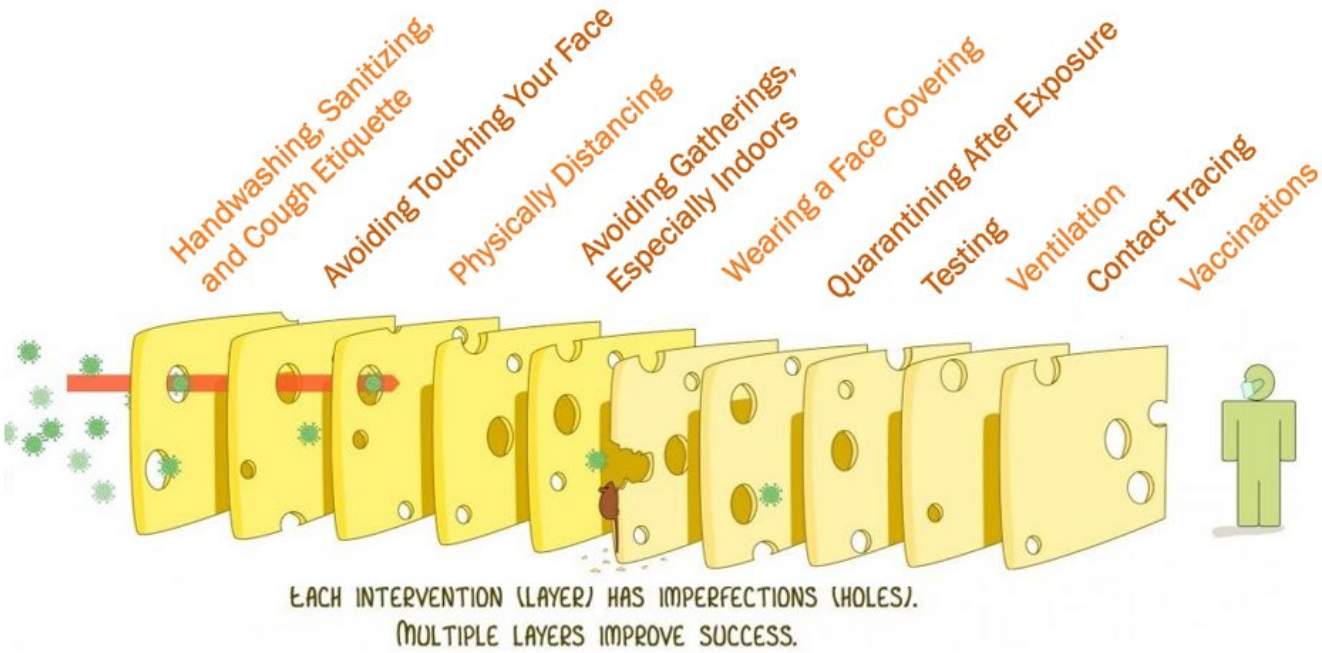
CHULA VISTA ELEMENTARY SCHOOL DISTRICT

JANUARY 13, 2022

LIVE WELL SAN DIEGO

NO SINGLE PREVENTION STRATEGY IS ENOUGH



Adapted from: https://www.pslhub.org/learn/coronavirus-covid19/tips/the-swiss-cheese-respiratory-virus-pandemic-defence-r3379/

BE COVIDSAFE ✓ HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

LEVELS OF RISK

Low Risk → **High Risk**

Fully vaccinated

Being outdoors, no crowds

Wearing face coverings

No face coverings

Crowded indoor settings

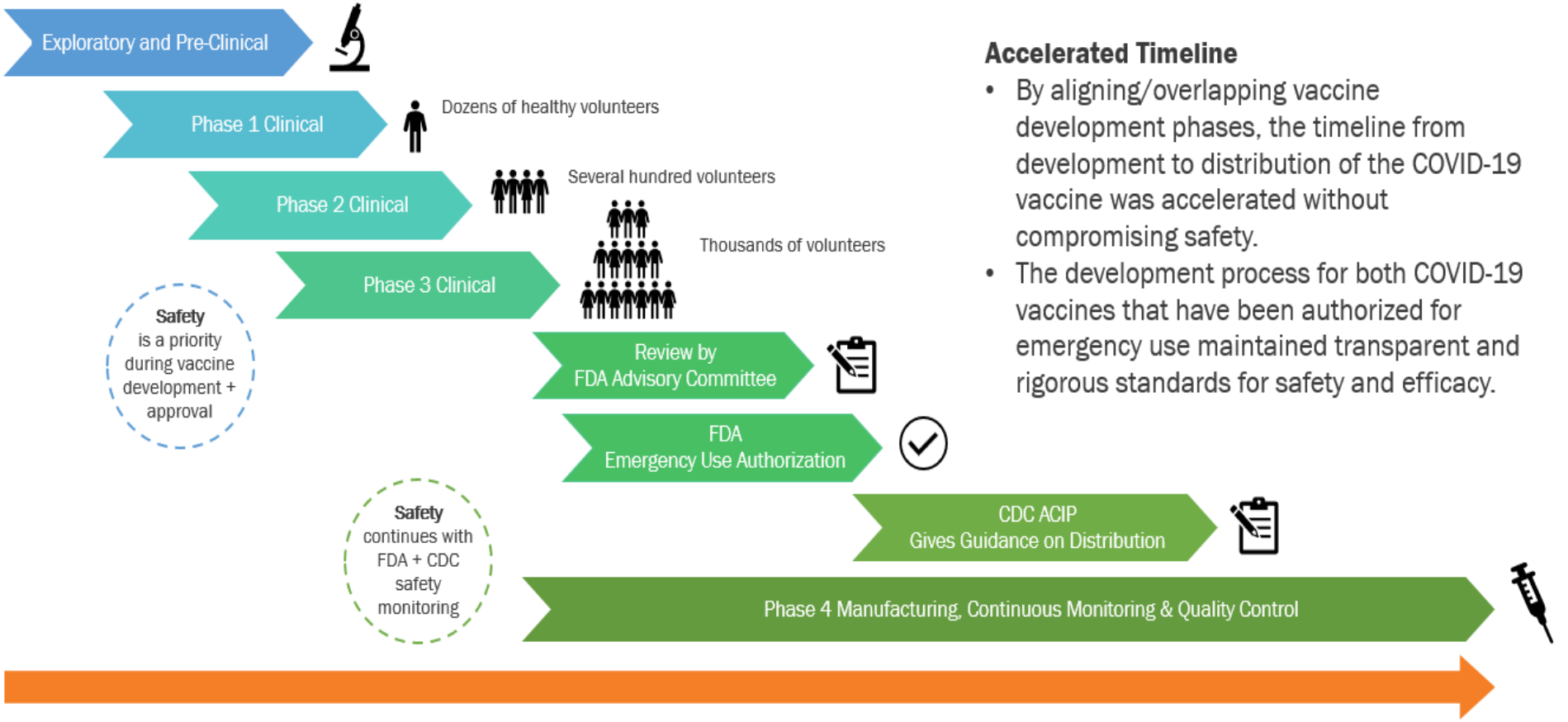
Poor ventilation

Not fully vaccinated

VACCINES

LIVE WELL SAN DIEGO

FROM DEVELOPMENT TO DISTRIBUTION



Accelerated Timeline

- By aligning/overlapping vaccine development phases, the timeline from development to distribution of the COVID-19 vaccine was accelerated without compromising safety.
- The development process for both COVID-19 vaccines that have been authorized for emergency use maintained transparent and rigorous standards for safety and efficacy.

BE COVIDSAFE

HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

PFIZER COVID VACCINE FOR YOUNGER CHILDREN

- Pfizer recently shared an update about their COVID-19 vaccine for children.
- The 3-microgram dose (less than 1/3 of the dose for older children) provided a protective immune response in babies and toddlers ages 6 to 14 months.
- However, **the dose did not provide adequate immunity in children ages 2 to 5**.
- Pfizer plans to change their clinical trial by adding a third dose for younger children, to see if that improves the results.
- If the trials are successful, Pfizer will submit data for an emergency use authorization in the first half of 2022.

J&J VACCINE RECOMMENDATION

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[CDC vaccine advisers vote to recommend Pfizer, Moderna vaccines over J&J's]

- On 12/16, CDC vaccine advisers voted 15-0 to recommend that mRNA vaccines (Pfizer and Moderna) are preferred over the J&J/Janssen COVID-19 vaccine.
- mRNA vaccines are also preferred as booster doses in most situations.
- The J&J vaccine will still be available, especially for groups that are not recommended to get an mRNA vaccine (such as those at risk for myocarditis).
- The updated recommendation shows that the vaccine safety surveillance system is working, and public health experts are closely monitoring vaccine safety.

AFTER VACCINATION: EXPECTED EFFECTS

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Helpful Tips

To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

Arm

- Pain
- Redness
- Swelling

Body

- Chills
- Fever
- Headache
- Muscle Pain
- Nausea
- Tiredness

When to call the doctor

- If the redness or tenderness where you got the shot increases after 24 hours.
- If your side effects are worrying you or do not seem to be going away after a few days.

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HELP SAVE SAN DIEGO LIVES AND LIVELIHOODS

COVID-19 VACCINE BOOSTERS

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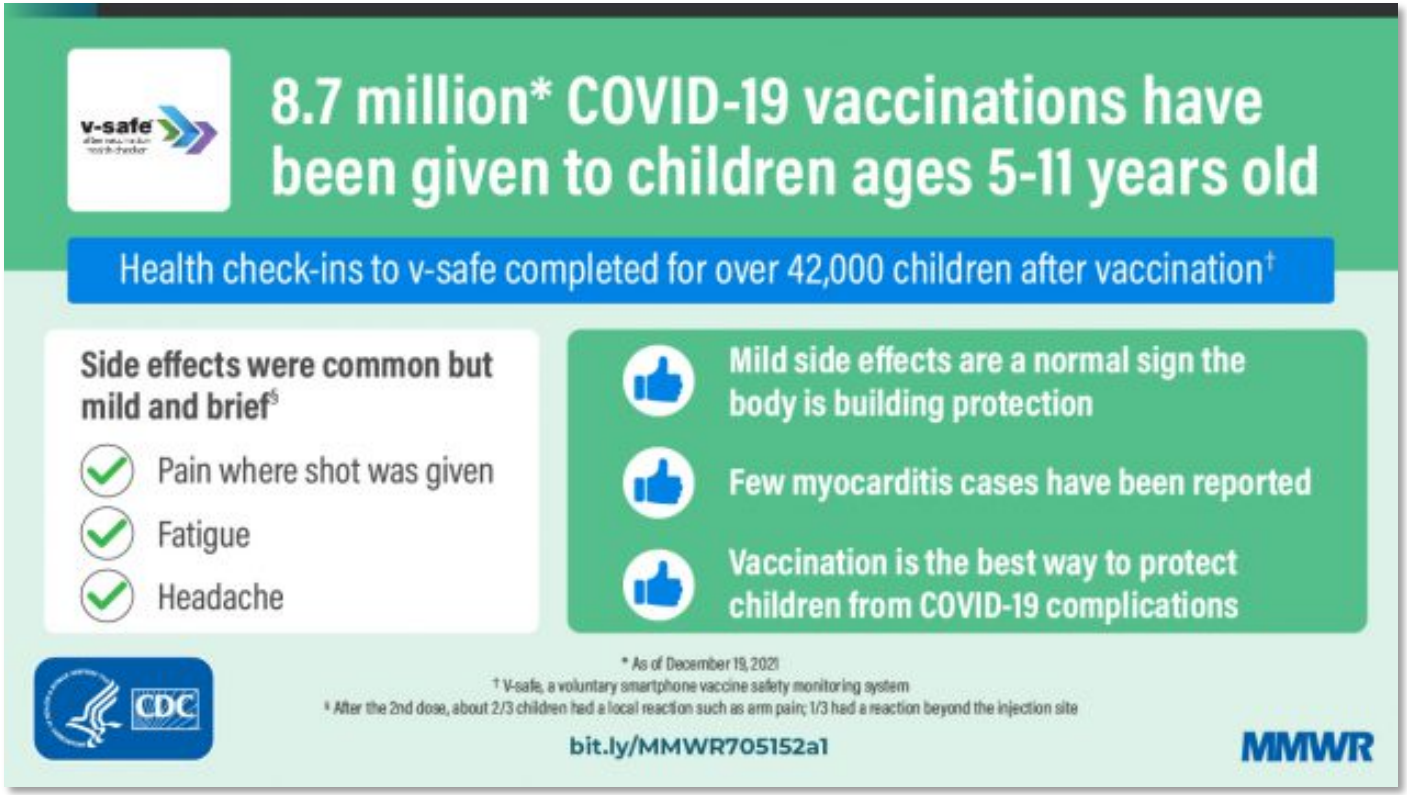
Primary series COVID-19 vaccine product*	Age for vaccine booster (years)	Interval between final primary & booster dose	COVID-19 vaccines that may be given as a booster dose*
Pfizer-BioNTech	≥ 12	≥ 5 months	12-17: Pfizer-BioNTech 18+: Pfizer-BioNTech or Moderna (or Janssen/J&J)
Moderna	≥ 18	≥ 5 months	Pfizer-BioNTech or Moderna (or Janssen/J&J)
Janssen/J&J	≥ 18	≥ 2 months	Pfizer-BioNTech or Moderna (or Janssen/J&J)

*Only Pfizer-BioNTech is authorized as a primary series or booster for people aged <18 years. For the prevention of COVID-19 in those aged ≥ 18 years, mRNA vaccines (Pfizer or Moderna) are preferred over the J&J vaccine for both primary series and booster doses.

COVID-19 Booster Vaccines

CDC Recommends Boosters for 12-15 Year Olds

COVID-19 STUDIES: VACCINES FOR CHILDREN AGES 5-11



Two new studies on the safety of vaccines in 5–11-year-olds:

[COVID-19 Vaccine Safety in Children Aged 5–11 Years — United States, November 3–December 19, 2021 | MMWR (cdc.gov)]

[Characteristics and Clinical Outcomes of Children and Adolescents Aged 18 Years Hospitalized with COVID-19 — Six Hospitals, United States, July–August 2021 | MMWR (cdc.gov)]

RISK FACTORS FOR SEVERE COVID-19 AMONG VACCINATED ADULTS

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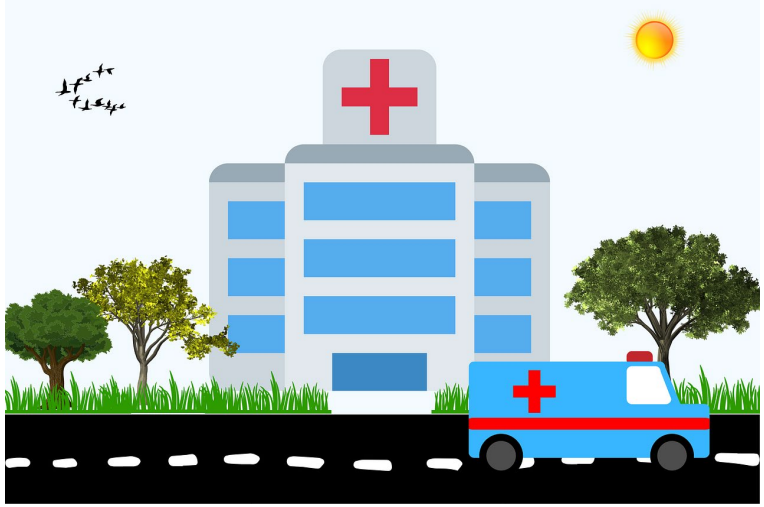
Risk Factors for Severe COVID-19 Outcomes Among Persons Aged ≥18 Years Who Completed a Primary COVID-19 Vaccination Series | MMWR

- Among 1,228,664 people who completed primary vaccination during December 2020–October 2021, severe COVID-19–associated outcomes (0.015%) or death (0.0033%) were rare.
- Risk factors for severe outcomes included age ≥65 years, immunosuppressed, and six other underlying conditions.
- Everyone in this study who had severe COVID-19 outcomes had at least one risk factor; 78% of persons who died had at least four.

OUTCOMES OF HOSPITALIZED KIDS (<18 YEARS OLD)

[Characteristics and Clinical Outcomes of Children and Adolescents Aged 18 Years Hospitalized with COVID-19 — Six Hospitals, United States, July–August 2021 | MMWR (cdc.gov)]

- 915 Covid cases of hospitalized children and teens
- 78% were hospitalized because of complications of COVID-19
- Over half needed help breathing
- 29.5% were placed in intensive care
- **A third had no underlying health problems.**
- Of those with underlying conditions, 32% had obesity and 16% had asthma.
- **0.4% were fully vaccinated** (& 4.4% were partially vaccinated)



VACCINE EFFECTIVENESS: PREVENTING MIS-C CASES

LIVE WELL SAN DIEGO

Effectiveness of BNT162b2 (Pfizer–BioNTech) mRNA Vaccination Against Multisystem Inflammatory Syndrome in Children Among Persons Aged 12–18 Years — United States, July–December 2021

Early Release / January 7, 2022 / 71

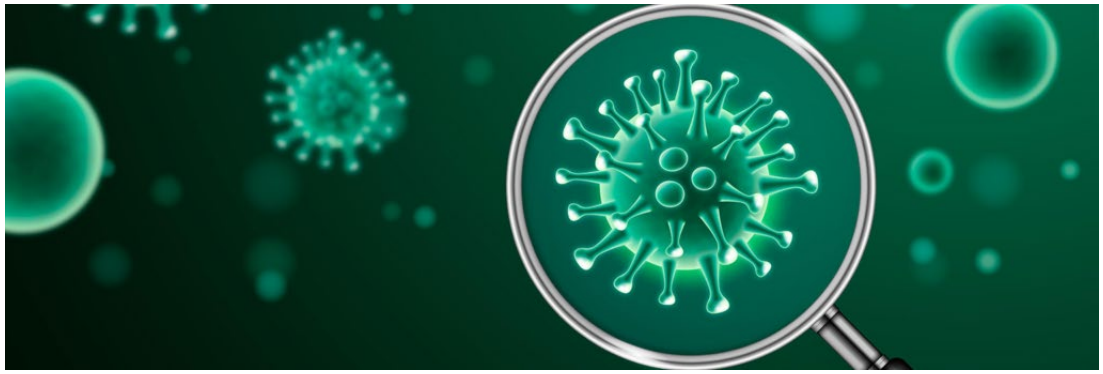
MMWR – 1/7/22

- This study assessed the effectiveness of the Pfizer vaccine at preventing MIS-C cases (Multisystem inflammatory syndrome in children), which can occur 2-6 weeks after COVID-19 infection.
- The study included patients ages 12-18 from 24 pediatric hospitals.
- The estimated effectiveness of 2 doses of the Pfizer vaccine against MIS-C was **91%**.
- No fully vaccinated patients with MIS-C required respiratory or cardiovascular life support, as opposed to 39% of unvaccinated MIS-C patients who did.
- **Implications:** Getting 2 doses of the Pfizer vaccine is associated with a high level of protection against MIS-C for 12–18 year olds, highlighting the importance of vaccination among all eligible children.

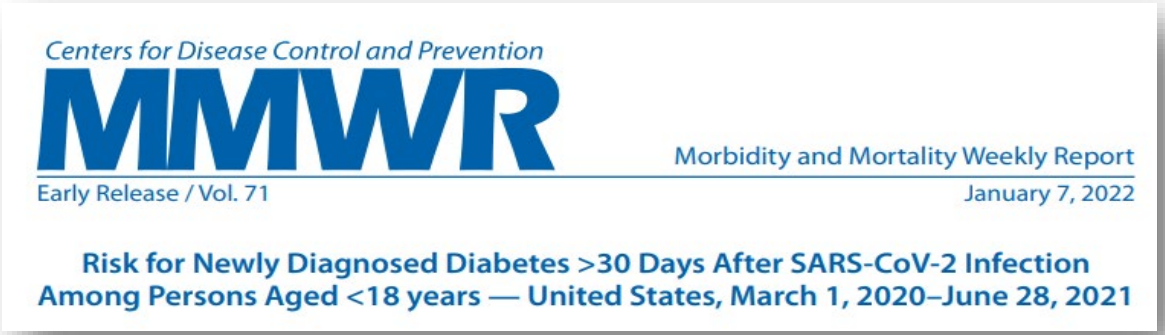
LONG COVID IN KIDS

- Approximately 10% of kids have long-COVID symptoms
  - fatigue
  - shortness of breath
  - muscle aches
  - sleep disturbances
- Beyond reporting symptoms:
  - abnormal lung function
  - lower heart rate with exercise
  - low iron stores

Long COVID in Children: Observations From a Designated Pedia... : The Pediatric Infectious Disease Journal (lww.com)



INCREASED RISK FOR DIABETES AFTER COVID-19 INFECTION



MMWR: 1/7/22

- This study reviewed the association of any new diabetes diagnosis (type 1, type 2, other) >30 days after a COVID-19 infection among children under 18.
- The study found that children under 18 with COVID-19 were **166% more likely** to receive a new diabetes diagnosis >30 days after infection compared to those without COVID-19. They were also **116% more likely** to receive a new diabetes diagnosis than those with pre-pandemic acute respiratory infections.
  - The association could be because of the effects of COVID-19 on organ systems involved in diabetes risk.
- **Implications**: The increased risk among children under 18 after COVID-19 infection highlights the importance of COVID-19 prevention strategies, including vaccination and chronic disease prevention and treatment.

CURRENT STATUS OF COVID-19

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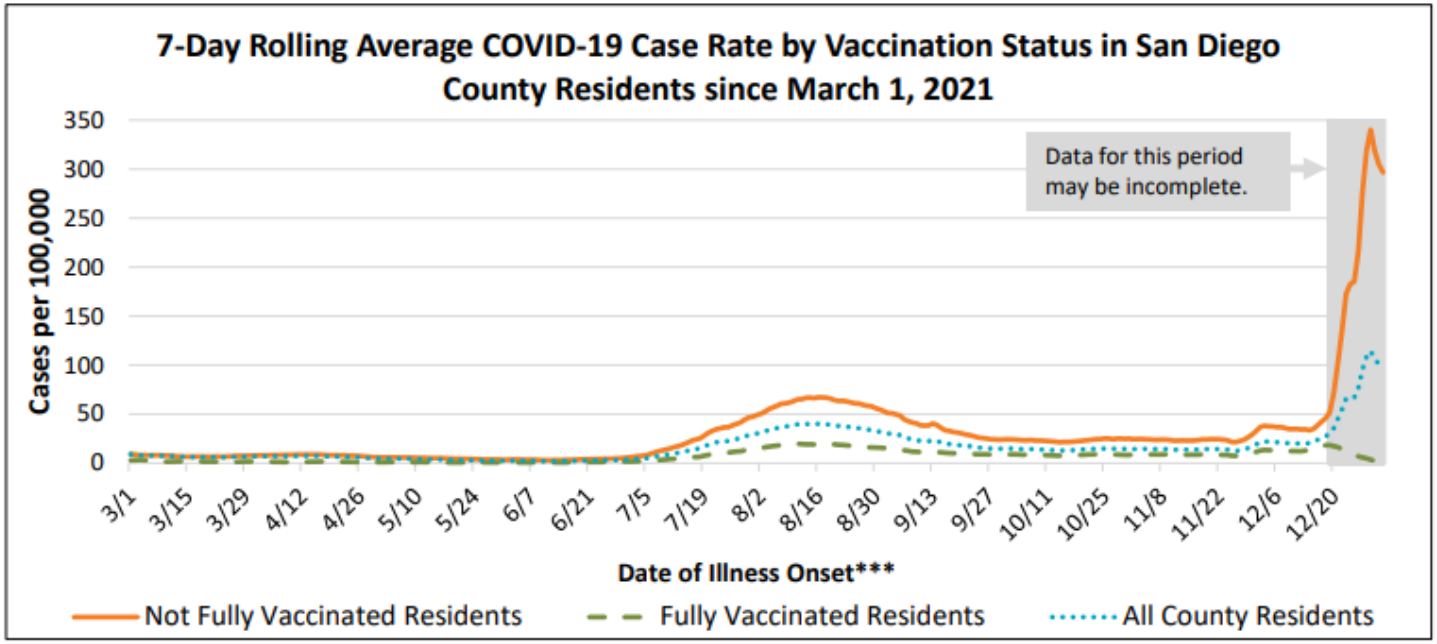
COVID-19 CASE RATE BY VACCINATION STATUS

LIVE WELL SAN DIEGO

Case rate for not fully vaccinated residents is ***3 times higher*** than fully vaccinated residents

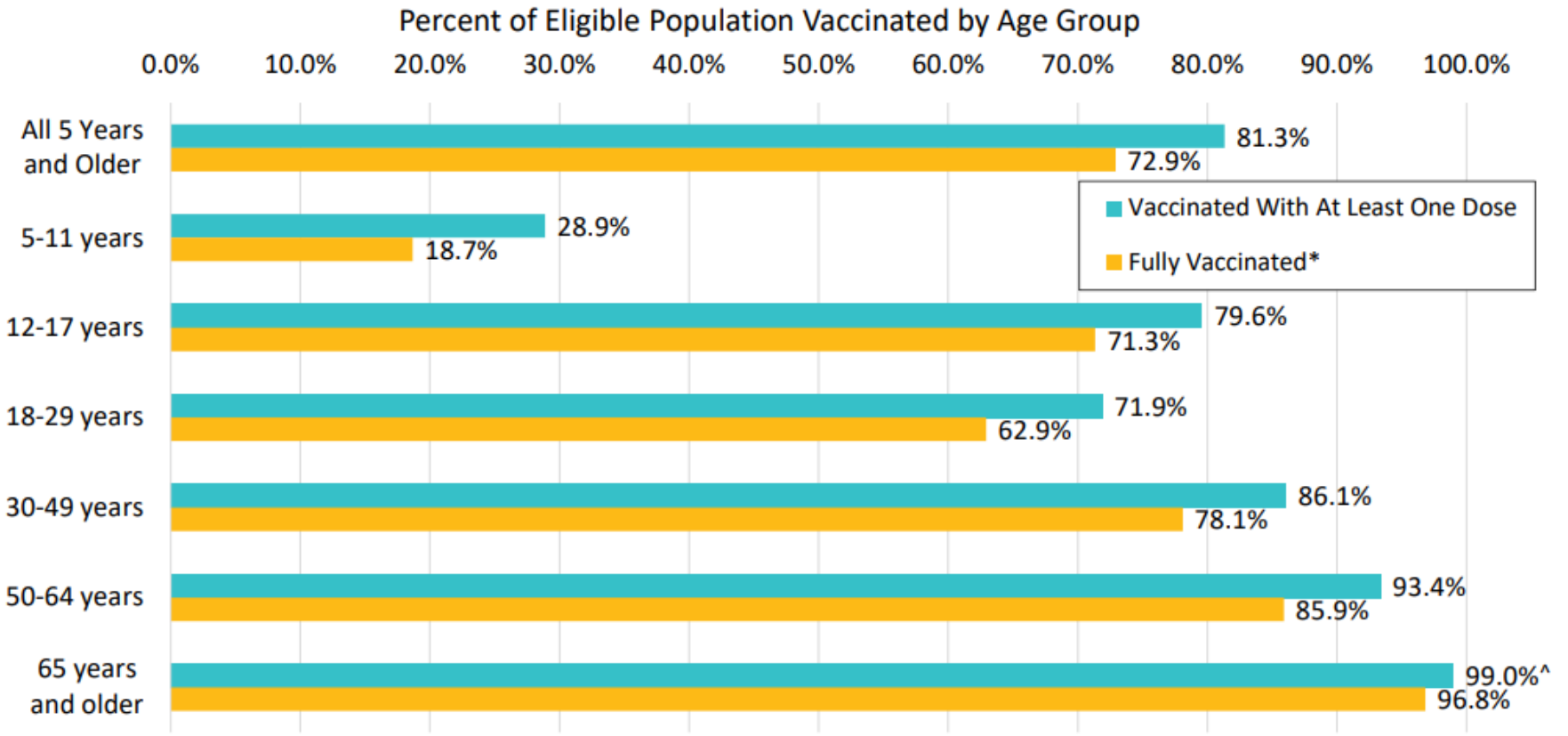
Average Daily Cases per 100,000 (7-day average with 14-day lag: 12/12/2021– 12/18/2021)		
Not Fully Vaccinated*	Fully Vaccinated**	County Overall
45.8	18.1	27.6



*Not fully vaccinated includes individuals with one dose of the two-dose series, no doses, or unknown vaccination status. Individuals less than 12 years of age who are not yet eligible for the vaccine are also included.
**Cases who first tested positive (based on specimen collection date) greater than or equal to 14 days after receiving the final dose of COVID-19 vaccine.
***If case did not have symptoms or illness onset date is unavailable, the earliest of specimen collection date, date of death, or date reported is used instead.

For more information see the COVID-19 Watch and the Summary of Cases by Vaccination Status.
Prepared by the County of San Diego., updated 1/5/2022.

COVID-19 VACCINATIONS BY AGE GROUP



Individuals vaccinated by Veterans Affairs or Department of Defense are not included. COVID-19 Vaccine is not approved for individuals under the age of 5 years old at this time. Data are preliminary and subject to change. Data source: San Diego Immunization Registry, SANDAG 2019 Population Estimates (Prepared June 2020). Total population 5 years of age and older=3,144,061. San Diego County Eligible Residents Vaccinated with at Least One Dose and Fully Vaccinated* by Age Group Individuals Vaccinated With at Least One Dose Individuals Fully Vaccinated* *Fully Vaccinated is based on receiving either a single dose of Johnson & Johnson or both doses of Moderna or Pfizer, therefore completing the recommended vaccination series. However, individuals are not considered fully vaccinated until two weeks after completing the series, as defined by the Centers for Disease Control and Prevention (CDC).

CHILDREN & COVID-19

Children and COVID-19: State-Level Data Report

- For the week ending January 6th, there were over 580,000 COVID-19 cases reported among children and teens.
  - This is a 78% increase over the 325,000 cases reported the previous week, and triple the week prior.
- Nearly 8.5 million children have tested positive for COVID-19; 1/3 of these were in the last 4 months.
- Only 25% of 5-11 year olds and 63% of 12-17 year olds have received the first dose of COVID-19 vaccine.

INFLUENZA WATCH

81

New influenza cases reported

1,262

Total influenza cases, 2021-2022 season

1

Flu **deaths** during the 2021-2022 season

0

Flu **outbreaks** during the 2021-2022 season

More than **1.06 million** influenza vaccinations have been recorded in the San Diego Immunization Registry this season.

County of San Diego Influenza Watch

OTHER LAYERS OF PROTECTION

LIVE WELL SAN DIEGO

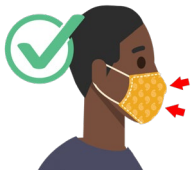
CHOOSING A MASK: DOS & DON'TS

LIVE WELL SAN DIEGO

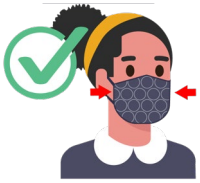
Your Guide to Masks: How to select, properly wear, clean, and store masks

DO CHOOSE MASKS THAT

Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

Have a nose wire to prevent air from leaking out of the top of the mask

How to wear a double mask: Wear a disposable mask underneath a cloth mask. The cloth mask should push the edges of the disposable mask against your face.

DO NOT CHOOSE MASKS THAT

Are made of fabric that makes it hard to breathe, for example, vinyl

Have exhalation valves or vents which allow virus particles to escape

Do not combine a KN95 mask with any other mask

WHAT MASK SHOULD I WEAR?

LIVE WELL SAN DIEGO

What Mask Should I Wear?

Along with getting vaccinated and boosted, experts recommend upgrading your mask if you want optimal protection.

No Protection → **Some Protection** → **Most Protection**

No Mask or Improper Use

- Mask should fit over your nose and mouth and be snug against your face with no gaps
- Don't use masks that are damp, dirty or damaged
- Don't wear masks with exhalation valves, which allow virus particles to escape

Cloth Masks

- Washable and reusable. Masks should be washed at least once a day or as soon as they become dirty
- Multiple layers of woven, breathable fabric

Surgical Masks

- Disposable, intended for one time use
- Multiple layers of non-woven material
- Provides protection against large droplets

High Filtration Masks

(Respirators - N95, KN95, KF94)

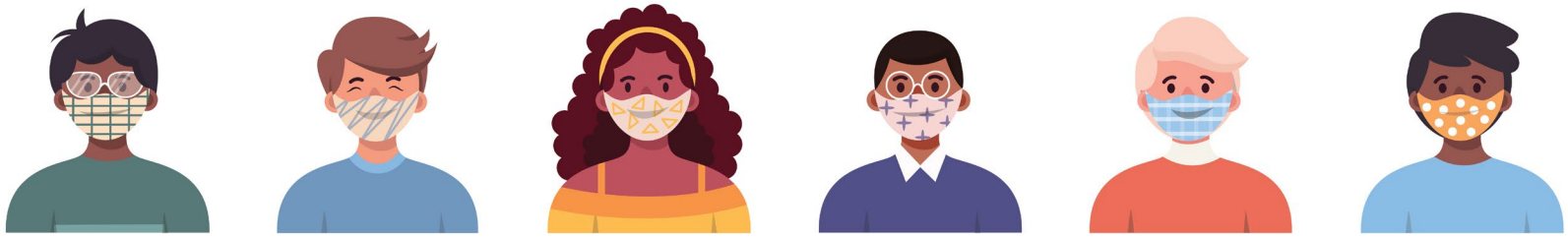
- Varies by mask type, but reusable up to 5 times with proper care
- Filters up to 95% of particles in the air
- Seals tightly to the face when fitted properly (some facial hair can interfere with this seal)
- Designed and regulated to meet international standards. Check lists of trusted manufacturers from CDC and Project N95 to avoid counterfeit masks

If you don't have access to a high filtration respirator mask, double up. Single layer masks, such as bandanas and gaiters, are less effective, so wear a cloth mask with multiple layers or wear a cloth mask over a surgical mask. Be sure your mask fits properly—nose wires improve fit.

Shareable Graphic: What Mask Should I Wear?

THE SCIENCE BEHIND WEARING MASKS

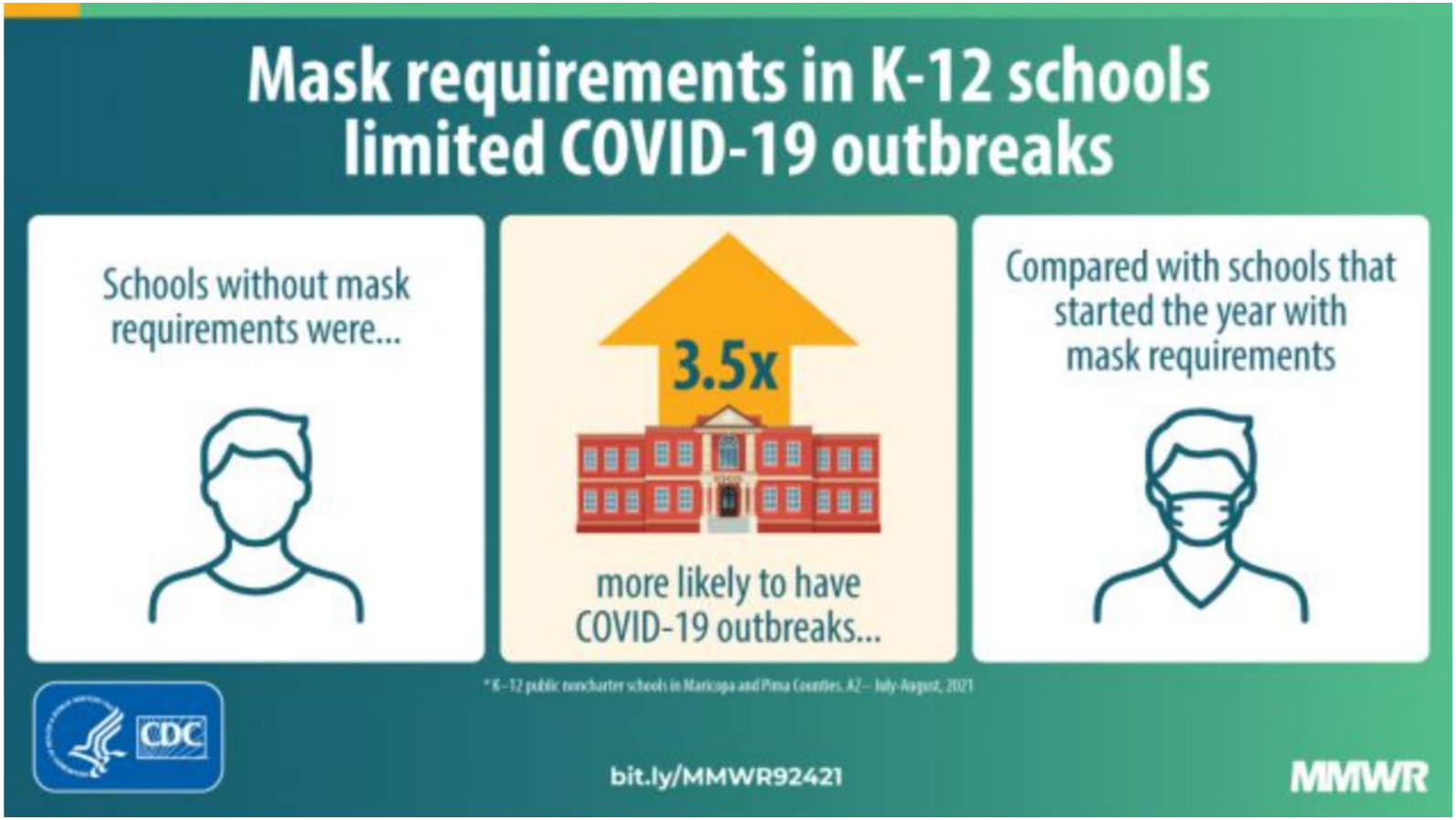
LIVE WELL SAN DIEGO



CDC Science Brief: Community Use of Masks to Control the Spread of SARS-CoV-2

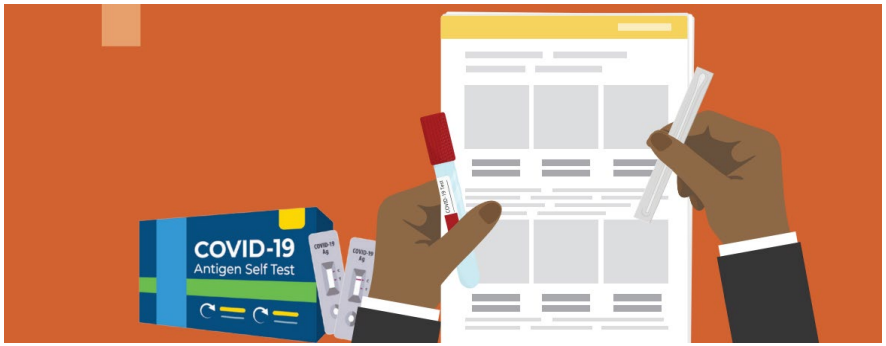
- Masks help reduce the spread of droplets containing the virus from the person wearing a mask ("source control").
  - Multi-layer cloth masks can block 50-70% of these fine droplets and particles and limit the spread of particles that are not captured.
  - This is important for people who are infected but are asymptomatic or presymptomatic, because they may feel well and not know they are infectious.
- Masks also help reduce the likelihood of inhaling droplets containing the virus from other people ("filtration for wearer protection").
  - Multiple layers of cloth with higher thread counts are more protective than single layers of cloth with lower thread counts.
- Wearing a mask is safe for children - It is not associated with significant impacts on breathing, and there is no clear evidence that masking affects emotional or language development.

MASKS AND SCHOOLS



[Association Between K–12 School Mask Policies and School-Associated COVID-19 Outbreaks — Maricopa and Pima Counties, Arizona, July–August 2021 | MMWR (cdc.gov)]

COVID-19 AT-HOME TESTING



Self-Testing | CDC

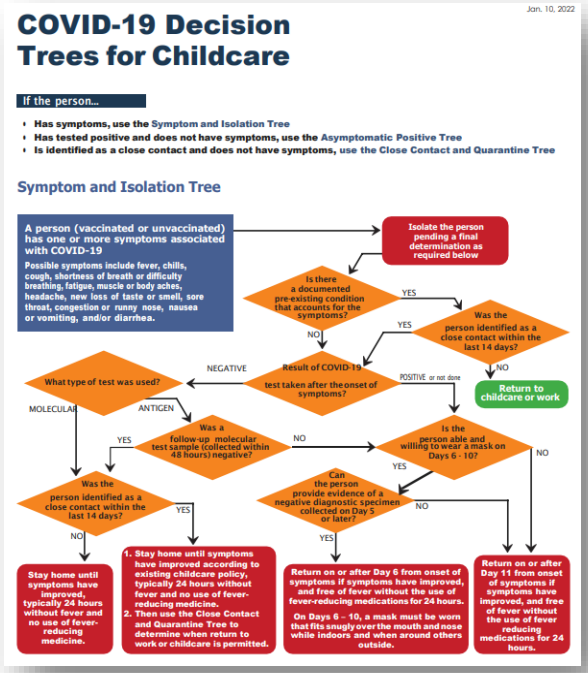
- The FDA created a list of COVID-19 tests that can and cannot detect the Omicron variant.
- If you test positive for COVID-19 with an at-home test and you have mild COVID-19 symptoms, **you do NOT need to visit your doctor for a confirmatory test**.
- If you test positive at home, you should isolate and call your doctor if you have questions.
- If you have an emergency warning sign (including trouble breathing), seek emergency medical care immediately.

DECISION TREE AND SCENARIOS

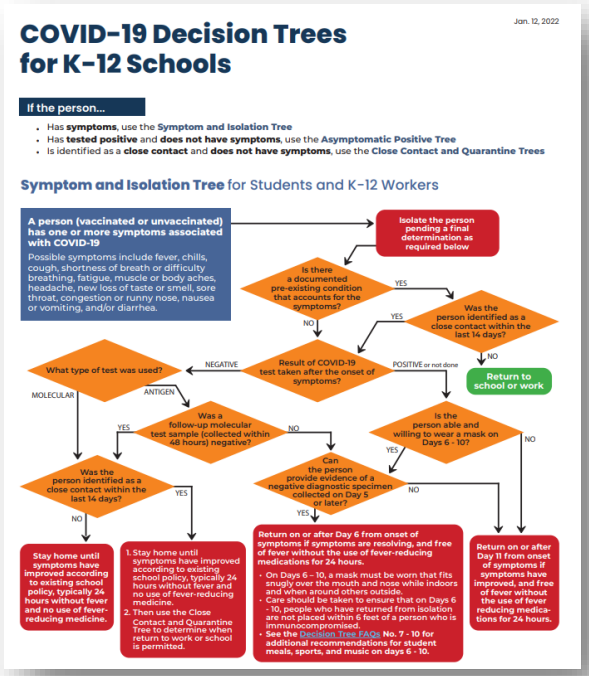
DECISION TREES

The COVID-19 Decision Trees are updated frequently. Please visit the links below for the latest versions.

[Childcare COVID-19 Decision Tree & FAQs](#) (Posted 1/10/22)

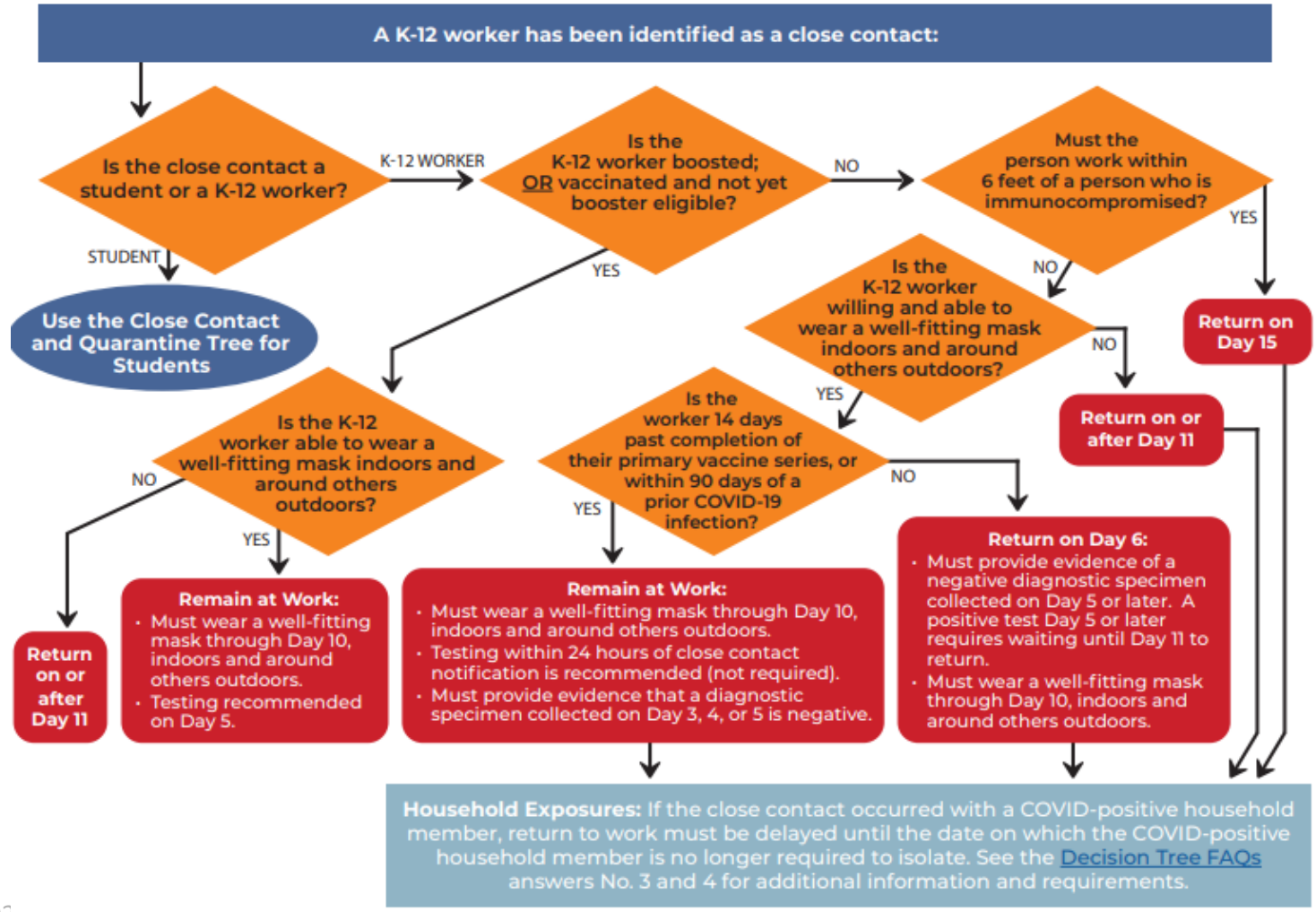


[K-12 COVID-19 Decision Tree](#) (Posted 1/12/22); [FAQs & e-Decision Tree](#)



QUARANTINE FOR K12 WORKERS

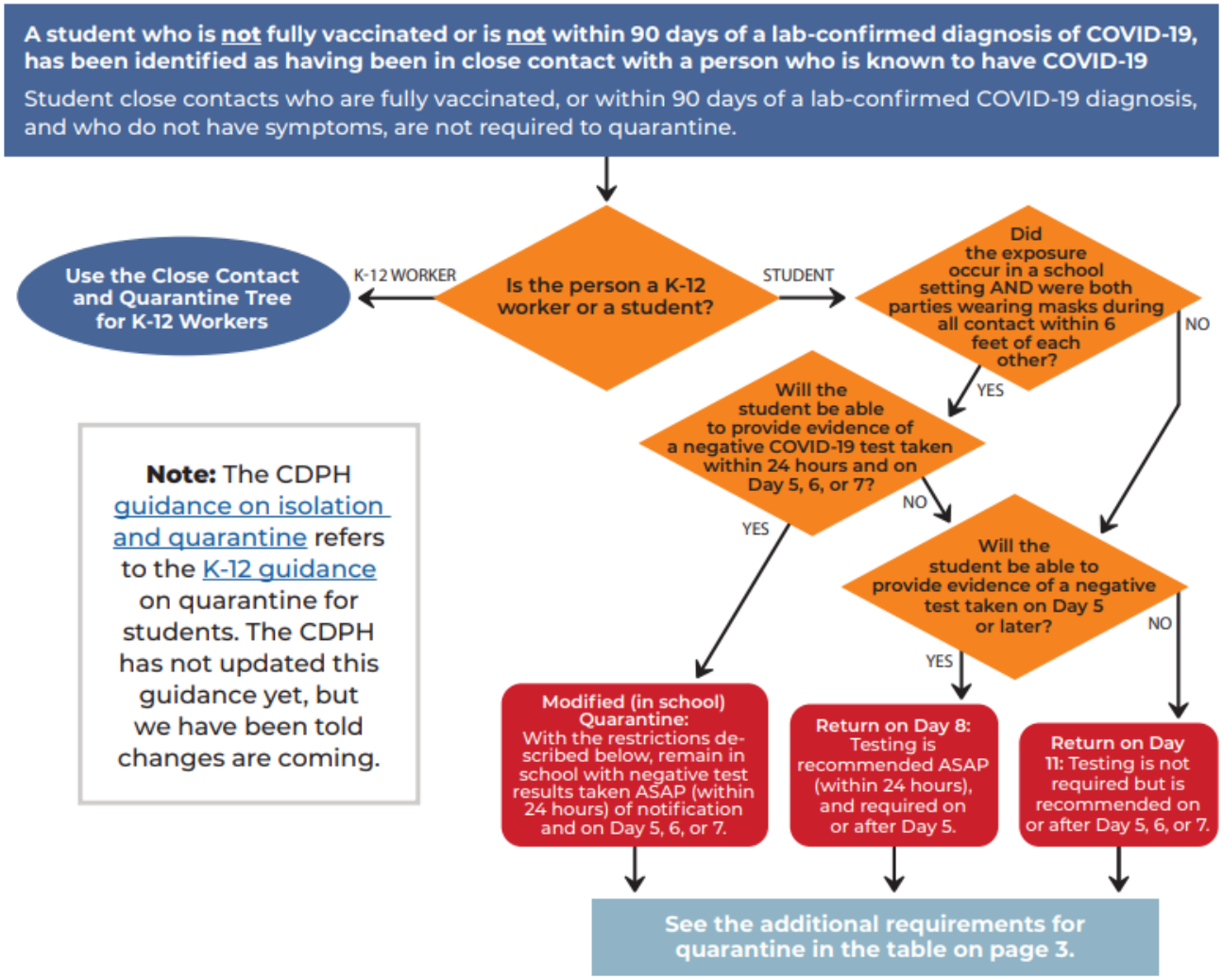
Close Contact and Quarantine Tree for K-12 Workers



QUARANTINE FOR K-12 STUDENTS

LIVE WELL SAN DIEGO

Close Contact and Quarantine Tree for Students



Note: The CDPH guidance on isolation and quarantine refers to the K-12 guidance on quarantine for students. The CDPH has not updated this guidance yet, but we have been told changes are coming.

SYMPTOMATIC PERSON, NEGATIVE TEST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Student develops symptoms at noon and receives a COVID test that day. (Day 0)	6	7 Student receives a negative PCR test result.	8	9 Symptoms resolve and no fever for 24 hours without fever reducing medication.	10
11	12 Student can return to school. 	13	14	15	16	17
18	19	20	21	22	23	24

SYMPTOMATIC OR ASYMPTOMATIC PERSON, POSITIVE TEST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Student develops symptoms at noon (Day 0) and gets a COVID test.	6 Test was positive. (Day 1). Close contacts notified and test within 24 hours. (will address separately)*	7	8	9	10 Student takes a test. (Day 5)
11 Test was negative and symptoms are improving. No fever for 24 hours. Student can return to school. (Day 6)	12 Student returns to school on next school day.	13	14	15	16 Student can return to school without further testing if Day 5 test was positive or not done. (Day 11)	17
18	19	20	21	22	23	24

*If close contact is vaccinated, no quarantine is needed but a test is recommended on day 5.

SYMPTOMATIC PERSON, POSITIVE TEST – UNVACCINATED CLASSMATE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Student develops symptoms at noon (Day 0) and gets a COVID test.	6 Test was positive. (Day 1). Close contacts notified and test within 24 hours.*	7	8	9	10 Close contact takes a test. (Day 5 of quarantine)
11 Test was positive. Close contact starts isolation (Day 1) If test was negative, return to school could start today. (Day 6)	12 Close contact's test was negative. Close contact returns to school on next school day.	13	14	15 Close contact with a positive test takes a repeat test to determine return date. (Day 5 of isolation)	16 Close contact's repeat test is negative. Close contact returns to school.	17
18	19	20	21 Close contact's repeat test is positive or not done. Household contact returns to school without further testing.	22	23	24

*Initial test of close contact is negative. If both students masked, close contact can stay in school with a repeat test on Day 5, 6, or 7.

SYMPTOMATIC PERSON, POSITIVE TEST – UNVACCINATED HOUSEHOLD MEMBER; HOME ISOLATION* USED

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Student develops symptoms at noon (Day 0) and gets a COVID test.	6 Test was positive. (Day 1). Household contact notified, stays home, and tests within 24 hours. Infected student isolates at home.	7 Household contact begins quarantine. (Day 1)	8	9	10
11 Household contact takes a test. (Day 5 of quarantine)	12 Test was negative and household contact returns to school. (Day 6) If test was positive, household contact starts isolation. (Day 1)	13	14	15	16 Household contact's test on Day 5 of quarantine was positive. Household contact now takes a repeat test to determine return to school. (Day 5 of isolation)	17 Household contact's repeat test is negative. Household contact returns to school without further testing.
18	19	20	21 Household contact's repeat test is positive or not done. Household contact returns to school without further testing.	22	23	24

*COVID Home Isolation Instructions for COVID-19.pdf (sandiegocounty.gov)

SYMPTOMATIC PERSON, POSITIVE TEST - UNVACCINATED HOUSEHOLD MEMBER; NO HOME ISOLATION

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Student develops symptoms at noon (Day 0) and isolates.	6 Household close contacts (unvaccinated) of a positive case gets tested and stays home.	7	8	9	10 Infected person tests and is negative. (Day 5 and may return on next school day.)
11 Household contact starts day 1 of quarantine.	12 Infected person returns to school.	13	14	15 Household contact tests. (Day 5)	16 Household contact's test was negative. Household contact can return to school (Day 6).	17
18	19	20 Household contact's test on Day 5 was positive or not done. Now can return to school with no further testing. (Day 11)	21	22	23	24

SYMPTOMATIC PERSON, POSITIVE TEST – UNVACCINATED HOUSEHOLD MEMBER

LIVE WELL SAN DIEGO

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Student develops symptoms at noon (Day 0) and isolates.	6 Household close contacts (unvaccinated) of a positive case stays home.	7	8	9	10 Infected person tests and is positive. (Day 5 of isolation)
11	12	13	14	15 Infected person returns to  school. (Day 11)	16 Household contact starts quarantine (Day 1).	17
18	19	20 Household contact tests. (Day 5 of quarantine)	21 Household contact returns to school if test was negative. 	22	23	24
25	26 Household contact returns to school if test on day 5 was  positive. (Day 11)	27	28	29	30	31

SYMPTOMATIC PERSON, POSITIVE TEST – VACCINATED HOUSEHOLD MEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Student develops symptoms at noon (Day 0) and isolates.	6 Household close contacts (vaccinated) stay in school. (Day 1) 	7	8	9	10 Close contact tests. (Day 5 and if negative stays in school)
11 Close contact's test was positive and starts isolation. (Day 1)	12	13	14	15 Close contact tests. (Day 5)	16 Close contact's test was negative and close contact can return to school (Day 6). 	17
18	19	20	21 Close contact's test on Day 5 was positive and close contact can return to school. (Day 11) 	22	23	24

QUESTIONS AND ANSWERS

LIVE WELL SAN DIEGO

PRE-SUBMITTED QUESTIONS

Is it safe to keep schools open?

- Schools have been shown to have limited transmission of COVID-19 when procedures are in place to reduce risk.
  - At or lower than the community rate of infection.
- Schools have better ventilation than many other community facilities.
- Schools are able to enforce masking more successfully.
- Schools help identify early symptoms for quicker testing and contact tracing.
- Schools contact trace, often faster than other resources can.

PRE-SUBMITTED QUESTIONS

Is it important to keep schools open?

- Childrens' social-emotional health has suffered during the pandemic and there is now a mental health crisis declared nationally.
- Allows them to see their friends and develop their social skills.
- Learning is more successful in-person when teacher can better identify those who may need more help.
- Kids will be more physically active in a school setting.
- Parents' perception of children's behavior improves when children are in-person for school.

PRE-SUBMITTED QUESTIONS

When is it safe for children with symptoms to return to school?

- All symptoms must be improving or resolved, and fever must be resolved for at least 24 hours without fever-reducing medication.
- If a negative test is done on day 5 and is negative, return is safe if other layers of protection are enforced. Otherwise, at least 10 days of isolation is needed.
- When masking can be done well and consistently.
- If masking isn't possible, such as for eating, physical distancing and outdoor spaces are important.

PRE-SUBMITTED QUESTIONS

When will boosters be available for 5-11 year olds?

- Booster studies in 5-11 year olds should begin soon.
- Once studies being, it will be about 3-4 months before boosters will be available and only if they are safe and effective.

PRE-SUBMITTED QUESTIONS

Is Omicron more contagious? Is it more dangerous?

- Omicron is spreading faster than previous variants and appears to be more contagious.
- Illness with Omicron is generally milder but can still result in severe disease and death, especially for those who are unvaccinated.
- Booster doses are more critical for preventing illness and severe illness and death with Omicron.

PRE-SUBMITTED QUESTIONS

How long does COVID-19 virus stay on surfaces? What is needed to clean surfaces properly?

- COVID-19 is primarily spread through respiratory droplets.
- It can stay on surfaces for up to 72 hours, but it is not clear that others can become infected from touching surfaces 3 days later.
- Wiping surfaces with a cleaner from the EPA list or a bleach solution is best.

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PRE-SUBMITTED QUESTIONS

Will vaccines be mandatory in schools?

- Governor Newsom issued a vaccine mandate for students.
  - Vaccine will be required in person learning starting the term following FDA full approval of the vaccine for their grade span (7-12 and K-6).
- Exemptions will be allowed for medical or religious reasons and for personal belief.
- If the CA Legislature passes a bill, only medical exemptions would be allowed.