virulent influenza strains. COVID-19 has essentially shut down society because it is highly contagious and has an unacceptably high death rate. More common strains of influenza do not close society because society has learned to adapt to and develop acceptable management strategies for influenza. For COVID-19, future phases are dependent on the successful development of widely available treatment, including prophylactic immunotherapy, coupled with widespread, effective vaccination.⁴
- 2. Consideration of spectator modifications (i.e. no spectators, physical distancing, etc.) to ensure safety of student-athletes, support staff and spectators.^{1,3}
- 3. Return to normal practice
- 4. Return to normal competitions

- Continue to educate athletics staff and student-athletes on current best practices for infection control. Continue to implement policies and procedures put in place by individual institution.^{2,5}
- It is the duty of athletics staff, teammates and individual student-athletes to report any possibility of self or others with symptoms of infection to appropriate medical staff. All student-athletes, athletics health care providers, coaches and athletics personnel should stay home and report remotely if they feel sick.^{1,4,9}

NSCA CONDITIONING RECOMMENDATIONS FOR PHASE 4:

- All groups back to regular practice and competition: Vulnerable group added with social distancing: Due to inability to ensure at-home training during shelter in place across the CCCAA, coaches must assume student-athletes are coming off of a period of inactivity as outlined by the National Strength and Conditioning Association. The 50/30/20/10 reduction provides recommended percentages of weekly volumes and/or workloads for conditioning in the first 2-4 weeks of return to training following periods of inactivity. Week 1: 50%, Week 2: 70%, Week 3: 80%, Week 4: 90%, Week 5: 100%.⁷ Be aware that environmental conditions (i.e. heat) require a minimum of a 2 week acclimatization period.^{6,8}

****Upward spikes in infection spread may cause resocialization efforts to halt or even retreat until infection spikes lower again. Consult state, local and district authorities for current directives.⁴**

Physician Name: _____ Address: _____

Please list any countries/states/cities you have traveled to since March 15th, 2020 and the dates you were there:

- 1. _____ Dates: _____
- 2. _____ Dates: _____
- 3. _____ Dates: _____
- 4. _____ Dates: _____

Assumption of Risk

I understand that those participating in intercollegiate athletics, physical education activity classes, and/or conditioning classes are at a higher risk of exposure to the COVID-19 virus; due to the lack of social distancing, shared equipment, and ventilation. In order to participate in intercollegiate athletics, physical education activity classes, and conditioning classes, student-athletes are required to read and sign the following assumption of risk and waiver.

- 1. I understand that COVID-19 is extremely contagious and has been declared a worldwide pandemic by the World Health Organization³.
- 2. I understand that by participating in sports/conditioning classes and utilizing the facilities associated with them, I may knowingly or unknowingly transmit the virus to my family, friends, and/or others I may come into contact with. This may include young children, elderly persons, and/or those with pre-existing conditions that place them at higher risk for the virus¹.
- 3. I understand that there is an increased risk of exposure to the virus by participating in competitive events with other schools, both in and out of conference. The risk of exposure also exists during travel to and from any and all away games⁴.
- 4. I understand that while every attempt is made to minimize chances of exposure there are no guarantees that can be made.

To do my part to limit the exposure to and/or transmission of COVID-19, to myself and those around me, I agree to follow the recommendations of the CDC which include:

- Proper general hygiene
- Proper handwashing techniques
- Use of hand sanitizer when handwashing is unavailable
- Proper use of personal protective equipment (gloves, masks, and/or eye protection)
- Not sharing any personal items (towels, soap, brushes, clothes, water bottles, make up, lip balm, etc.).

I voluntarily agree to assume all risks and accept sole responsibility for any injury to myself. I hereby release, covenant no to sue, discharge, and hold harmless Cerro Coso Community College, their officers, officials, agents, volunteers, employees, other participants, sponsoring agencies, sponsors, advertisers ("Releasees"), with respect to any and all injury, illness, disability, loss or damage to person or property, expenses, and/or death; arising out of or relating to COVID-19. I understand this release includes any claims based on the actions, omissions, or negligence of the Releasees, and whether a COVID-19 infection occurs before, during or after my participation.

Acknowledgement

In the interest of health and public safety during the COVID-19 pandemic, I acknowledge that I have truthfully and accurately disclosed the above information regarding my health status, including any symptoms and exposure to COVID-19 in order for Cerro Coso Community College to evaluate before allowing my return to campus. I further acknowledge that, if additional evaluation or assessment is required and requested by Cerro Coso Community College, I hereby consent and will cooperate.

In addition, if any of the symptoms mentioned above appear after I am allowed to return to campus, I agree to stay at home and to immediately report my change in status to Cerro Coso Community College and to complete a new Assessment, Acknowledgement and Consent form for approval before returning to campus. At all times while on campus, I agree to follow all safety protocols and social distancing guidelines established by Cerro Coso Community College, the City of Ridgecrest, Kern County, and the State of California.

Student-Athlete Signature: _____ Date _____

Parent/Guardian Signature: _____ Date _____

**Signature may be that of a student or athlete over 18 years of age.
If under 18, this form must be signed by the Parent or Guardian.**



Cerro Coso Athletic Training Department Assumption of Risk and Waiver of Liability Relating to COVID-19

I understand that those participating in intercollegiate athletics, physical education activity classes, and/or conditioning classes are at a higher risk of exposure to the COVID-19 virus due to the lack of social distancing, shared equipment, and ventilation. In order for student-athletes to participate in intercollegiate athletics, physical education activity classes, and conditioning classes, they are required to read and sign the following Assumption of Risk and Liability Waiver.

1. I understand that COVID-19 is extremely contagious and has been declared a worldwide pandemic by the World Health Organization³.
2. I understand that by participating in sports/conditioning classes and utilizing the facilities associated with them, I may knowingly or unknowingly transmit the virus to my family, friends, teammates, and/or others I may come into contact with. This may include young children, elderly persons, and/or those with pre-existing conditions that place them at higher risk for the virus¹.
3. I understand that there is an increased risk of exposure to the virus by participating in competitive events with other schools, both in and out of conference. The risk of exposure also exists during travel to and from any and all away games⁴.
4. I understand that while every attempt is made to minimize chances of exposure, there are no guarantees that can be made.

To do my part to limit the exposure to and/or transmission of COVID-19, to myself and those around me, I agree to adhere to the recommendations of the CDC including:

- Proper general hygiene (<https://www.cdc.gov/healthywater/hygiene/body/index.html>)¹
- Proper handwashing techniques (<https://www.cdc.gov/handwashing/when-how-handwashing.html>)¹
- Use of hand sanitizer when handwashing is unavailable
- Proper use of personal protective equipment (gloves, masks, and/or eye protection)
- Not sharing any personal items (towels, soap, brushes, clothes, water bottles, make up, lip balm, etc.).

I will report any possible COVID-19 exposure or symptoms to the athletic training department.

I voluntarily agree to assume all risks and accept sole responsibility for any injury and/or illness to myself. I hereby release, covenant no to sue, discharge, and hold harmless Cerro Coso Community College, their officers, officials, agents, volunteers, employees, other participants, sponsoring agencies, sponsors, advertisers ("Releasees"), with respect to any and all injury, illness, disability, loss or damage to person or property, expenses, and/or death arising out of or relating to COVID-19. I understand this release includes any claims based on the actions, omissions, or negligence of the Releasees, and whether a COVID-19 infection occurs before, during or after my participation.

The terms hereof shall serve as a release and assumption of risk for my heirs, estate, executor, administrator, assignees, and all members of my family.

Student-Athlete Name: _____ Sport: _____

Student-Athlete Signature: _____ Date: _____

(if under 18) Parent/Guardian Name (if under 18): _____

Parent/Guardian Signature: _____ Date: _____



Referral Form

This athlete has indicated that he/she has contracted or come in contact with COVID-19. This form is a risk assessment tool to evaluate eligibility to return to campus. The symptoms below are based on guidelines from the Center for Disease Control and Prevention (CDC)¹.

This student must bring back this document and any associated documentation indicating a negative COVID-19 lab test dated after receiving this form.

Athlete Name: _____ Sport: _____

Indicated Positive for COVID-19 on: _____ Date of Visit: _____

Indicated Symptoms:

- Known close contact with a person who is lab confirmed for COVID-19
- Fever
- Body/ muscle aches
- Body Chills
- Loss of taste
- Extreme level of fatigue
- Loss of smell
- Cough
- Changes to vision/ eye discharge
- Pain/ difficulty breathing
- Diarrhea
- Shortness of breath
- Unexplained headache
- Sore throat

Other Comments/Observations: _____

Sports Participation Status: (Please initial your recommendation below)

_____ May return to **FULL** sports participation at this time (no limitations).

_____ May return to **LIMITED** sports participation (Limitations to be listed in the comments section)

_____ May **NOT** return to sports participation at this time.

_____ Follow up/Referral **required** before being cleared to participation (Appointment date: _____)

Other Comments/Recommendations: _____

Cerro Coso Community College Athletic Training Staff may contact the physician regarding this student-athlete: Yes No

Physician Name (Printed): _____ Phone: _____

Physician Signature: _____ Date: _____

Physician Stamp:



Return to Athletics

Cerro Coso Community College Daily Check-In Procedure

1. Wash your hands or use hand sanitizer before starting!
2. Have your temperature taken.
3. Sign in on the form (Name – Department/Sport/Class – Temperature).
4. Symptom Checklist:
 - Fever (above 100.4)
 - Body Chills
 - Sore Throat
 - Persistent Cough
 - Pain / Difficulty Breathing
 - Shortness of Breath
 - Loss of Taste or Smell
 - Unexplained Headache
 - Extreme Level of Fatigue
 - Body / Muscle Aches
 - Change of Vision / Eye Discharge
 - Diarrhea
5. Check the appropriate box for you (first column) and everyone in your household (second column) based on the Symptom Check List above.
6. **If you check "Yes" to the Symptom Check for yourself, you must stay away from campus until fever free for 72 hours¹.**
7. **If you check "Yes" to the Symptom Check for your household, you must stay away from campus until fever free for 72 hours¹.**

Appendix E: Examples of Signage

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

⌚ Duration of the entire procedure: 20-30 seconds



World Health Organization | Patient Safety | SAVE LIVES Clean Your Hands

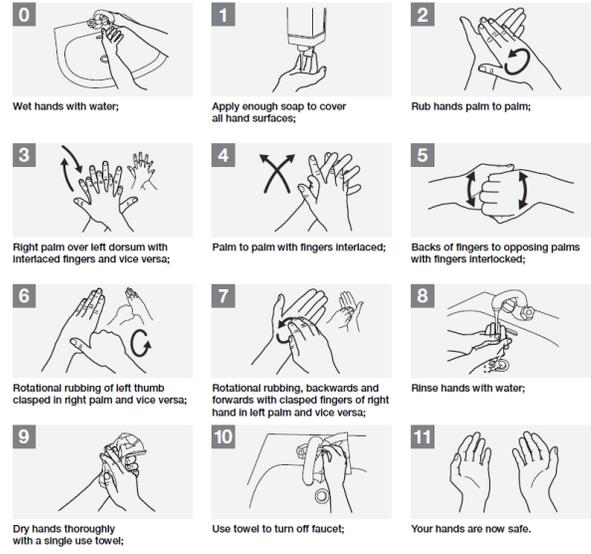
All reasonable precautions have been taken by the World Health Organization to verify the information contained in this document. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material rests with the reader. In no event shall the World Health Organization be held liable for damages arising from its use. WHO acknowledges the Hospital Universitario de Galdakao (HUG) in particular the members of the Infection Control Programme, for their active participation in developing this material.

May 2020

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

⌚ Duration of the entire procedure: 40-60 seconds



World Health Organization | Patient Safety | SAVE LIVES Clean Your Hands

All reasonable precautions have been taken by the World Health Organization to verify the information contained in this document. However, the published material is being distributed without warranty of any kind, either expressed or implied. The responsibility for the interpretation and use of the material rests with the reader. In no event shall the World Health Organization be held liable for damages arising from its use. WHO acknowledges the Hospital Universitario de Galdakao (HUG) in particular the members of the Infection Control Programme, for their active participation in developing this material.

May 2020

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



cdc.gov/coronavirus

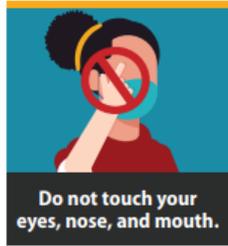
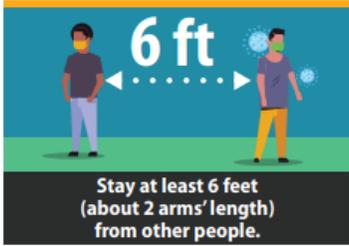
RESTROOMS

Follow the general COVID-19 safety practices for all employees and all visitors as well as the following practices specific to restrooms:

- Medical Screening.** Leave the area and remain at home if you are experiencing symptoms related to COVID-19, test positive, or have been exposed to a known or suspected case.
- Physical Distancing.** Maintain at least six feet of distance between yourself and others. The greater the distance the better. Minimize the time spent in the area to the shortest time possible. Do not socialize or linger.
- Personal Hygiene.** Close toilet lids (when present) before flushing. Minimize the surfaces you touch and avoid placing personal items on surfaces. Cover coughs/sneezes and wash your hands before entering and leaving the restroom.
- Protective Equipment.** Wear a face covering/mask which covers the nose and mouth at all times, unless you are alone and are sure others will not enter (i.e., locked door).
- Environmental Cleaning.** Restrooms are cleaned/disinfected routinely. Please inform a building/area representative or your supervisor if conditions warrant immediate attention.

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



cdc.gov/coronavirus

202017-8 May 11, 2020 11:00 AM

COVID-19 (Coronavirus Disease 2019)



The California Department of Public Health recommends the following steps to prevent the spread of all respiratory viruses:



WASH. YOUR. HANDS.

Wash your hands with soap and water regularly.

Cover a cough or sneeze

Cover your cough or sneeze with your sleeve or disposable tissue.



Don't touch

Avoid touching eyes, nose or mouth with unwashed hands.



Keep your distance

Avoid close contact with people who are sick.



Stay home

If you experience respiratory symptoms like a fever or cough, stay home.



Get help

If you experience symptoms of COVID-19, CALL your health care provider.



More information

Follow the California Department of Public Health: @capublichealth and www.cdph.ca.gov/covid19



DO I NEED TO GET TESTED FOR COVID-19?



Are you experiencing: Fever, Coughing or Shortness of Breath?

Call your physician

Doctor advises you to come in

Doctor identifies mild symptoms and advises home isolation

You didn't get an immediate response, and you're experiencing severe symptoms?

Specimen is collected via swab and sent to lab to be tested

Isolate / Stay at home

Go to your local urgent care/ ER or call 9-1-1

Doctor will provide you with test results



MORE INFORMATION - Follow the California Department of Public Health: @capublichealth and www.cdph.ca.gov/covid19

Novel Coronavirus Alert

If you have:



been in contact with someone with novel coronavirus OR been to CHINA in the last 14 days

a fever

cough or shortness of breath

Tell staff NOW and put on a mask.

Appendix F: Campus Map Cleaning Protocols

These maps outline the areas being cleaned, disinfected, and sanitized as a reference and a bare minimum of what is being done to protect Cerro Coso staff and students.

Green: Fall 2020 classrooms (cleaned and disinfected after each use)

Yellow: Restrooms and common use areas (cleaned and disinfected three times daily)

Orange: Individual or shared offices (cleaned and disinfected based on use as indicated by employees completing the "Coming to Campus" form)

Blue: Public Spaces (cleaned and disinfected daily)

Pink: Not in use (general cleaning to maintain facility)

Cerro Coso Community College

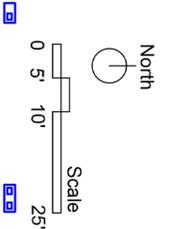


Main Building #1

Second Floor Plan

- Yellow: Restrooms and common use areas (disinfected three times daily)
- Green: Fall 2020 classrooms (cleaned and disinfected after each use)
- Orange: Individual or shared offices (cleaned and disinfected based on use)
- Blue: Public spaces (cleaned and disinfected daily)
- Pink: Not in use (general cleaning to maintain facility)

Cerro Coso Community College

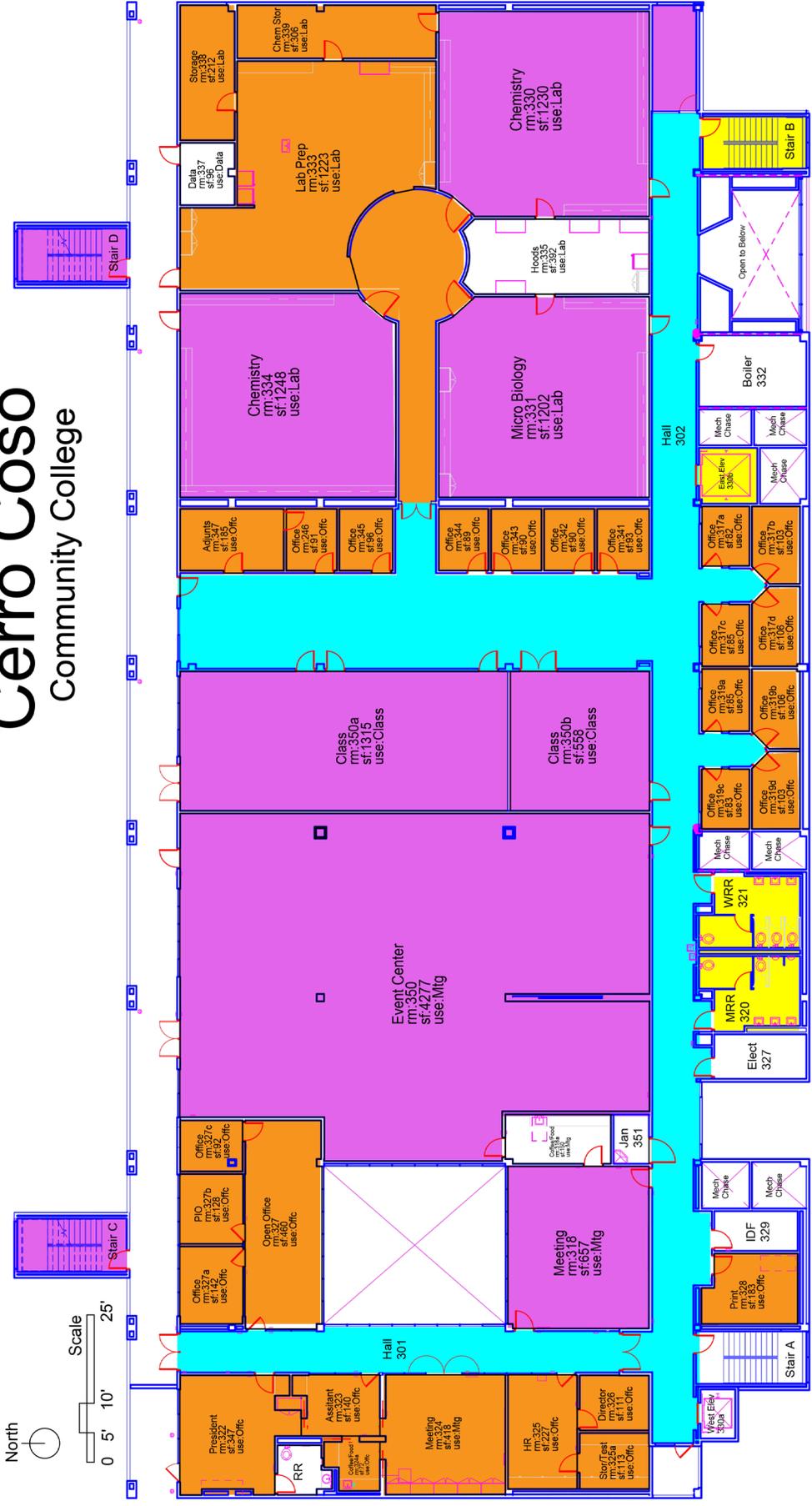


Second Floor Plan

- Yellow: Restrooms and common use areas (disinfected three times daily)
- Green: Fall 2020 classrooms (cleaned and disinfected after each use)
- Orange: Individual or shared offices (cleaned and disinfected based on use)
- Blue: Public spaces (cleaned and disinfected daily)
- Pink: Not in use (general cleaning to maintain facility)

Main Building #1

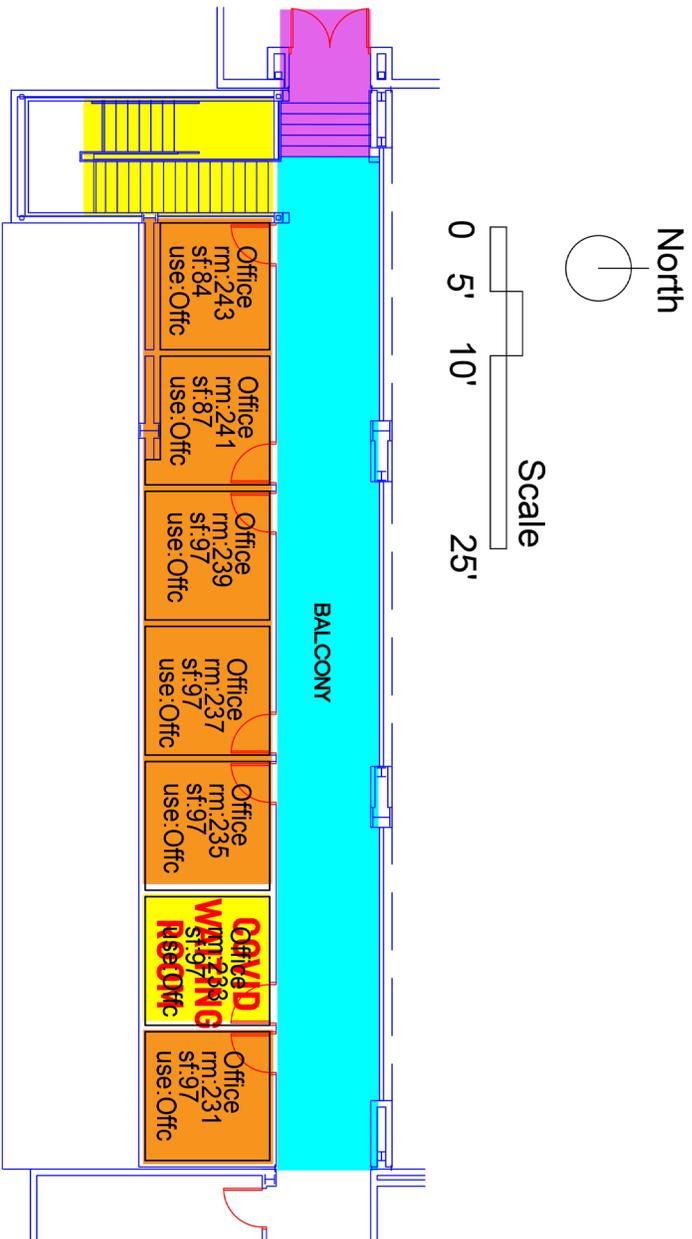
Cerro Coso Community College



Main Building #1

- Yellow: Restrooms and common use areas (disinfected three times daily)
- Green: Fall 2020 classrooms (cleaned and disinfected after each use)
- Orange: Individual or shared offices (cleaned and disinfected based on use)
- Blue: Public spaces (cleaned and disinfected daily)
- Pink: Not in use (general cleaning to maintain facility)

Third Floor Plan

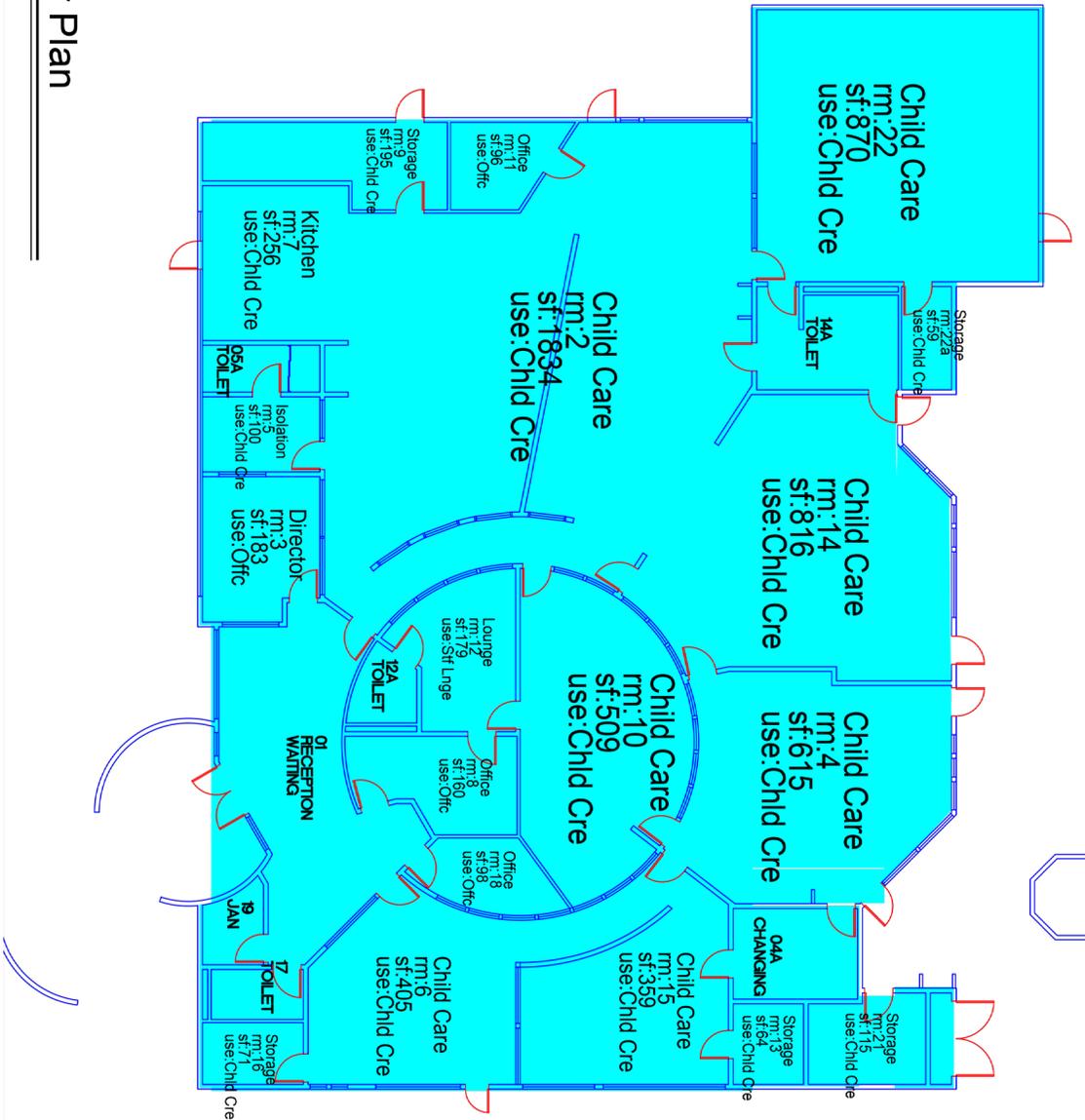


Second Floor Plan

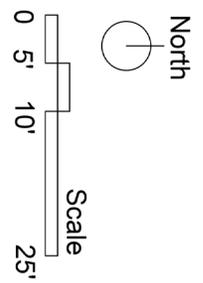
- **Yellow:** Restrooms and common use areas (disinfected three times daily)
- **Orange:** Individual or shared offices (cleaned and disinfected based on use)
- **Blue:** Public spaces (cleaned and disinfected daily)
- **Pink:** Not in use (general cleaning to maintain facility)

West Classroom Wing #6

First Floor Plan

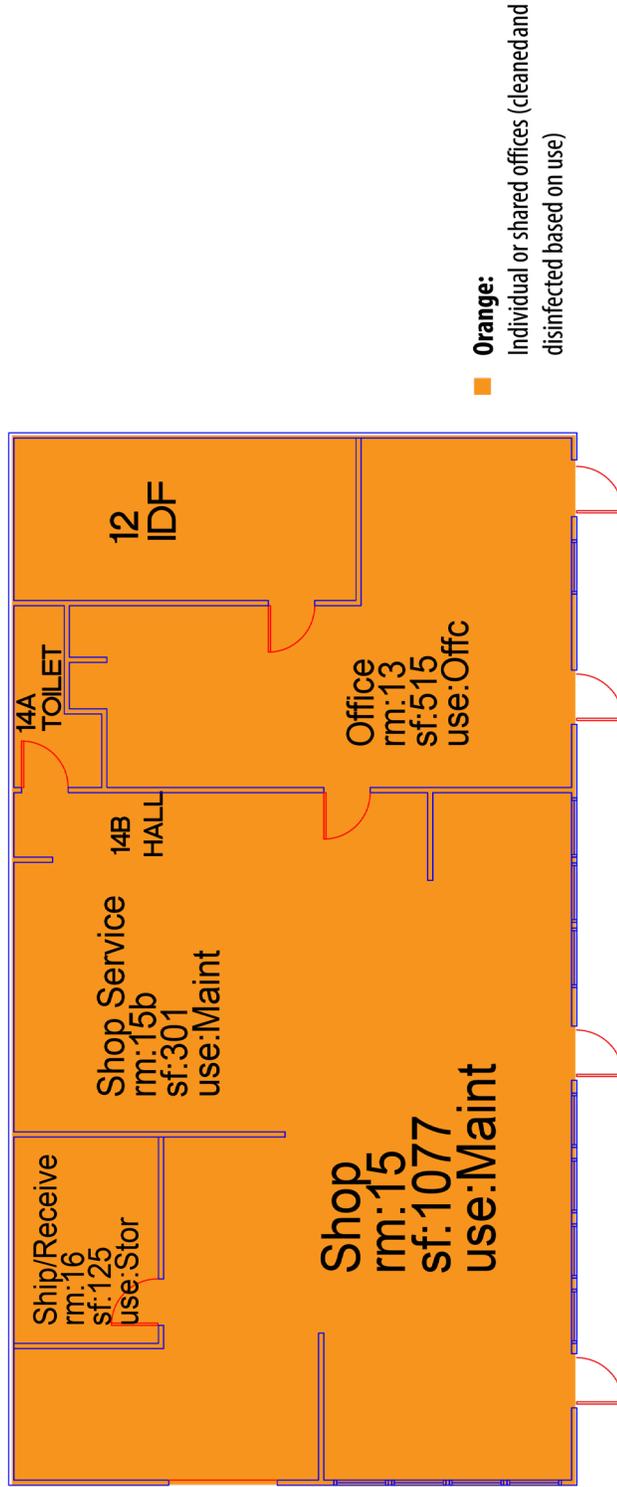
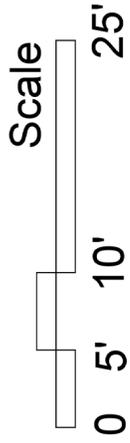


Blue: Public spaces (cleaned and disinfected daily)



Child Care #2

Cerro Coso Community College

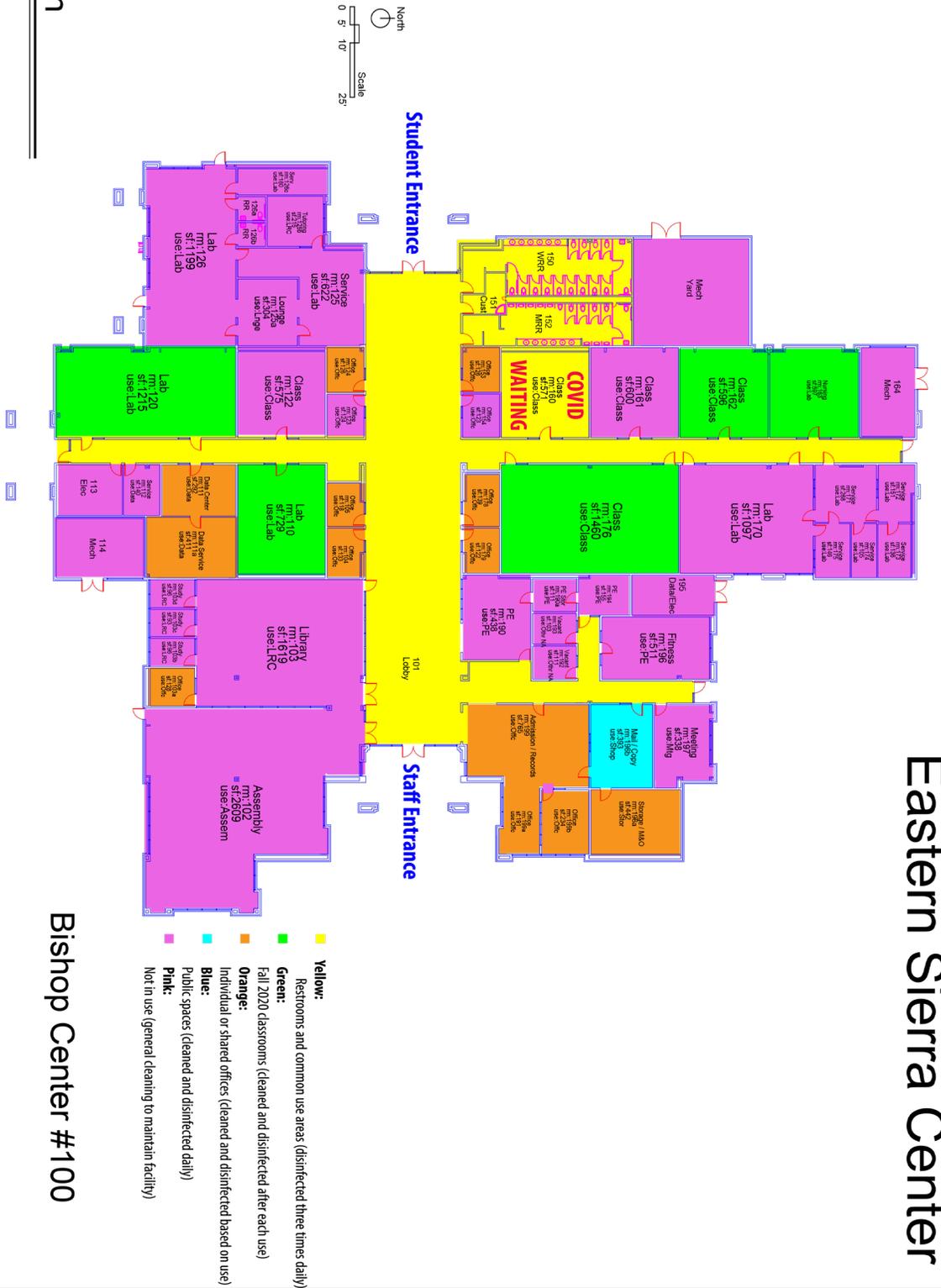


First Floor Plan

Maintenance Office / Receiving #4

Eastern Sierra Center

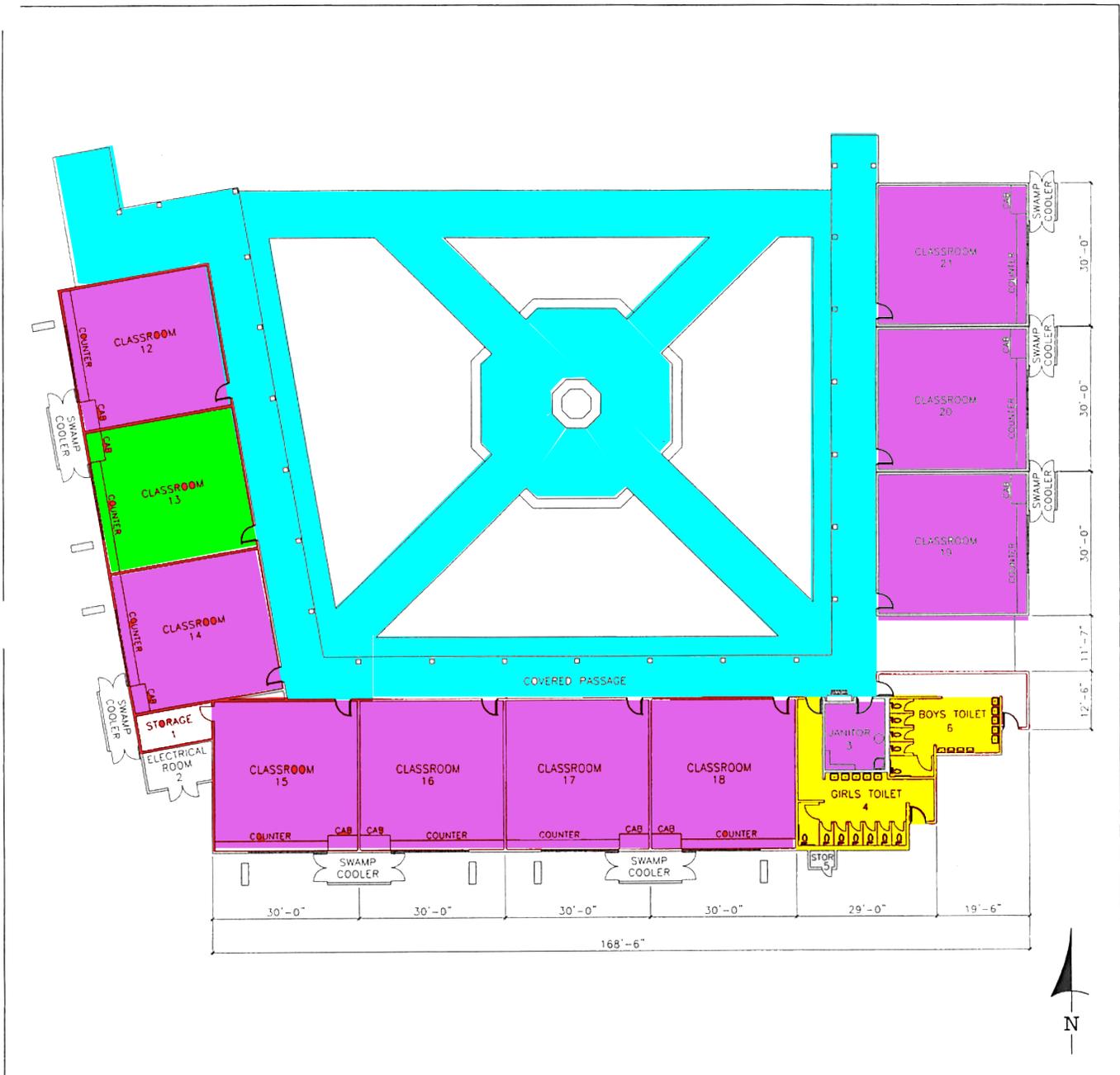
First Floor Plan

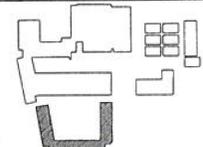


Bishop Center #100

Tehachapi Unified School District
 Jacobsen Elementary, Kern County
 New Construction
 Modernization/Reconstruction

Diagram of Building Area
 Existing 1-A
 Proposed 2-A
 Final 3-A



	<p>Building "B" Floor Plan Jacobsen Elementary School 126 South Snyder Avenue – Tehachapi, CA 93561 Web Site – www.teh.k12.ca.us Phone (661) 822-2120 FAX (661) 822-2236</p>	<p>Key Plan </p> 
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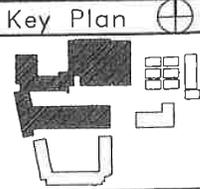
The above is measured in accordance with the laws and regulations governing the State School Building Lease-Purchase Program.
 cadxservices@yahoo.com

December 26, 2006
 Scale: 1"=30'-0"
 D.S.A.# 000000
 Page 9 of 18

Tehachapi Unified School District
 Jacobsen Elementary, Kern County
 □ New Construction
 □ Modernization/Reconstruction

Diagram of Building Area
 ⊗ Existing 1-A
 □ Proposed 2-A
 □ Final 3-A



	<p>Building "A" Floor Plan Jacobsen Elementary School 126 South Snyder Avenue – Tehachapi, CA 93561 Web Site – www.teh.k12.ca.us Phone (661) 822-2120 FAX (661) 822-2236</p>	<p>Key Plan </p>
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The above is measured in accordance with the laws and regulations governing the State School Building Lease-Purchase Program.
 cadxservices@yahoo.com

December 26, 2006
 Scale: 1"=40'-0"
 D.S.A.# 000000
 Page 4 of 18

Appendix G: Building Closure Checklist

Building:		
Completed By:		Date:
Before Closure		Done
1.	Remove garbage, food, and other perishable materials prior to closure	<input type="checkbox"/>
2.	Develop a plan for maintaining water systems during closure.	<input type="checkbox"/>
3.	Develop a plan for managing HVAC systems during closure.	<input type="checkbox"/>
During Closure		Done
1.	Routinely inspect for water intrusion events, which can result in water damage or mold growth if left unaddressed (e.g., roof leaks, plumbing leaks, surface flooding).	<input type="checkbox"/>
2.	Continue pest control measures on a modified schedule. Reduced maintenance activities can allow for infestation of pests or accumulation of pest allergens, dander, and droppings.	<input type="checkbox"/>
3.	Consider ways to prevent water stagnation, including flushing fixtures routinely, to avoid issues with water quality including microbial growth of organisms, leaching of metals, and buildup of sediment. Address potable water system components as well as specialized water systems (e.g., fountains, cooling towers, misters, etc.).	<input type="checkbox"/>
4.	Ensure drain traps remain filled.	<input type="checkbox"/>
5.	Periodically run HVAC system to ventilate the building and reduce buildup of indoor air and surface contaminants such as dust, particulates.	<input type="checkbox"/>
Before Reopening		Done
1.	Ensure that water damage or standing water is not present. Address any mold/moisture issues before re-occupancy.	<input type="checkbox"/>
2.	Ensure that garbage, food, and other perishable materials are removed as appropriate.	<input type="checkbox"/>
3.	Inspect for pests and rodents. Reduced maintenance activities can allow for infestation of pests or accumulation of pest allergens, dander, and droppings.	<input type="checkbox"/>
4.	Ensure no objectionable odors are present. Investigate and address as needed (e.g., dry drain-traps, garbage, pests, water intrusion, unattended plants, spoiled food).	<input type="checkbox"/>
5.	Evaluate spaces for COVID-19 safety concerns and implementing related modifications (e.g., postings, traffic routing, barriers, etc.). Consider the need for cleaning/disinfection, either based on actual risk or as a precaution to address occupant concerns about contamination.	<input type="checkbox"/>
6.	Flush water fixtures prior to re-occupancy to remove stagnant water, using respiratory protection if stagnant for an extended period. Address potential issues associated with specialized water systems (e.g., fountains, cooling towers, misters, etc.). Consider further assessment if conditions of concern present.	<input type="checkbox"/>
7.	Ensure HVAC systems are in good condition. Inspect air handling units (filters, coils, pans, outdoor air intakes, etc.).	<input type="checkbox"/>
8.	Ensure adequate ventilation to occupied areas. Lack of ventilation and circulation of fresh air during low occupancy can result in the buildup of indoor air and surface contaminants such as dust, particulates, and volatile organic compounds.	<input type="checkbox"/>

Appendix H: Case Response Form

Note: These practices are current as of the revision date. Since the COVID-19 pandemic is evolving rapidly, extra diligence should be used in watching for updates to these practices.

Instructions:

The purpose of this form is to provide direction and documentation regarding the response actions to take to help mitigate potential risk of COVID-19 transmission upon learning of a known or suspected COVID-19 case potentially impacting facilities, employees, or other stakeholders. Supervisors are responsible for completing the "Incident Information" and "Immediate Response" section of this form and working with the COVID-19 Safety Coordinator who is responsible for completing the additional sections of this form.

Key Definitions:

- Known or suspected case.** For purposes of this plan, a known or suspected case is someone who has COVID-19 symptoms or who has tested positive for COVID-19, unless otherwise determined by a medical professional. A negative test does not necessarily mean that a person does not have COVID-19. Further information on case identification can be found at: <https://www.cdc.gov/nndss/conditions/coronavirus-disease-2019-covid-19/case-definition/2020/>.
- Exposure.** An exposure is generally considered to occur when someone is within six feet of a known or suspected case for ≥ 15 minutes, starting 48 hours prior to when the case first had symptoms or took a positive test (whichever is earlier) without the benefit of proper personal protective equipment. Exposure may also occur within a shorter duration depending on the nature of interaction (e.g., being coughed/sneezed upon, physical contact, long periods in a small space). Cloth face coverings (a.k.a., "masks") are not considered to prevent exposure within six feet, however respirators (e.g., N95) may be. CDC guidance on evaluating exposure can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html> and <https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/appendix.html#contact>.

Supervisors: Complete the incident information section below and use the form in Attachment A to record any additional information or detail.	
INCIDENT INFORMATION	
Area/Operation:	
Supervisor:	Report Date:
Subject Person:	Employee <input type="checkbox"/> Visitor <input type="checkbox"/>
Phone/Email:	
Is the person reporting exposure to a case? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, list date of exposure:
Is the person reporting symptoms or a positive test? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes, list symptom onset date or date test collected (whichever is earlier):
Date the person was last in the subject area: (If >14 days ago, no further action is required)	

Supervisors: Complete the immediate Response section below and use the form in Attachment A to record any additional information or detail.		
Immediate Response		Done
Note: Immediate response actions are interim until a more detailed assessment is performed. If uncertainties arise, actions should err on the side of being more protective of people's health.		
1.	Notify. Inform the COVID-19 Safety Coordinator of the incident. Do not share the identity of the person involved with any other parties except Human Resources.	<input type="checkbox"/>
2.	Address the subject person. Have the subject person go home or stay home. Tell them to follow guidance from the CDC on what to do (https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html). If they are an employee, tell them that they will be contacted by Human Resources with further information. If the case is reported while they are still in the area, isolate them from others until they leave. Be aware that the case may need assistance in arranging transport home or to a healthcare provider.	<input type="checkbox"/>
3.	Address potentially exposed people. a. If the subject person is just reporting an exposure, then no action is needed. b. If the subject person is a known or suspected case, send home people with potential exposure to the person. Tell them to follow guidance from the CDC on what to do (https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine-isolation.html). If they are an employee, tell them that they will be contacted by Human Resources with further information. Record the names of persons sent home in Attachment B.	<input type="checkbox"/>
4.	Address areas with prolonged exposure (closure). a. If the subject person is just reporting an exposure, then no action is needed. b. If the subject person has not been in the area for >7 days, then no action is needed. c. If the subject person is a known or suspected case and they have been in the area within the last 7 days, then shut-down areas where they spent a prolonged period (e.g., ≥15 minutes) or had substantial interactions with the area. The time period in question begins starting from two days before the case first showed symptoms, or two days from date a positive test was collected, whichever is earlier. If it has been less than 24 hours since they were in an indoor area, then open exterior doors/windows to and stay out until at least 24 hours have passed. Inventory the closed areas using the cleaning/disinfection log in Attachment C.	<input type="checkbox"/>
5.	Address areas without prolonged exposure (cleaning). a. If the subject person is just reporting an exposure, then no action is needed. b. If the subject person has not been in the area for >7 days, then no action is needed. c. If the subject person is a known or suspected case and they have been in the area within the last 7 days, ensure frequently contacted surfaces throughout remaining open areas are cleaned/disinfected as soon as possible, along with any additional surfaces the case is believed to have touched outside of closed areas. Inventory the surfaces cleaned using the cleaning/disinfection log in Attachment C.	<input type="checkbox"/>
6.	Additional assessment. Work with the COVID-19 Safety Coordinator to complete a more detailed assessment of the incident.	<input type="checkbox"/>

COVID-19 Safety Coordinator: Complete the incident assessment section below corresponding to the type of incident and use Attachment A to record any additional information or detail.		
Incident Assessment: Exposed Person		Done
1.	Review the "Incident Information" and "Immediate Response" sections of this form and confirm that have been properly addressed.	<input type="checkbox"/>
2.	Confirm that Human Resources has followed up with the subject person if an employee.	<input type="checkbox"/>
3.	Inspect the work area/operation to ensure that proper COVID-19 safe practices are being followed using the COVID-19 Safety Plan "Inspection Form".	<input type="checkbox"/>
4.	Evaluate the level of concern among employees regarding the incident and consider further communications as appropriate (e.g., update letters, town hall call).	<input type="checkbox"/>
5.	Follow-up with subject person to see if they develop symptoms or a positive test. If so, initiate a new case response form. If not, they can return 14 days after their last exposure. Document return using the form in Attachment B.	<input type="checkbox"/>
6.	Update general notes in Attachment A as appropriate, attach additional documents, sign below, and retain this form and attachments for recordkeeping purposes.	<input type="checkbox"/>
Incident Assessment: Known/Suspected Case (>7 days since in the area)		Done
1.	Review the "Incident Information" section of this form and confirm accuracy.	<input type="checkbox"/>
2.	Confirm that Human Resources has followed up with the subject person if an employee.	<input type="checkbox"/>
3.	Contact the local county health department to report the incident and response plan. Modify the response plan based on direction from the county.	<input type="checkbox"/>
4.	Review "Immediate Response" item #3 (exposed persons) and conduct an assessment (in-house or by third party consultant) to ensure proper identification of potentially exposed people. Update the list in Attachment B.	<input type="checkbox"/>
5.	Take further actions as needed regarding potentially exposed people. This may involve sending more employees home or telling some they can come back, as well as communicating exposure to non-employees as appropriate (e.g., direct notification, contacting employers, postings).	<input type="checkbox"/>
6.	Confirm that Human Resources has followed up with potentially exposed employees..	<input type="checkbox"/>
7.	Inspect the work area/operation to ensure that proper COVID-19 safe practices are being followed using the COVID-19 Safety Plan "Inspection Form".	<input type="checkbox"/>
8.	Evaluate the level of concern among employees regarding the incident and consider further communications as appropriate (e.g., update letters, town hall call).	<input type="checkbox"/>
9.	Follow-up with the subject person to determine when they can return according to CDC guidance (https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html). In general, known or suspect cases with a positive test but no symptoms can return after at least 10 days have passed since their first positive test. In general, known or suspect cases with symptoms can return after all of the following are met: a) at least 10 days since symptom onset, b) at least 3 days without fever, and c) improvement of respiratory symptoms. Test-based strategies may also be used, and some exceptions may apply depending on circumstances (see guidance). Additional guidance may be given by medical professionals. Document their return using the form in Attachment B.	<input type="checkbox"/>
10.	Follow-up with employees sent home due to potential exposure to see if they develop symptoms or a positive test. If so, initiate a new case response form. If not, they can return 14 days after their last exposure. Document return using the form in Attachment B.	<input type="checkbox"/>
11.	Update general notes in Attachment A as appropriate, attach additional documents, sign below, and retain this form and attachments for recordkeeping purposes.	<input type="checkbox"/>

Incident Assessment: Known/Suspected Case (≤ 7 days since in the area)		Done
1.	Review the "Incident Information" section of this form and confirm accuracy..	<input type="checkbox"/>
2.	Confirm that Human Resources has followed up with the subject person if an employee.	<input type="checkbox"/>
3.	Contact the local county health department to report the incident and response plan. Modify the response plan based on direction from the county.	<input type="checkbox"/>
4.	Review "Immediate Response" item #3 (exposed persons) and conduct an assessment (in-house or by third party consultant) to ensure proper identification of potentially exposed people. Update the list in Attachment B.	<input type="checkbox"/>
5.	Take further actions as needed regarding potentially exposed people. This may involve sending more employees home or telling some they can come back, as well as communicating exposure to non-employees as appropriate (e.g., direct notification, contacting employers, postings).	<input type="checkbox"/>
6.	Confirm that Human Resources has followed up with potentially exposed employees.	<input type="checkbox"/>
7.	Review "Immediate Response" item #4 (impacted areas) and conduct an assessment (in-house or by third party consultant) to ensure proper identification of areas for closure. Adjust areas and update Attachment C as appropriate.	
8.	Review "Immediate Response" item #5 (non-closed areas) and conduct an assessment (in-house or by third party consultant) to ensure that the appropriate surfaces have been cleaned/disinfected. Ensure immediate cleaning/disinfection of additional surfaces and update Attachment C as appropriate.	<input type="checkbox"/>
9.	Develop a cleaning/disinfection scope for impacted/closed areas using Attachment C and arrange for the cleaning/disinfection by appropriate in-house or outside resources.	<input type="checkbox"/>
10.	Monitor cleaning/disinfection (in-house or by third party consultant) to document that the proper scope is completed following proper methods (e.g., registered products, application method, contact time).	<input type="checkbox"/>
11.	Inspect the work area/operation to ensure that proper COVID-19 safe practices are being followed using the COVID-19 Safety Plan "Inspection Form".	<input type="checkbox"/>
12.	Evaluate the level of concern among employees regarding the incident and consider further communications as appropriate (e.g., update letters, town hall call).	
13.	Follow-up with the subject person to determine when they can return according to CDC guidance (https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html). In general, known or suspect cases with a positive test but no symptoms can return after at least 10 days have passed since their first positive test. In general, known or suspect cases with symptoms can return after all of the following are met: a) at least 10 days since symptom onset, b) at least 3 days without fever, and c) improvement of respiratory symptoms. Test-based strategies may also be used, and some exceptions may apply depending on circumstances (see guidance). Additional guidance may be given by medical professionals. Document their return using the form in Attachment B.	<input type="checkbox"/>
14.	Follow-up with employees sent home due to potential exposure to see if they develop symptoms or a positive test. If so, initiate a new case response form. If not, they can return 14 days after their last exposure. Document return using the form in Attachment B.	<input type="checkbox"/>
15.	Update general notes in Attachment A as appropriate, attach additional documents, sign below, and retain this form and attachments for recordkeeping purposes.	<input type="checkbox"/>

COVID-19 Safety Coordinator: Sign below to confirm completion of the protocol in this form.

Name _____ Signature _____ Date _____

Appendix I: Clinical Practices

Keeping students safe during clinical rotations amidst COVID-19

At Cerro Coso Community College, the Vocational Nursing (VN) and other Allied Health students participate in clinical rotations in facilities where there is potentially positive COVID-19 patients. As with any healthcare related profession, there is an increased risk for exposure to a multitude of serious diseases. Part of the requirements for rotations are ensuring students are up-to-date with industry standard immunizations and maintaining safe practices such as proper handwashing and use of personal protective equipment (PPE).

Cerro Coso Community College will adhere to the following during clinical rotations:

- Assignments will not include COVID-19 positive patients/residents
- Student will submit to COVID testing when appropriate and prior to first day of clinical rotations
- Student will wear all appropriate PPE as designated by clinical facility
- Student will submit for signs/symptoms assessment prior to each clinical rotation

In addition to this, staff will remain in direct communication with facility administration to ensure patient status updates are appropriate for student assignments, change in facility requirements, or any other pertinent information to maintain safety of students during clinical rotations.

Who gets quarantined/isolated?

An individual who tests positive for COVID-19 (via PCR) gets isolated and the close contacts get quarantined. A close contact is an individual who has been within 6 feet of a COVID-19 positive individual for >15 minutes

What is isolation?

Isolation separates people with a contagious disease, like COVID-19, from people who are not sick. People who are in isolation should stay home until it's safe for them to be around others.

How long does it last?

If you had COVID-19, and had symptoms:

- 10 days since symptoms first appeared and
- 24 hours with no fever without the use of fever-reducing medications and
- Other symptoms of COVID-19 are improving*

If you tested positive but had no symptoms (asymptomatic):

- You can be with others after 10 days have passed since you had a positive viral test for COVID-19

What is quarantine?

Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department.

How long does it last?

If you do not develop symptoms after being exposed, your quarantine will end

- 14 days after your last potential exposure to someone with novel coronavirus, or sooner as indicated by Inyo County HHS, Public Health.

- if you have ongoing exposure to the infected individual (caregiver, household member, ect.) your home quarantine will end 14 days after the individual is afebrile for 24 hours without the help of medication and 10 days from the onset of their symptoms.

If you develop symptoms you will be presumed to have COVID-19 and your isolation will end

- 10 days since symptoms first appeared and
- 24 hours with no fever without the use of fever-reducing medications and
- Other symptoms of COVID-19 are improving*

Can you be released off of quarantine early if you test negative during your quarantine period?

- No, even if you test negative for COVID-19 or feel healthy, you should stay home (quarantine) since symptoms may appear 2 to 14 days after exposure to the virus.

When can a positive resident at the BCC return to the non-COVID unit?

Residents who tested positive can be released by following the rules for isolation

Source: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-hospitalized-patients.html>

When can a positive staff member return to work at the BCC COVID-19 unit?

HCP with mild to moderate illness who are not severely immunocompromised:

- At least 24 hours have passed since last fever without the use of fever-reducing medications and
- Symptoms (e.g., cough, shortness of breath) have improved

HCP who are asymptomatic throughout their entire infection period:

- May continue to work the COVID-19 unit through their infectious period

When can a COVID-19 positive staff member return to work at BCC on the non-COVID unit?

HCP with mild to moderate illness who are not severely immunocompromised:

- At least 10 days have passed since symptoms first appeared and
- At least 24 hours have passed since last fever without the use of fever-reducing medications and
- Symptoms (e.g., cough, shortness of breath) have improved

HCP who are asymptomatic throughout their infection period:

- at least 10 days have passed since the date of their first positive viral diagnostic test.

After returning to work, HCP should:

Wear a facemask for source control at all times while in the healthcare facility until all symptoms are completely resolved or at baseline. A facemask instead of a cloth face covering should be used by these hcp for source control during this time period while in the facility. After this time period, these hcp should revert to their facility policy regarding universal source control during the pandemic.

- A facemask for source control does not replace the need to wear an n95 or equivalent or higher-level respirator (or other recommended ppe) when indicated, including when caring for patients with suspected or confirmed sars-cov-2 infection.

Self-monitor for symptoms, and seek re-evaluation from occupational health if symptoms recur or worsen

Source: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/return-to-work.html>

When can a BCC employee be off their "ongoing quarantine" for working at an outbreak site?

Until CDPH and/or Inyo County Public Health has determined that the site is no longer in an outbreak state.

Note: staff that have tested positive for COVID 19 and have been cleared from isolation by Inyo County, HHS Public Health, do not have to follow ongoing quarantine for 3 months following isolation release.

How long does COVID-19 Immunity last?

At this time, we do not know if someone can be re-infected with COVID-19. Data to date show that a person who has had and recovered from COVID-19 may have low levels of virus in their bodies for up to 3 months after diagnosis. This means that if the person who has recovered from COVID-19 is retested within 3 months of initial infection, they may continue to have a positive test result, even though they are not spreading COVID-19.

There are no confirmed reports to date of a person being re-infected with COVID-19 within 3 months of initial infection. However, additional research is ongoing. Therefore, if a person who has recovered from COVID-19 has new symptoms of COVID-19, the person may need an evaluation for reinfection, especially if the person has had close contact with someone infected with COVID-19. The person should isolate and contact a healthcare provider to be evaluated for other causes of their symptoms, and possibly retested.

CDC recommends that all people, whether or not they have had COVID-19, take steps to prevent getting and spreading COVID-19. Wash hands regularly, stay at least 6 feet away from others whenever possible, and wear masks.

Source: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/end-home-isolation.html>

I have more questions...

Visit The CDC's FAQ site for more information or call Inyo County HHS, Public Health at 760-873-7868.