

# BACK TO SCHOOL SAFELY DURING COVID-19



## SAFE SCHOOLS PARENT PAGE

Located on the California Department of Public Health's (CDPH) CA Safe Schools for All webpage, the Parent Page debuted earlier this school year. The Safe Schools Parent Page provides information about mitigation measures that schools are utilizing to prevent the spread of COVID-19 in the classroom and on campus in an effort to protect the health and wellbeing of students, staff and visitors. Items featured on the Parent Page include a Parent Toolkit with an assortment of videos and infographics about COVID-19 safety measures being implemented in schools across the state. Topics vary from how the COVID-19 vaccines work to the importance of in-person learning for students and what to do if your child has been exposed to COVID-19. Additional information available on the webpage includes vaccines for children, COVID-19 testing at schools, school health panel videos, updated K-12 guidance, updated K-12 FAQs, the science behind safely reopening schools and investment in schools and students. Lastly, the page highlights the seven safety layers to keep children and schools safe: COVID-19 Vaccine, masks, ventilation, hand washing, staying home when sick, testing and contact tracing. To visit the webpage, go to <https://schools.covid19.ca.gov/pages/parent-page>

## COVID-19 VACCINES FOR CHILDREN

Sacramento County is getting ready to roll out the COVID vaccine once it's approved for kids age 5-11. Children aged 5 to 11 will soon be able to get a COVID-19 vaccine at their pediatrician's office, pharmacies and other local vaccine clinics.

COVID-19 vaccines for children ages 5 to 11 years old are subject to the very same [multi-step testing and approval process](#) as all other COVID-19 and non-COVID-19 vaccines – including those routinely recommended for childhood vaccination.

Millions of adolescents ages 12-17 have been safely vaccinated, and we know vaccines work. Fully vaccinated individuals are 10 times less likely to be hospitalized with COVID-19 and have a high degree of protection, including against the Delta variant. There is **no evidence** that any vaccines, including COVID-19 vaccines, can cause female or male fertility problems. The consequences of a pediatric COVID-19 case can be serious and potentially last months.

Getting accurate information is important and can help stop common vaccine myths and rumors. Talk with your pediatrician about any questions or concerns you may have.

For more information visit: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/adolescents.html>

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## HALLOWEEN SAFETY MEASURES

Halloween 2021 is right around the corner! Below are a list of tips and tricks to enjoy a safe Halloween.

- Practice hand hygiene. Wash your hands often and if water and soap are not available, use hand sanitizer.
- Enjoy outdoor activities and avoid gathering inside.
- Stay home if you do not feel well.
- Incorporate a cloth or surgical face mask into your costume.
- Give out candy from your porch or driveway and not from inside your home.

## QUESTIONS?

- The Sacramento County COVID Hotline can be reached at (916) 875-2400. It is staffed Monday-Friday between 8am and 5pm. If a volunteer is not available, please leave a message and someone will return your call as soon as possible.
- If you would prefer to email, send general COVID-19 questions to [COVID19@saccounty.net](mailto:COVID19@saccounty.net).
- If you have COVID-19 vaccine related questions, email [COVID19vaccine@saccounty.net](mailto:COVID19vaccine@saccounty.net).

## COVID-19 VACCINE APPOINTMENTS

can be made at <https://myturn.ca.gov/>  
If you need help making an appointment, call 211 or (916) 529-4519.

## WHAT IS MODIFIED QUARANTINE?

Modified quarantine recommendations are for unvaccinated students who were exposed to a positive case in the indoor classroom or school setting and are considered close contacts (more than 15 minutes over a 24-hour period within 0-6 feet) **when both parties were wearing a mask**, the student may undergo a modified 10-day quarantine and continue to attend school for in-person instruction if they:

- are asymptomatic;
- continue to appropriately mask, as required;
- undergo at least twice weekly testing during the 10-day quarantine; and
- continue to quarantine for all extracurricular activities at school, including sports, and activities within the community setting.
- modified quarantine can end after Day 7 if a test specimen is collected on or after Day 5 from the date of last exposure and tests negative.

Quarantine recommendations for: unvaccinated close contacts who were **not wearing masks or for whom the infected individual was not wearing a mask** during the indoor exposure:

These students would quarantine at home and can end quarantine –

- after Day 10 from the date of last exposure without testing; OR
- can end after Day 7 if a test specimen is collected on or after Day 5 from the date of last exposure and tests negative.

## IF SOMEONE IN YOUR FAMILY HAS TESTED POSITIVE FOR COVID-19

If a COVID-19 test comes back positive and you feel you cannot safely isolate without food assistance (groceries or prepared meals), Sacramento County has Resource Coordinators to connect you with the resources you need. Please ask one of the staff at your testing site for assistance or contact:

[SacCollab@shfcenter.org](mailto:SacCollab@shfcenter.org)



Additional resources can be found on the [SCPH Schools webpage](#).

COVID-19 resources available during the isolation period are:

- Prepared meals for two weeks
- Groceries
- Food boxes
- Mental health support services
- Health insurance/Cal Fresh enrollment



## SUPPORTING MENTAL HEALTH IN OUR COMMUNITY

The pandemic has had a significant impact on the mental health of many of our community members – whether it was the result of social isolation, concerns for safety and health during the pandemic, job insecurity or the significant events and conversations related to systemic racism throughout the country.

However, these stressors have also resulted in increased conversations and awareness about mental health, and the importance of supporting the mental health of yourself and others.

This fall, the [“Mental Illness: It’s not always what you think” project](#) reminded Sacramento County residents that it is crucial to continue these discussions, especially as we honored observances including [Suicide Prevention and Awareness Month](#) (September), [National Recovery Month](#) (September) and [Mental Illness Awareness Week](#) (October 3-9, 2021).

Mental illness can happen to anyone, no matter your age, ethnicity or gender. However, misconceptions and stigma surrounding mental illnesses and their symptoms – including suicidal ideation – continue to prevent many from seeking help and treatment.

As we honored these observances surrounding mental health and mental illness this fall, it is important that we all continue to educate ourselves and others about mental illness. Having the education and tools to reach out and support friends and loved ones can not only help them to better manage their mental health but can also save lives.

### **Here are few ways you can get involved to reduce stigma and save lives:**

- Learn the signs to look for in someone who may be experiencing emotional pain by exploring the [Know the Signs](#) campaign. Share it with your friends and family to provide them with the tools that can help save lives and prevent suicide.

- Visit [StopStigmaSacramento.org](https://stopstigma-sacramento.org) to learn more about ways to reduce stigma around mental illness in our community, including:
  - [Conversation starters](#) to use when reaching out to those who may be hurting.
  - Information about the “Mental Illness: It’s not always what you think” project’s [Stop Stigma Speakers Bureau](#), including information on how to join or to invite a speaker to speak at an upcoming event.
  - [Read a blog post](#) from Stop Stigma Speakers Bureau member Alan Candee on National Recovery Month and his lived experience with mental illness.
- Check out online resources from our friends at [National Alliance on Mental Illness](#) and [Mental Health America](#) for ways to improve mental health and increase resiliency.

If you are feeling stressed, anxious, worried, or overwhelmed seek live support by texting or calling 916-SUPPORT (787-7678). For more information, visit <https://thesourcesacramento.com/>.

For more information about Suicide Prevention and Awareness Month, National Recovery Month, Mental Illness Awareness Week or the Mental Illness: It’s not always what you think project, please contact: [info@stopstigmatasacramento.org](mailto:info@stopstigmatasacramento.org).

*This program is funded by Sacramento County Behavioral Health Services through the voter approved Proposition 63, Mental Health Services Act (MHSA).*

## COVID-19 TESTING

Our 13 COVID-19 Community Testing Sites have added antigen rapid testing options (results in 15 minutes) for those who need immediate results, in addition to the traditional PCR testing currently offered. Patients may follow-up a positive antigen result with a PCR test to ensure accuracy in the same visit (PCR results are within 3 days).

The antigen test is not as sensitive as the PCR test. Antigen testing will not suffice for air travel or when a PCR test is required to get into an event. However, it is a great option for those who are unvaccinated and must have regular testing for school sports, workplace testing, or if you've been around a large group of people, or have a known COVID-19 exposure, for example.

Testing appointments are available regardless of U.S. citizenship or legal residency status for anyone 2 years and older (minors must be accompanied by a parent/guardian). For your scheduled appointment, bring any form of identification with your date of birth to check-in. Face masks/coverings must be worn at all testing sites, some masks will be available.

## SACRAMENTO COUNTY FREE TESTING LOCATIONS CAN BE FOUND AT:

<https://www.sacounty.net/COVID-19/Pages/Symptom-Screening-MobileTestingSite.aspx>

## CAN YOU GET A COVID-19 VACCINE AND A FLU SHOT DURING THE SAME VISIT?

Yes, you can get a COVID-19 vaccine and a flu shot at the same time.

- Even though both vaccines can be given at the same visit, people should follow the recommended schedule for either vaccine: If you haven't gotten your currently recommended doses of COVID-19 vaccine, get a COVID-19 vaccine as soon as you can, and ideally get a flu vaccine by the end of October.
- If you have concerns about getting both vaccines at the same time, you should speak with a health care provider.

The flu vaccination is recommended for everyone 6 months and older, with [few exceptions](#). The flu vaccine will protect against the four viruses that research indicates will be most common this year.

## WHERE CAN I GET A FLU AND/OR COVID-19 VACCINE IN SACRAMENTO?

- Visit [SacVax.com](https://www.sacounty.net/COVID-19/Pages/Symptom-Screening-MobileTestingSite.aspx) for a list of combined Adult & Family Flu and/or COVID-19 Vaccine Clinics.
- Most pharmacies and medical providers offer flu and/or COVID-19 vaccines.
- You can make an online appointment at <https://myturn.ca.gov/> for the [COVID-19 vaccine](#).
- If you need help making an appointment you can call 211 or (916) 529-4519.



Visit [HealthyChildren.org](https://www.healthychildren.org) the American Academy of Pediatrics website to get more information for families about the COVID-19 vaccine.