Wrangell School District

OCTOBER 11, 2021

START STRONG

2021-2022 In-Person Learning Guidelines and Resources

STATE of ALASKA
Department of Health and Social Services

Use layered prevention strategies

Multiple strategies helps protect you and people who aren't fully vaccinated

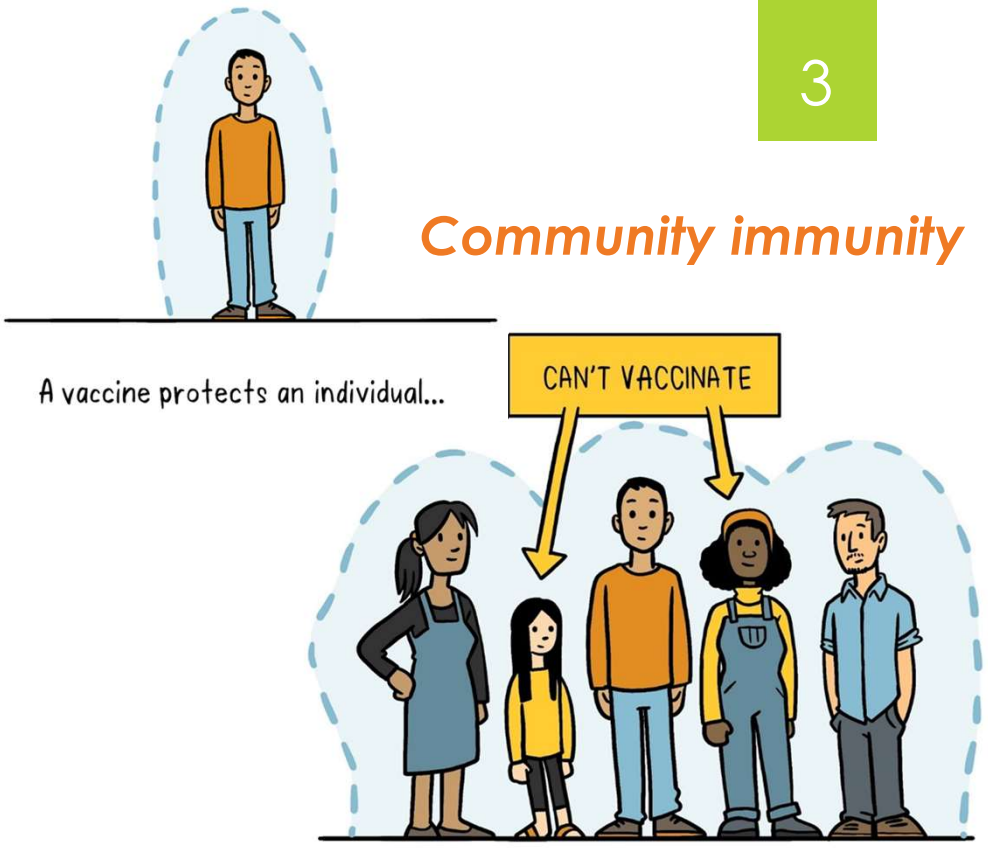
- Vaccines
- Masks
- Testing
- Physical distancing
- Ventilation

Get vaccinated

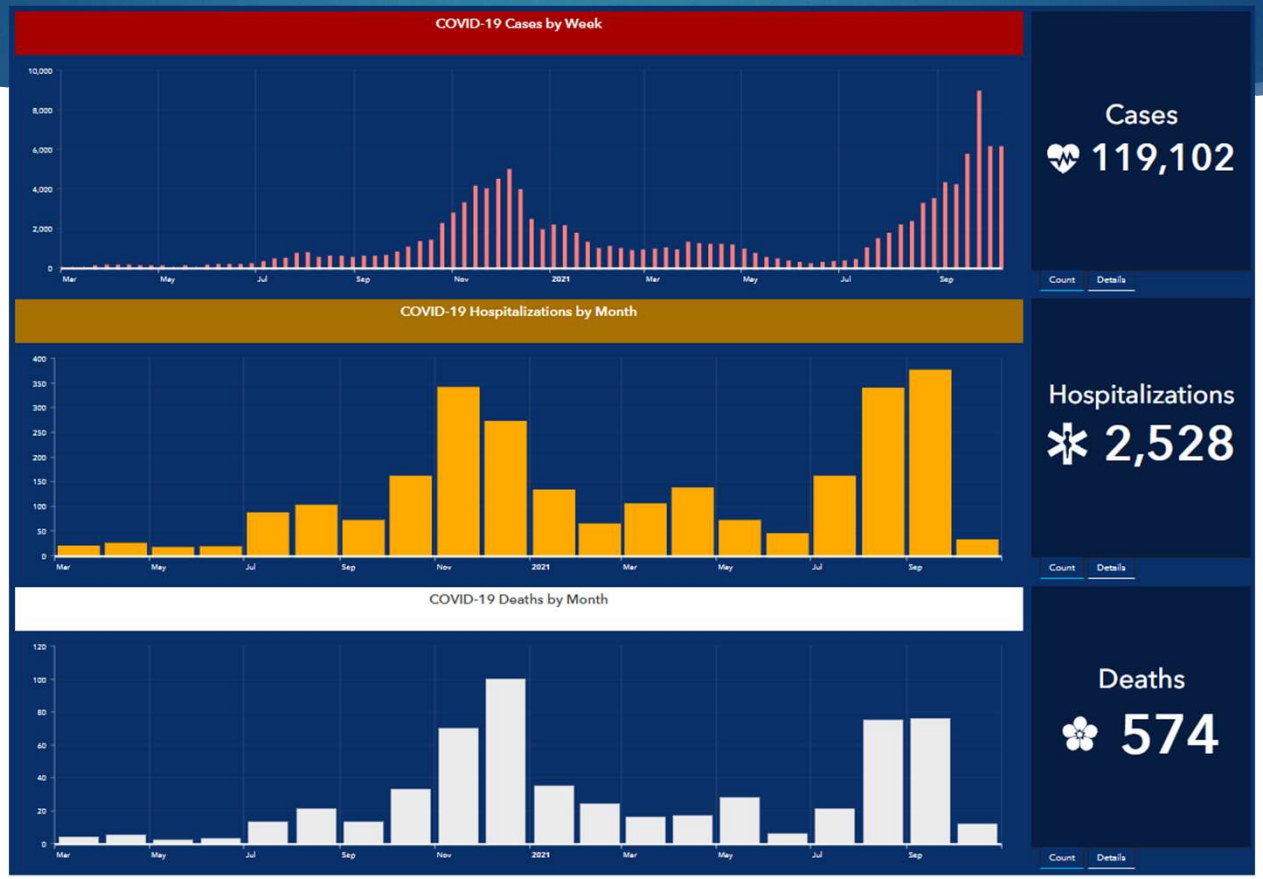
- **It's our single most effective tool against the pandemic.**
- Free and widely available.
- At this point, we're all choosing between the vaccine and the disease.
- Vaccines help protect individuals, but they also help protect those who can't yet get vaccinated, namely children under age 12.

covidvax.alaska.gov

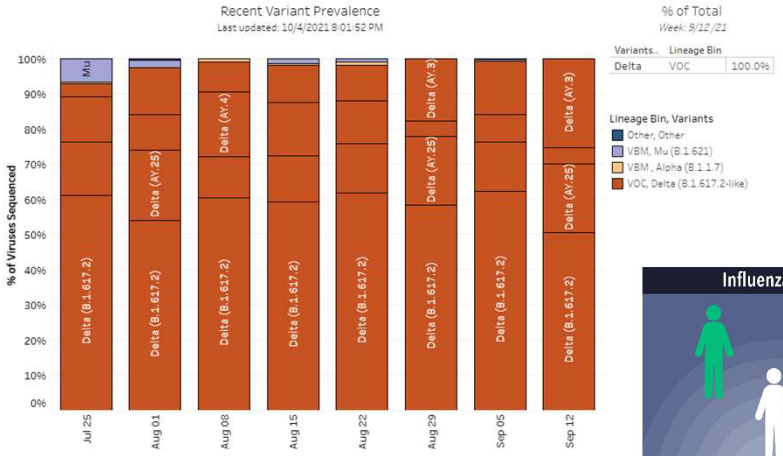
Community immunity



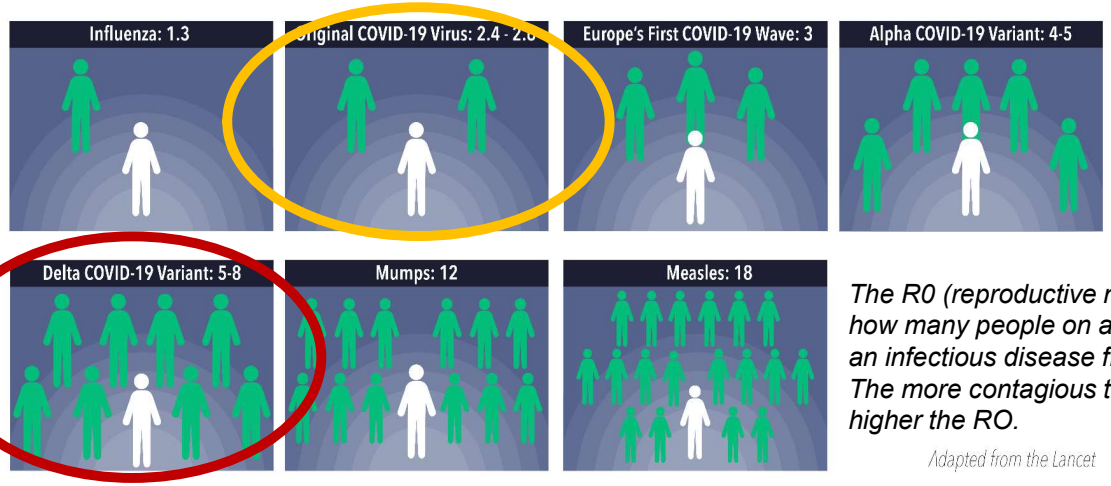
Alaska COVID-19 Cases, Hospitalizations, Deaths October 11, 2021



Delta Variant



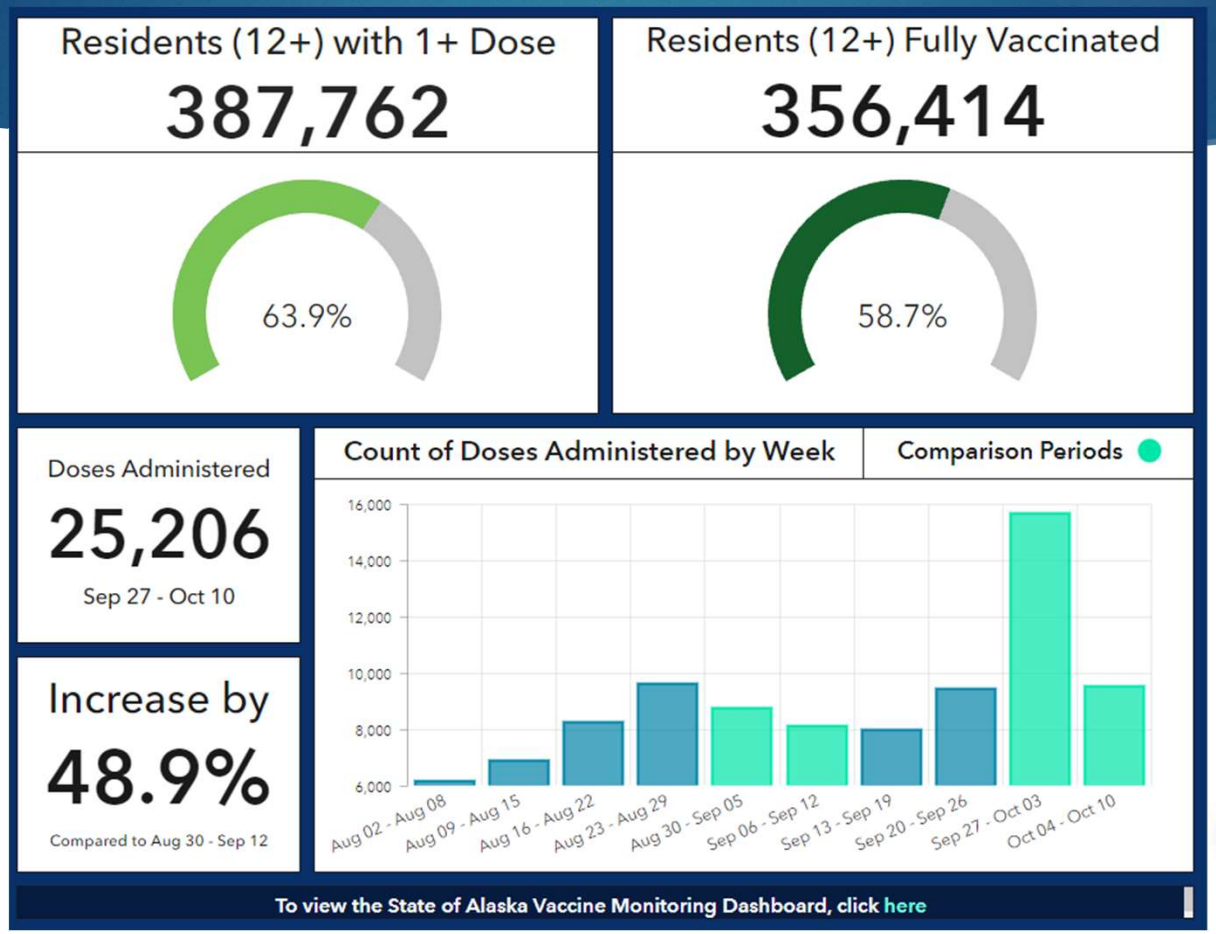
- Viruses constantly change through mutation. Slightly different forms of a virus are called variants.
- Delta is a highly transmissible variant of the virus that causes COVID-19.



The R0 (reproductive number) indicates how many people on average will contract an infectious disease from a single person. The more contagious the disease, the higher the RO.

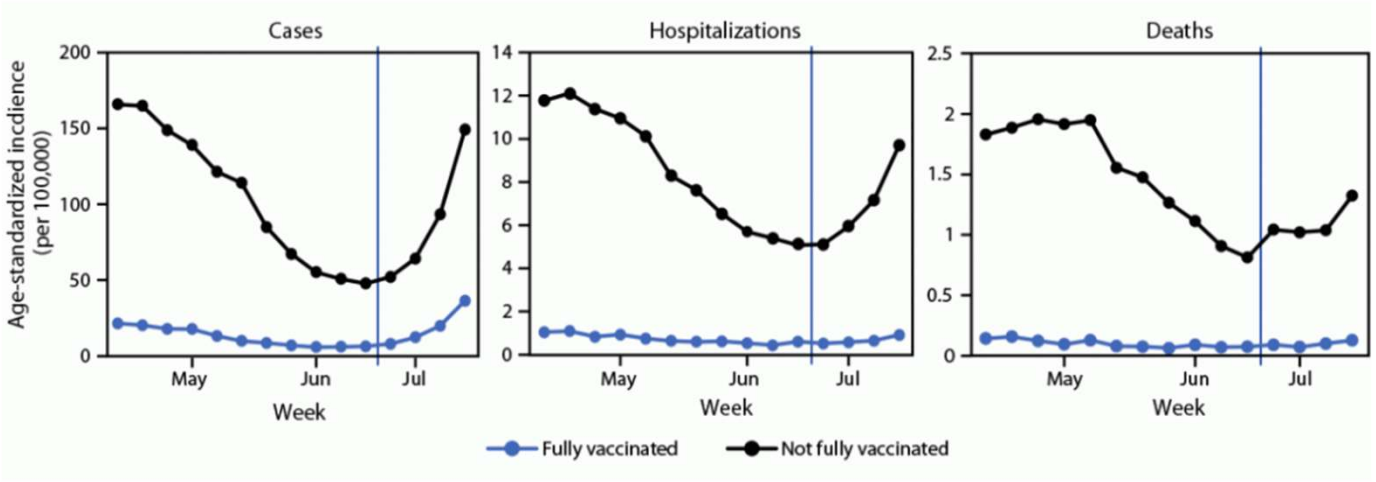
Adapted from the Lancet

Statewide Vaccination Rates October 11, 2021



Cases, Hospitalizations & Deaths by Vaccination Status

FIGURE 2. Weekly trends in age-standardized incidence* of COVID-19 cases, hospitalizations,† and deaths,§ by vaccination status¶ — 13 U.S. jurisdictions, April 4–July 17, 2021**



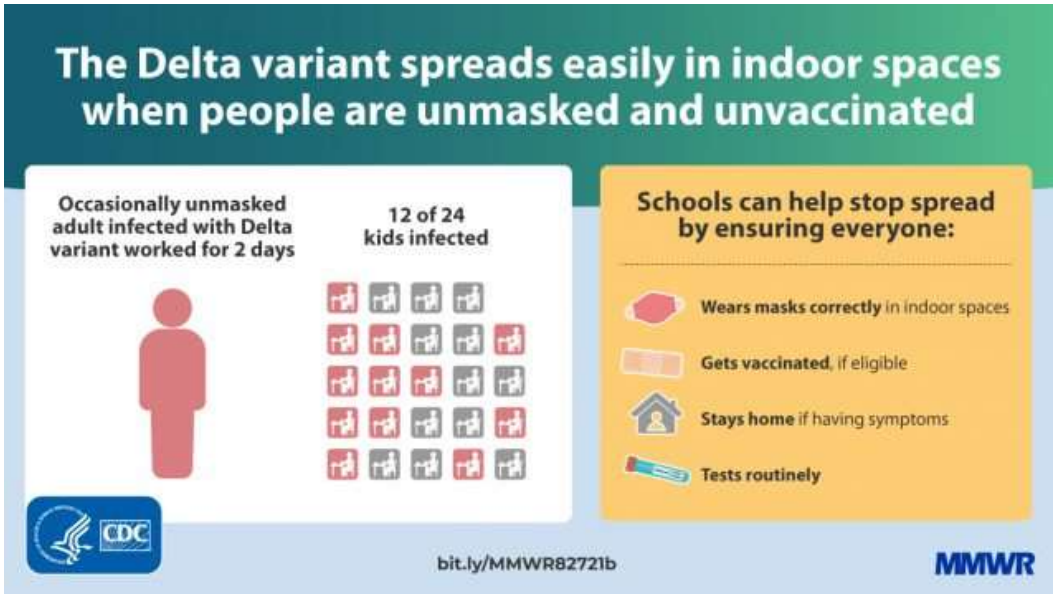
https://www.cdc.gov/mmwr/volumes/70/wr/mm7037e1.htm?s_cid=mm7037e1_w

Masks work

- Shown to be effective at preventing transmission of COVID -19 in **many high-quality studies**, using a **variety of methods** and in a **variety of settings**.
- Known to be **safe to wear** for most people in most situations, both from widespread longstanding use in several industries and from studies measuring oxygenation.
- **Don't have to be perfect** to have a meaningful, significant impact on preventing transmission.

Delta variant spreads easily indoors
Elementary classroom outbreak in California

- Outbreak occurred after an unvaccinated infected teacher periodically read to students while unmasked
- Half of students in the classroom – who were too young to be vaccinated – tested positive after exposure
- Students who sat closer to the teacher were at higher risk



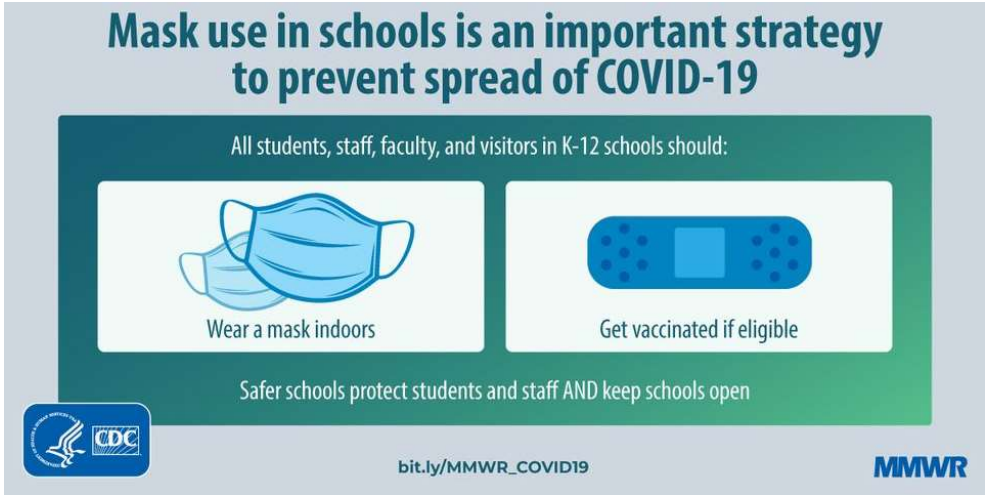
www.cdc.gov/mmwr/volumes/70/wr/mm7035e2.htm

Masks and vaccines are effective tools

In the news: CDC released 3 new school-related studies (MMWRs)

All three highlight the importance of COVID-19 prevention measures in schools to protect students, teachers, and staff AND keep schools open

- Association Between K–12 School Mask Policies and School-Associated COVID-19 Outbreaks
  Maricopa and Pima Counties, Arizona, July–August 2021
- COVID-19–Related School Closures and Learning Modality Changes
  United States, August 1–September 17, 2021
- Pediatric COVID-19 Cases in Counties With and Without School Mask Requirements
  United States, July 1–September 4, 2021

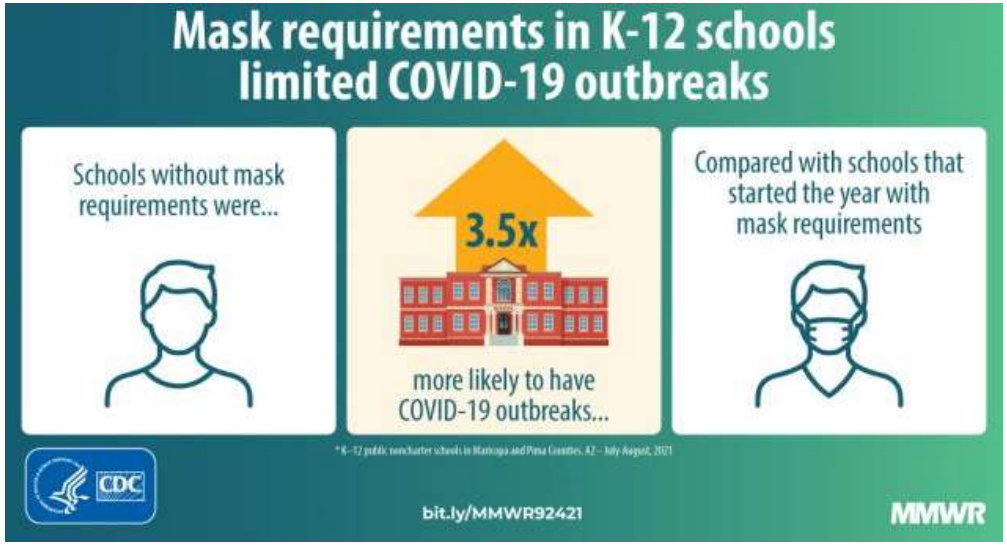


Find all COVID-19 MMWRs at: bit.ly/MMWR_COVID-19

Mask requirements limited outbreaks
Comparison of schools in two Arizona counties

Schools without mask requirements were 3.5x more likely to have a COVID-19 outbreak than schools that required everyone to wear a mask

- A recent MMWR study published by CDC compared K-12 schools in two Arizona counties
- CDC recommends universal indoor masking in K-12 schools as part of a broad prevention strategy
- Includes vaccinating all eligible people



Read the MMWR at: bit.ly/MMWR92421

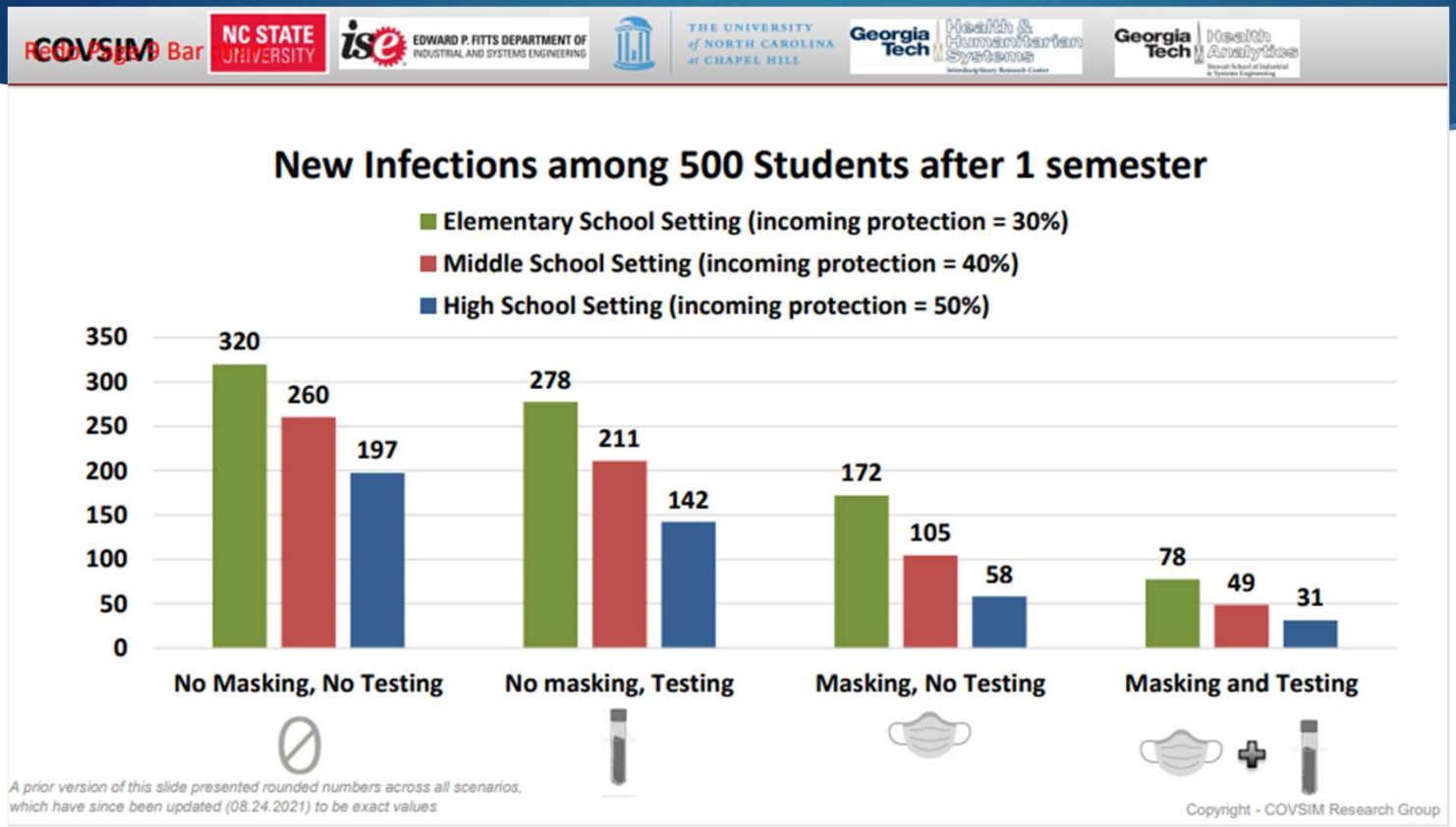
MMWR: COVID-19–Related School Closures and Learning Modality Changes – United States, Aug. 1-Sept. 17, 2021

1,800 schools had school closures attributable to COVID-19 outbreaks, affecting the education and well-being of 933,000 students

- To prevent further K-12 school closures, CDC recommends using multiple prevention strategies including:
  - Vaccination
  - COVID-19 testing
  - Physical distancing
  - Indoor masking for all students, teachers, and staff, including those who are fully vaccinated.

Read the MMWR at: bit.ly/MMWR92421b

COVID-19 Simulation Integrated Model (COVSIM)



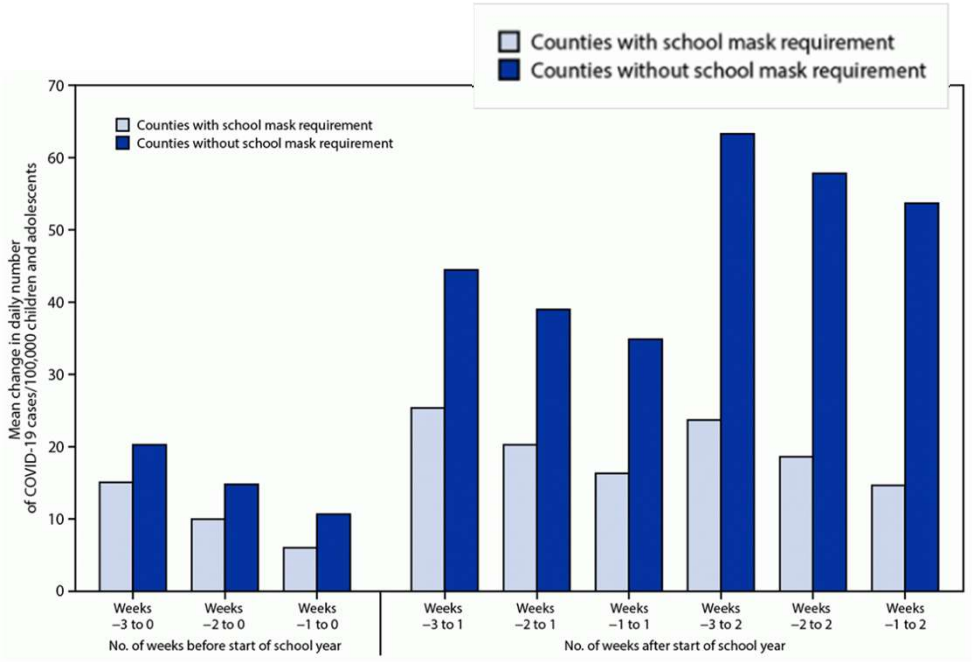
covsim.hosted-wordpress.oit.ncsu.edu/school-level-modeling-results/

- Model goal: Estimate the proportion of susceptible students infected throughout a school semester, depending on incoming protections (vaccine, prior infection), as well as masking and testing policies.

MMWR: Pediatric COVID-19 Cases in Counties With and Without School Mask Requirements – U.S., July 1-Sept. 4, 2021

Increases in pediatric COVID-19 case rates were smaller in U.S. counties with school mask requirements than those without school mask requirements

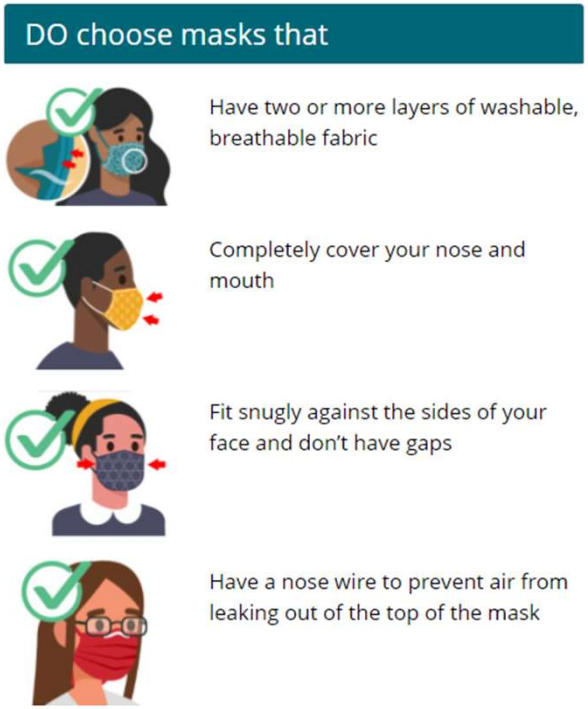
- Mask use is a critical strategy to reduce spread of COVID-19 among children & adolescents in K–12 schools



Read the MMWR at: bit.ly/MMWR92421c

Which Mask Should I Wear?

- One that you like!
- Fits you well, with no gaps by your nose or at the sides
- Made of at least two layers of fabric

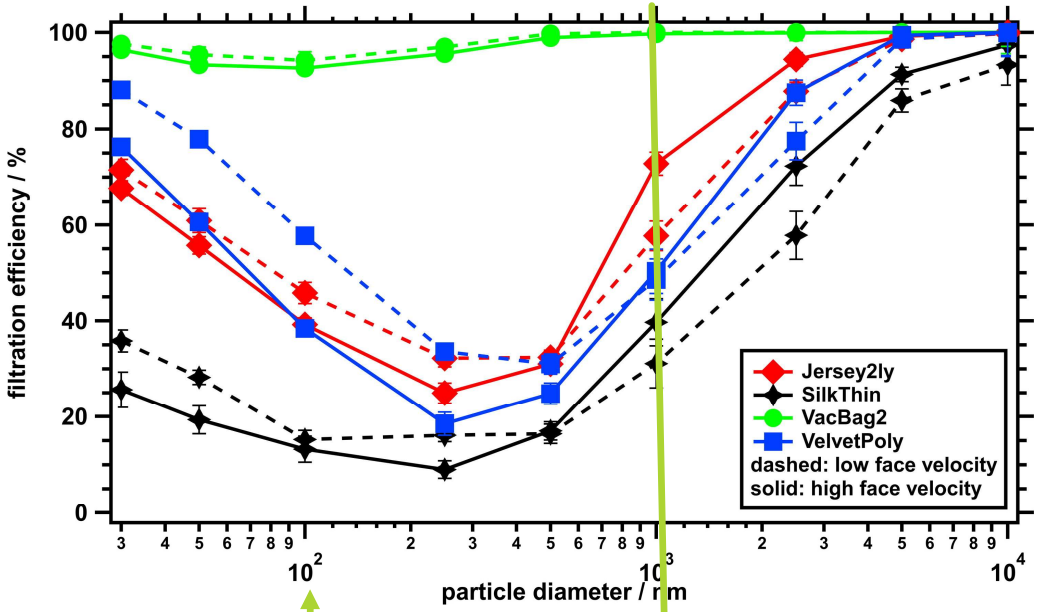


Mask Myth…
"The virus is too small to be captured by a mask!"

We aren't trying to filter out individual virions with masks.

Virions aren't alone, they're contained in droplets of saliva/mucus. Those droplets range in size from ~1 um to much larger, and those are captured decently depending on material.

Also, small particles are weird.
So, there are several other mechanisms that help masks filter, beyond sieve-like action, including diffusion and electrostatic interactions. So, oddly, many fabrics actually do an OK job of filtering those tiny particles.



Carbon dioxide is smaller than this graph's scale (.33 nm)

Viruses are about this big

Respiratory droplets are typically at least this big

Masking = students spend less time in quarantine, more time in class learning

In one school district:

Students	Confirmed Positives (since 8/17)	Avg # of Close Contacts	Close Contacts (since 8/17)	Student days of quarantine
With universal masking	279	2.5	710	7,100
Estimated with no masking/ vaccinations	279	6	1,674	16,740

Masks & school transportation

- CDC's mask order applies to all public transportation conveyances **including school buses – regardless of the mask policy at the school.**
- Passengers and drivers must wear a mask on public and private school buses.
- *See the order for exemptions.*

www.cdc.gov/quarantine/masks/mask-travel-guidance.html

Sports and extracurricular activities

- Setting of the sporting event or activity
- Physical closeness
- Number of people
- Duration of time
- Presence of people more likely to develop severe illness

Close contact & indoor activities have higher risk. Take additional masking, distancing & testing precautions

Increase Ventilation

- More is better!
- Go outside!
- Use open windows and doors, and exhaust systems
- This works by ‘diluting’ the amount of virus in the room, making it less likely you will breathe it in
- In meetings and gatherings, don’t point fans or other devices at people so air is blown from one person onto another
- For large, complex buildings, talk to the maintenance team and/or HVAC professionals
- For single offices and other small rooms, a portable HEPA filter can help
- Air filters work by removing the virus from the air, making it less likely you will breathe it in
- Make sure the actual filter within the unit is not wrapped in plastic and that you can safely change the filter yourself

Evaluating Potential Close Contacts (students only)

School setting: **WITHOUT correct and consistent mask use***

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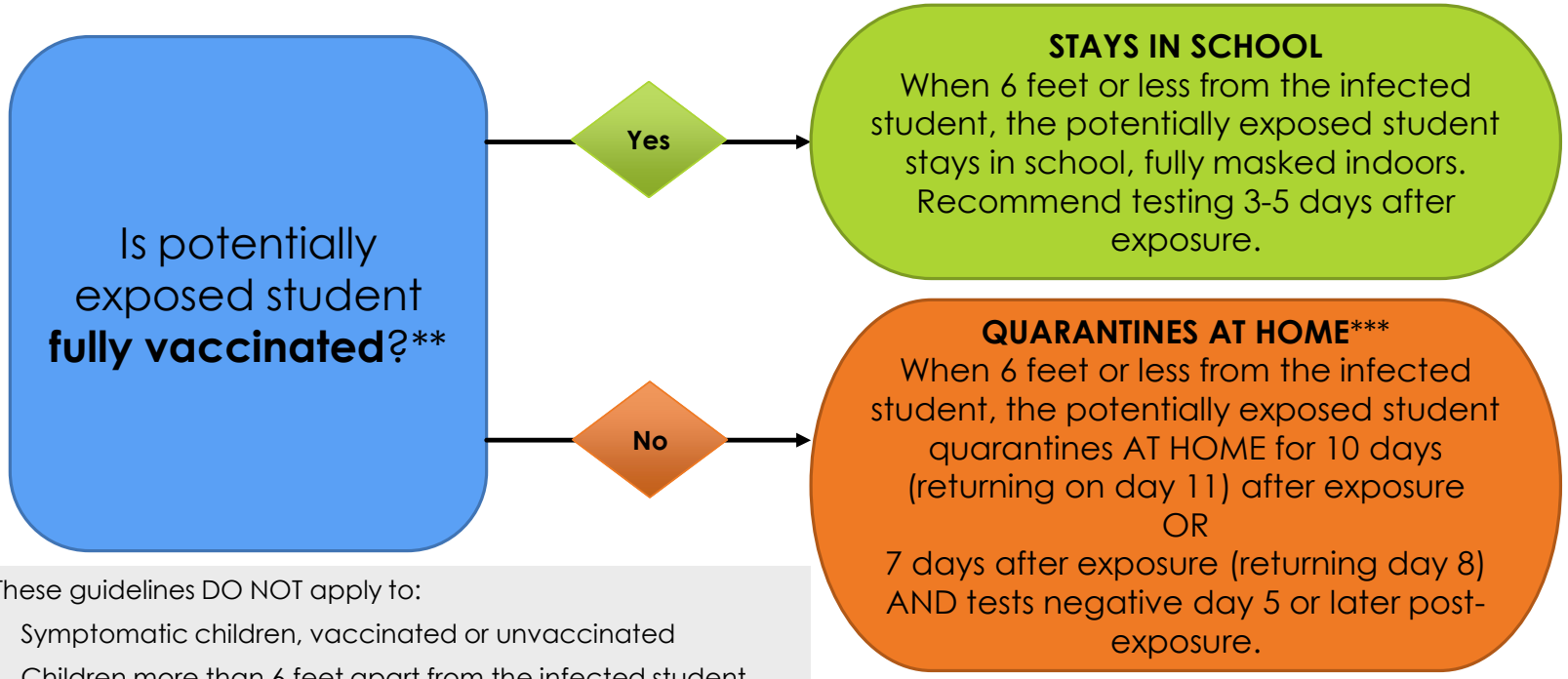

These guidelines DO NOT apply to:

- Symptomatic children, vaccinated or unvaccinated
- Children more than 6 feet apart from the infected student.
- Children who are within 90 days of recovering from COVID-19.

* Correct and consistent mask use means both the infected and potentially exposed student(s) wore masks that fit snugly on the face and were made of more than 1 layer.

** Fully vaccinated means the student is at least 2 weeks out from their second dose of vaccine.

***In unvaccinated populations, the entire class may require quarantine.

NOTE: Infected students should isolate at home.

Evaluating Potential Close Contacts (students only)

School setting: **WITH correct and consistent mask use***

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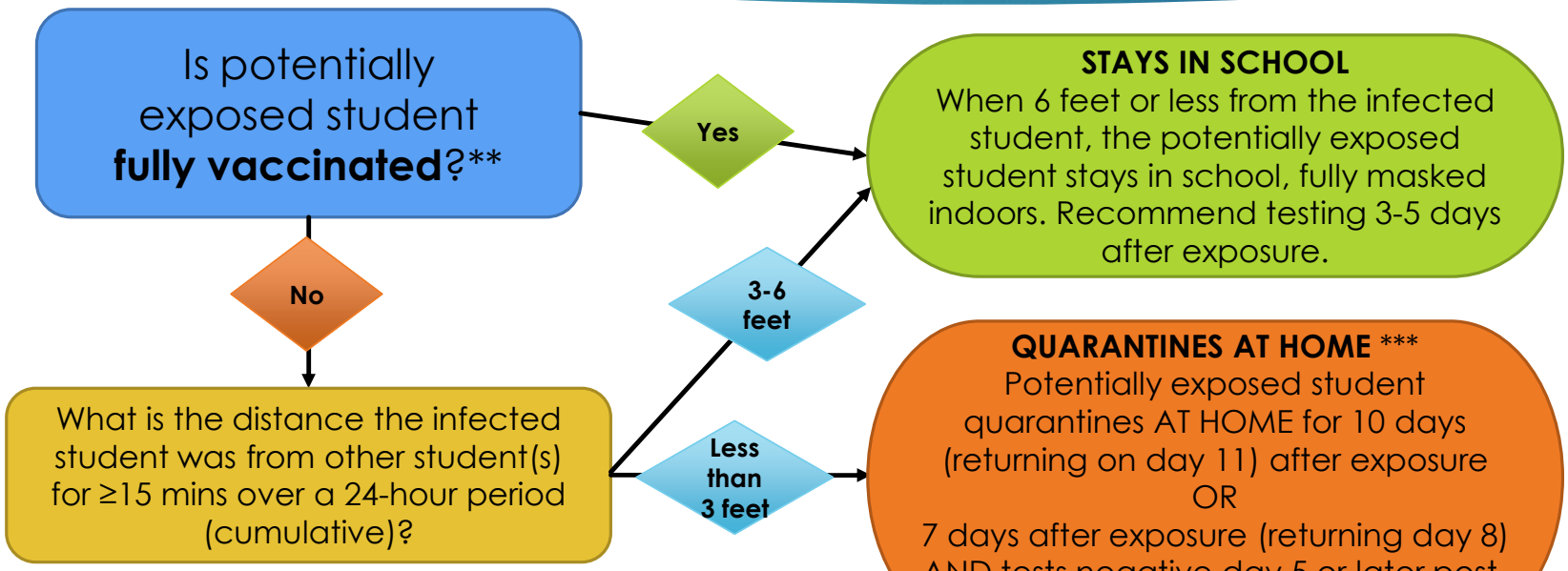

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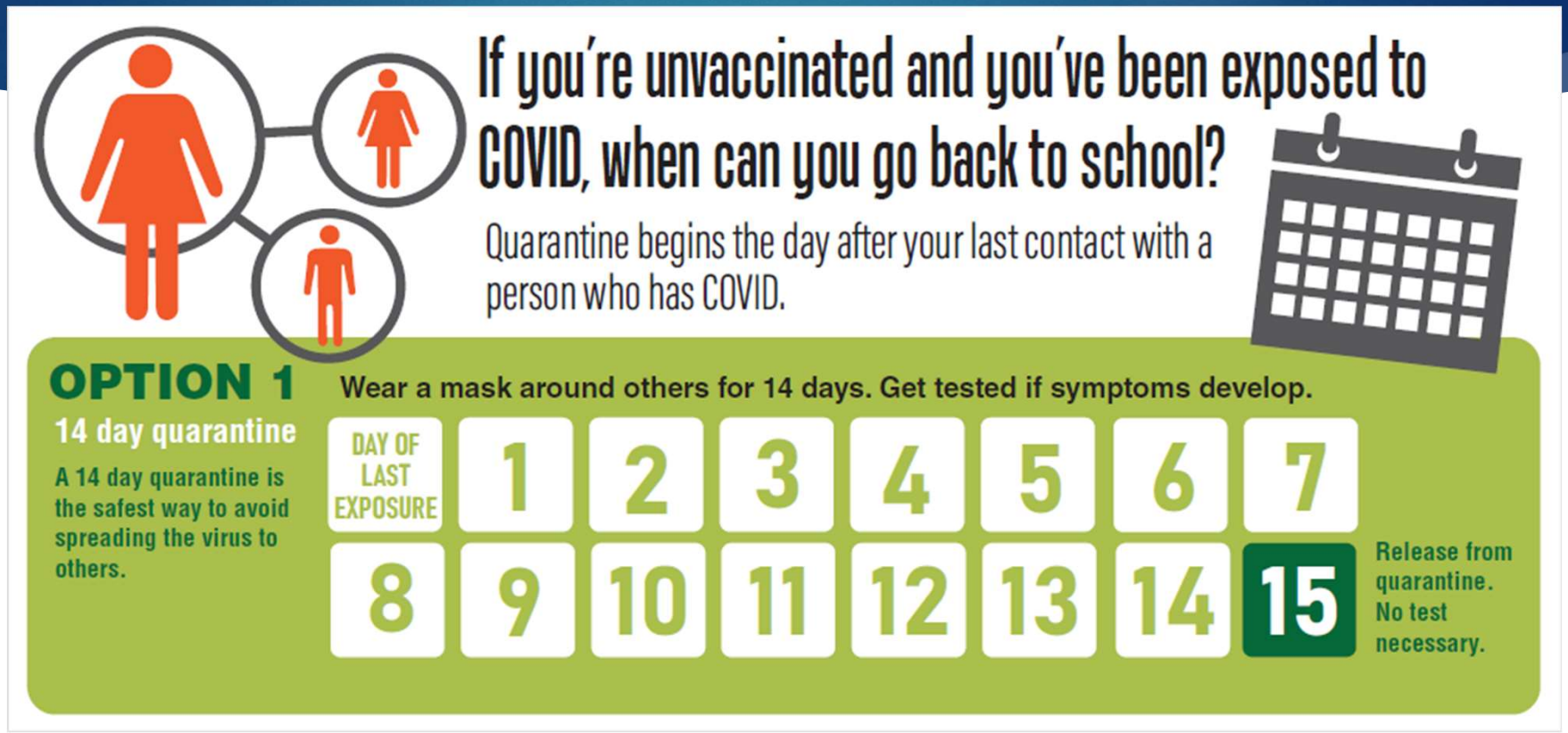
10/11/2021

Quarantine options 1-3



Download all three quarantine options as a PDF flier at
dhss.alaska.gov/dph/epi/id/siteassets/pages/HumanCoV/chart_quarantiningoptions.pdf

Quarantine options 1-3

What to do if you're feeling sick or are exposed to COVID-19

dhss.alaska.gov/dph/epi/id/siteassets/pages/HumanCoV/FeelingSickOrExposedToCOVID.pdf

This guidance applies to the general public. But if you live or work in a high-risk setting such as a correctional institution, health care facility, an assisted living facility, or a fish-processing plant, talk to someone at your facility for guidance.

	UNVACCINATED	VACCINATED*
If you test positive for COVID-19	**ISOLATE** Until cleared by public health (usually 10 days, but may vary depending on symptoms), monitor your symptoms, and contact your health care provider if symptoms become worrisome.	
If you are exposed to COVID-19 and have NO symptoms	**GET TESTED and QUARANTINE** - If positive, isolate for 10 days. - If negative, continue staying home for the duration of your quarantine (7-14 days) depending on testing and location.	**GET TESTED and MONITOR** - If positive, isolate for 10 days. - If negative, monitor your symptoms for 14 days. Wear a mask. Quarantine not required.
If you are exposed to COVID-19 and have ANY symptoms	**GET TESTED and ISOLATE** - If positive, isolate for 10 days. - If negative, stay home while you have symptoms or until you are finished with quarantine, whichever is longer. Talk to a health care provider and consider testing again.	**GET TESTED and ISOLATE** - If positive, isolate for 10 days. - If negative, stay home while you have symptoms. Talk to a health care provider and consider testing again.
If you have ANY symptoms of COVID-19 and no known exposure	**GET TESTED and STAY HOME** - If positive, isolate for 10 days. - If negative, stay home while you have symptoms. Talk to a health care provider and consider testing again.	

*A person is fully vaccinated if two weeks have passed since receiving the second dose of the Pfizer or Moderna vaccines or a single dose of the Johnson and Johnson vaccine.

Give each other space and grace

- This situation is hard on everyone and we're all doing our best. Our children are watching us.

Now is the time to treat each other with …

DHSS contacts & resources

Find more help & information

Email: schoolhealthandsafety@alaska.gov

Phone: School Health & Safety 907-269-3433

Video: Public Health Science ECHOs, Wednesdays at 12 p.m.

Web: dhss.alaska.gov/dph/epi/id/pages/COVID-19/schoolyear.aspx

Data: alaska-coronavirus-vaccine-outreach-alaska-dhss.hub.arcgis.com