



818 W Gladstone Street, San Dimas CA 91773

COVID-19 SCHOOL SAFETY PROCEDURES AND ADDENDUM to Parent Handbook

March, 2021

Dear Parents,

Welcome back to Arrow Montessori School! We thank you for choosing our school and the trust, support and relationship we are to build and to continue this school year and the years to come.

This extra-ordinary School Year's opening and re-opening in April is a result of the current pandemic situation brought about by the COVID-19 virus. As much as we would like accommodate each family – there are great limitations , as we try to keep our employees as well as the children who attend, in a safe and healthy environment. We are keeping abreast with this ever evolving phenomena by adhering to the guidelines and protocols set forth by the government and department agencies: Department of Social Services - Community Care Licensing, CDE-Private School Organization, CDC, LAC DPH ,DOH ,CDPH, State of California – Governor and LA County Mayor's Governance , to remain open when allowed and to keep your child in his “normal” routine as much as possible.

The following pages are the procedures we are implementing based on the protocols and guidelines set forth by the above government agencies.

We request that we follow all safety protocols for your child and our teachers to keep our school safe and remain OPEN throughout the year. Let us observe and follow : Social Distancing, wearing a mask, handwashing protocols and contact the school for any exposure to or having COVID. An immediate communication can lead us to a quicker resolution and avoidance of an outbreak.

Wishing you all a warm welcome back , and together, let us build a solid foundation for your child's future!



818 W Gladstone Street, San Dimas CA 91773

DAILY HEALTH SCREEN PROCEDURES AND DROP OFF/ PICK UP

In keeping with mitigation and the containment of the virus, we are adhering to the following health safety procedures: PARENTS AND VISITORS WILL ONLY BE ALLOWED IN THE OFFICE FOYER.

Drop off and Pick up Procedures:

INFANTS

Each child will have a temperature check, using a contactless thermometer, in the office every morning AND will include a health general health screen for fever(a temperature of 100.4F, child will be sent home and will wait in the Isolation Area until pick up arrives within the hour) , cough, congestion or runny nose, loss of sense of taste / smell, fatigue, muscle or body aches, headache, sore throat, difficulty breathing, nausea, diarrhea and other and other signs of a contagious disease).

After temperature check, the parent signs the infant in the IN / OUT LOG BOOK , located beside the Main Office Doors outside of the Front Office.

The Parent then takes the child to the classroom using the key pad entry gate designated for Infants only. May we request that you avoid stepping inside the room to avoid further contact with the rest of the children who were also brought from home. The teacher should be readily available to receive your child and the child's daily belongings.

For Pick – Up : You may sign your child out and proceed directly to the child's **classroom door** for pick-up.

PRESCHOOL / PRIMARY (ROOMS: PS1, B AND C)

Each child will have a temperature check, using a contactless thermometer, in the office every morning AND will include a health general health screen for fever(a temperature of 100.4F, child will be sent home and will wait in the Isolation Area until pick up arrives within the hour) , cough, congestion or runny nose, loss of sense of taste / smell, fatigue, muscle or body aches, headache, sore throat, difficulty breathing, nausea, diarrhea and other and other signs of a contagious disease).

After temperature check, the parent signs the child in the IN / OUT LOG BOOK in the designated station located beside the Main Office Doors outside of the Front Office. The child will be brought by staff from the Front Office to the classroom.

For Pick-up: After Signing your child out, please proceed to the Front Office and a staff will pick your child up from the classroom and take to you.

AT THIS TIME, please be patient because upon pick up and drop off , we require your child to wash their hands, as well as during the day and they do take a bit of time to go outside of the room .



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K TO 8TH (ROOMS: A,D,E AND F)

Each child will have a temperature check, using a contactless thermometer, in the office every morning AND will include a health general health screen for fever(a temperature of 100.4F, child will be sent home and will wait in the Isolation Area until pick up arrives within the hour) , cough, congestion or runny nose, loss of sense of taste / smell, fatigue, muscle or body aches, headache, sore throat, difficulty breathing, nausea, diarrhea and other and other signs of a contagious disease).

After temperature check, the parent signs the child in the IN / OUT LOG BOOK in the designated station located beside the Main Office Doors outside of the Front Office. The child will be brought by staff from the: GATE NEXT TO THE BASKET BALL COURT (AM DROP OFF GATE SCHEDULE 7AM TO 9). After 9 am , please drop your child in the FRONT OFFICE.

For Pick-up: After Signing your child out, please proceed to the Front Office and a staff will pick your child up from the classroom and take to you. PICK UP: SWIM GATE (OPEN Schedule: 12 TO 12:30PM and 3 to 5 pm)

AT THIS TIME, please be patient because upon pick up and drop off , we require your child to wash their hands, as well as during the day and they do take a bit of time to go outside of the room .

FAQ'S and GUIDANCE FOR SYMPTOMS, EXPOSURE AND CONFIRMED DIAGNOSIS OF A COMMUNICABLE DISEASE

We will have to send a child home when :

A child has a fever or any symptoms for a contagious disease and are returning with fever or taking a fever reducing medication within 24 hours

Quarantine Procedure Guidance are not met with a confirmed case of a communicable disease

When Travel Advisory Guidance of quarantine periods are not met

When returning to school from a communicable disease without a Doctor's Release

For K TO 8 GRADE, during the school year – when school closure is required due to an OUTBREAK , classes will resume via DISTANCE LEARNING.



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*Resources for Action to be taken and communication
for an exposure or confirmed case:*

RESOURCES FOR SCHOOL ACTION from disease exposure or confirmed case:

CDPH MEASURES GUIDANCE for student, teacher or staff member with symptoms, is in contact of someone infected or diagnosed with COVID-19

HOME QUARANTINE INSTRUCTIONS FOR CLOSE CONTACTS TO COVID-19

<http://publichealth.lacounty.gov/acd/docs/COVHomeQuarantine.pdf>

HOME ISOLATION INSTRUCTIONS FOR PEOPLE WITH COVID-19

<http://publichealth.lacounty.gov/acd/docs/HomeisolationenCoV.pdf>

In making travel plans, please consider the travel advisory guidelines

TRAVEL ADVISORY GUIDELINE INSTRUCTIONS

<http://publichealth.lacounty.gov/media/coronavirus/traveladvisory.htm>

A medical release is required to safely return to school.

COMMUNICATION:

ARROW MONTESSORI will communicate with parents via a letter, email, eRemind, about any exposure or confirmed case of communicable disease , an outbreak or required closure and re-opening of school.

MASK

Children 2 years and older are required to wear a mask at all times, while at school, unless exempted. Exemption means a medical release from your child's doctor is required .

Mask will only be removed when eating or drinking.

All masks are to be washed or disposed of at the end of the day.

Please send a couple of extra masks to school to use in case your child's mask becomes soiled, unsanitary to continue to use at school or is misplaced.



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SCHOOL OPERATING PROCEDURES DURING A PANDEMIC

Social and Physical Distancing

As much as possible, throughout the school day – each child will be social distanced between each other of a distance of 6 feet .

Each cohort / or stable group size will be observed. (E.G. 14 students to 2 teacher per cohort / stable group)

For our K-8th stable group, there will be sneeze guards available for use between desks.

Markers on floor or desks will be used to show 6 feet distance.

Entrance and Exit Signs will be posted on doors to monitor distancing and prohibit mixing.

Cleaning and Disinfecting

Each Classroom will be equipped with cleaning and sanitizing materials to be used by staff to maintain cleaning and sanitation throughout the day - at least when practicable in the morning, noon and end of day . Consideration of the health and safety of the staff and children will be a priority when cleaning and disinfecting.

Frequently touched surfaces, such as faucets, door knobs, counters, shared technology and supplies will be cleaned and sanitized. For stable groups (AM GROUP AND PM GROUP) that will share desks and chairs – cleaning and sanitizing will also be administered. (e.g. of supplies: sign in / out pens)

Only CDC, CalOSHA recommended cleaning and sanitizing solutions will be used in school. A sanitizing solution of 1/3 cup bleach to 1 gallon of water will be prepared daily for use at the school.

HANDWASHING

Handwashing instructions are posted next to the rest room sinks as guidance for handwashing throughout the day. Handwashing will be monitored by all teachers to ensure that this healthy habit is practiced. Children will wash their hands upon arrival in the classroom, before going home, before and after a meal, before and after going outdoors, after toileting and whenever necessary during the work period.

Soap and water for handwashing will be made available at all times. Handsanitizers that are ethyl alcohol based will be used when handwashing is not readily accessible , (e.g. during outdoor activities)

VENTILATION

Classroom and office doors will remain open during class time to ensure proper ventilation In the facility.

High efficiency filters will be used and maintained every quarter for all HVAC system of the building.

STABLE GROUPS / COHORTS



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To ensure the health and safety of our school, stable groups or cohorts will be maintained with the ratio of 14 children to 2 teachers – or in accordance with state mandated measures or announcements. (Guidance as of March, 2021)

FOOD, WATER, SNACKS

Food, water and snacks will have to be provided from home at this time as well as personal containers and utensils for personal use, to avoid contamination and food sharing.

During the pandemic, there will be a discontinuance of pot locks or sharing of food for the children.

PAYMENT AGREEMENT ADDENDUM

In the event that SCHOOL CLOSURE is inevitable, due to the COVID-19 PANDEMIC or as mandated, suggested, or encouraged by the government and state agencies, TUITION WILL BE REFUNDED, only if the school will be closed. Although the school is following the government and state guidelines – the school will be held harmless and non-liable in the event that an employee or a child tests positive for COVID.

RESOURCES PAGE

CDPH MEASURES GUIDANCE for student, teacher or staff member with symptoms, is in contact of someone infected or diagnosed with COVID-19

Appendix A: Steps for Managing Exposures to COVID-19 Cases at School

HOME QUARANTINE INSTRUCTIONS FOR CLOSE CONTACTS TO COVID-19

<http://publichealth.lacounty.gov/acd/docs/COVHomeQuarantine.pdf>

HOME ISOLATION INSTRUCTIONS FOR PEOPLE WITH COVID-19

<http://publichealth.lacounty.gov/acd/docs/HomeisolationenCoV.pdf>

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TRAVEL ADVISORY GUIDELINE INSTRUCTIONS

<http://publichealth.lacounty.gov/media/coronavirus/traveladvisory.htm>

LAC DPH Reportable Diseases and Conditions

HOW TO WEAR A MASK : Protect Yourself and others from Covid19

<http://www.publichealth.lacounty.gov/media/Coronavirus/docs/protection/MasksInfographic.pdf>

STEPS FOR HANDWASHING

<http://publichealth.lacounty.gov/acd/docs/HandwashingSteps.pdf>



SONIA Y. ANGELL, MD, MPH
State Public Health Officer & Director

State of California—Health and Human Services Agency
California Department of Public Health



GAVIN NEWSOM
Governor

What measures should be taken when a student, teacher or staff member has symptoms, is a contact of someone infected, or is diagnosed with COVID-19?

	Student or Staff with:	Action	Communication
1.	COVID-19 Symptoms (e.g., fever, cough, loss of taste or smell, difficulty breathing) Symptom Screening: Per CA School Sector Specific Guidelines	<ul style="list-style-type: none"> Send home Recommend testing (If positive, see #3, if negative, see #4) School/classroom remain open 	<ul style="list-style-type: none"> No Action needed
2.	Close contact (†) with a confirmed COVID-19 case	<ul style="list-style-type: none"> Send home Quarantine for 14 days from last exposure Recommend testing (but will not shorten 14-day quarantine) School/classroom remain open 	<ul style="list-style-type: none"> Consider school community notification of a known contact
3.	Confirmed COVID-19 case infection	<ul style="list-style-type: none"> Notify the local public health department Isolate case and exclude from school for 10 days from symptom onset or test date Identify contacts (†), quarantine & exclude exposed contacts (likely entire cohort (††)) for 14 days after the last date the case was present at school while infectious Recommend testing of contacts, prioritize symptomatic contacts (but will not shorten 14-day quarantine) Disinfection and cleaning of classroom and primary spaces where case spent significant time School remains open 	<ul style="list-style-type: none"> School community notification of a known case
4.	Tests negative after symptoms	<ul style="list-style-type: none"> May return to school 3 days after symptoms resolve School/classroom remain open 	<ul style="list-style-type: none"> Consider school community notification if prior awareness of testing



Appendix A: Steps for Managing Exposures to COVID-19 Cases at School

<p>1 Case</p>	<p>1) <i>Required:</i> School instructs the case to follow COVID-19 Home Isolation Instructions. 2) <i>Required:</i> School informs the case that DPH will contact the case directly to collect additional information and issue Health Officer Order for Isolation. 3) <i>Required:</i> School works with the case to identify school contacts. 4) <i>Required:</i> School notifies* school contacts of exposure and instructs them to quarantine at home and test for COVID-19. 5) <i>Required:</i> School informs school contacts that DPH will contact them directly to collect additional information and issue Health Officer Order for Quarantine. 6) <i>Required:</i> School submits a report to DPH within 1 business day with information on the confirmed case and persons who were exposed to the case at the site. 7) <i>Recommended:</i> School sends general notification* to inform the school community of the school exposure and precautions taken to prevent spread. *Templates for contact notification and general notification are available at: COVID-19 Template Notification Letters for Education Settings.</p>
<p>2 Cases</p>	<p>1) <i>Required:</i> Follow required steps for 1 confirmed case. 2) <i>Recommended:</i> If the 2 cases occurred within 14 days of each other, school works with DPH to determine whether the cases have epidemiological (epi) links. If epi links exist, school implements additional infection control measures.</p>
<p>3+ Cases</p>	<p>1) <i>Required:</i> If a cluster of 3 or more cases occurred within 14 days of each other, school immediately notifies DPH. 2) <i>Required:</i> DPH determines if the outbreak criteria have been met. If outbreak criteria are met, a DPH outbreak investigation is activated, and a public health investigator will contact the School to coordinate the outbreak investigation.</p>



Home Quarantine Instructions for Close Contacts to COVID-19

To view this document in different languages or in web format visit ph.lacounty.gov/covidquarantine

SUMMARY

In Los Angeles County, if you have been in close contact with a person diagnosed with COVID-19 you are required* to:

- 1 **Quarantine - stay home and separate yourself from others for 10 days**
- 2 **Monitor your health for 14 days**
- 3 **Follow the [Health Officer Quarantine Order](#) along with the steps below**

It is recommended that you ***get tested**** for COVID-19.

* Note: If you have had COVID-19 with a positive viral (swab or saliva) test in the last 90 days, talk with your doctor about the need to quarantine. In addition, as long as you do not have symptoms, you do not need to get another test for COVID-19. If you do have *symptoms of COVID-19*, talk to your doctor.

Please help slow the spread of COVID-19. Answer your phone if you get a call from "LA PublicHealth" or **1-833-641-0305** (see [Contact Tracing](#)).



QUARANTINE

Quarantine is used to keep someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease before a person knows they are sick or if they are infected with the virus without feeling symptoms.

What is a Close Contact?

You are a "close contact" if:

- a. You were within 6 feet of someone with COVID-19 for a total of 15 minutes or more over a 24-hour period.
- b. You had unprotected contact with the body fluids and/or secretions from someone with COVID-19. For example, you were coughed or sneezed on, you shared a drinking cup or eating utensils, you kissed, or you provided care to them without wearing the right protective equipment.

*A person with COVID-19 can infect others from 2 days before their symptoms first started until they are allowed to end their home isolation (as described in [Home Isolation Instructions](#)). A person with a positive COVID-19 test but who does not have symptoms is considered to be infectious from 2 days before their test was taken until 10 days after their test.

How long to I have to quarantine?

If you have been in contact with someone with COVID-19, you must quarantine for 10 full days from you last contact with the infected person*. You can end your quarantine after Day 10 if you never had any symptoms and you take the following precautions:

- **From Day 11 through Day 14:**
 - Be extra careful. Wear a face covering when around other people (including those in your household), stay at least 6 feet away from others, wash your hands often, and take other steps to protect others (and yourself).
 - Keep checking for COVID-19 symptoms every day. If you do get symptoms, isolate at home and follow the "If you develop symptoms" instructions below.

It is best to keep away from people at high risk for getting very sick from COVID-19 for the full 14 days.

** If you don't know when you were exposed to the infected person and you received a Public Health Emergency Quarantine Order, you can end your quarantine 10 days after the date the order was issued (as long as your don't have symptoms).*

If you have a test for COVID-19, and it is negative, you must still quarantine for at least 10 days.

How to calculate when your quarantine period ends

- **If you have no more contact with the infectious person**
Your last day of quarantine is 10 days from the date after you last had close contact.
For example:



- **If you continue to have contact with the infected person**

For example, you live with and/or care for the person with COVID-19:

- If you can avoid close contact, your last day of quarantine is after 10 days from when the person with COVID-19 started to follow the Home Isolation Instructions.
- *But*, if you have close contact with them again while they are still in isolation, your 10-day quarantine period will have to restart from the last day that you had close contact.
- If you cannot avoid close contact, your last day of quarantine is 10 days from the date that the person with COVID-19 was told their isolation ends.

Restrictions during quarantine

To prevent you from spreading COVID-19, you must restrict activities and limit actions that may put you in contact with others.

- Stay home. Do not go to work, school, or public areas. You may only leave quarantine to get needed medical care.
- Do not allow visitors.
- Separate yourself from others in your home (unless they are also in quarantine).
 - If you need to be in the same room as other people in your home, set it up so that you can stay 6 feet apart if possible. It is important to stay away from people who are at higher risk of serious illness. This includes people who are age 65 years or older or have a health problem such as a chronic disease or a weak immune system.
 - Use a separate bathroom, if available.
 - Stay at least 6 feet away from others. When this cannot be done, wear a face covering (see Guidance for Cloth Face Coverings for more information).
- Do not make or serve food to others.

Getting help with food and other necessities

- If you do not have someone to help you, you can arrange for food and other supplies to be left at your door. If you need help finding food or other supplies, call 2-1-1, or visit 211la.org, or the Public Health [resource webpage](#).

Work and School

- Disability Insurance, Unemployment & Paid Family Leave may be available for people who cannot work because they, or a family member, need to isolate or quarantine. Visit the [California Employment Development Department](#) for more information.
- When your quarantine period is over, you may return to work or school. You do not need a letter from Public Health and should not need a negative test.

Steps to take when getting medical care or COVID-19 testing

- Wear a surgical mask. If you don't have one, wear a cloth face covering (see [Guidance for Cloth Face Coverings](#) for more information).
 - Note: Children under the age of 2 should not wear cloth face coverings. Children between the ages of 2 and 8 should use them but must be supervised by an adult to make sure they can breathe safely and avoid choking or suffocation. A mask or cloth

face covering should not be placed on anyone who has trouble breathing or would need help to remove it. See [Guidance for Cloth Facing Coverings](#) for more information.

- Use a private car if possible. If you cannot drive yourself, be sure to keep as much distance as possible between you and the driver. Wear a surgical mask or cloth face covering and leave the windows down. You should not use public transportation.



TESTING FOR COVID-19

As a [close contact](#) to someone with COVID-19, it is recommended that you get tested.* This is to check if you are already infected. If you test negative, you still need to quarantine for 10 days.

* Testing is not recommended for people who had a positive viral COVID-19 test in the last 90 days **and** do not currently have symptoms of COVID-19.

- To get a test, call your doctor, visit covid19.lacounty.gov/testing, or call 2-1-1.
 - When you go to get tested, follow testing center instructions and wear a mask so you don't infect other people. See [Steps to take when getting medical care or COVID-19 testing](#) above.
- If your test result is positive:
 - You have COVID-19
 - You need to isolate. See the [Home Isolation Instructions for People with COVID-19](#) at ph.lacounty.gov/covidisolation.
 - You need to tell all of your close contacts to quarantine and give them these [quarantine instructions](#) at ph.lacounty.gov/covidquarantine.
- If your test result is negative:
 - You may still be infected, but it is too early to show on the test.
 - You need to quarantine for 10 days after you last had close contact with the person with COVID-19.
 - Monitor your symptoms and follow the instructions below.



MONITOR YOUR HEALTH

- It is important to monitor your health for [symptoms of COVID-19](#) for 14 days from your last contact with the infected person. Symptoms of COVID-19 may include any of the following: fever or chills, cough, shortness of breath or difficulty breathing, feeling tired, muscle or body aches, headache, sore throat, nausea or vomiting, diarrhea, congestion or runny nose, or new loss of taste or smell.
- Call 911 or go to an emergency room if you are having serious symptoms. Serious symptoms include difficulty breathing, pain or pressure in your chest, have bluish lips or face or being

confused or having difficulty waking up.

If you develop symptoms

- Isolate yourself at home (this means if you left quarantine and it is Day 11-14 you need to return home immediately and strictly stay away from others except for medical care).
- Contact your healthcare provider, clinician advice line, or telemedicine provider for a medical assessment and arrange a test for COVID-19. Tell them that you have been in contact with someone who has COVID-19. Call the Los Angeles County Information line at 2-1-1 if you do not have a doctor. This number is available 24/7.
 - If you tests positive for COVID-19 or your provider thinks you have COVID-19, you must follow the Los Angeles County "[Public Health Emergency Isolation Order](#)" for COVID-19 and the "Home Isolation Instructions for People with COVID-19 Infection," which are available in [English](#), [Spanish](#), and [other languages](#).
 - If you test negative for COVID-19 and/or our provider thinks that you do not have COVID-19, you must complete your quarantine period and stay home until at least 24 hours have passed since you have been fever-free without using fever reducing medications.
 - If you don't get tested, you should isolate for at least 10 days from when your symptoms first started and at least 24 hours have passed since you have been fever-free without using fever reducing medications.

Dealing with Stress

COVID-19 and quarantine may be stressful for people. Visit the Los Angeles County Department of Mental Health's [COVID-19 webpage](#) and the 211LA webpage 211la.org/resources/subcategory/mental-health for local resources to help with mental health & wellbeing concerns. Guidance and resources, including information on crisis hotlines, are also available on the CDC webpage [Coping with stress](#).

LA County residents have free access to [Headspace Plus](#). This is a collection of mindfulness and meditation resources in English and Spanish. It also has movement and sleep exercises to help manage stress, fear, and anxiety related to COVID-19.

If you need to speak with someone about your mental health, contact your doctor or the Los Angeles County Department of Mental Health Access Center 24/7 Helpline at (800) 854-7771. This number is available 24/7. You can also text "LA" to 74174.



TALK TO PUBLIC HEALTH - Contact Tracing

Contact tracing is a simple, confidential process that is being used to help slow the spread of COVID-19.

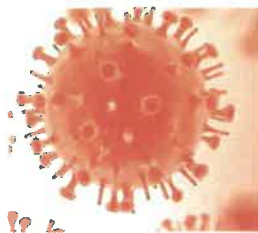
- You may receive a call from a public health specialist if you have been in contact with someone with COVID-19. If you get a call or message from "LA PublicHealth" or 1-833-641-0305, please do your part by taking the call. You will be asked about your health and the places you have been.

- The specialist can answer your questions and provide information like how to get a COVID-19 test or how to find a doctor or get help while you are in quarantine.
- Click [here](#) for more information about contact tracing.



FURTHER INFORMATION

- For more information, visit the Public Health website ph.lacounty.gov/Coronavirus or call 2-1-1 (which is available 24/7).
- Please call your doctor for any questions about your health. If you need help finding a doctor, call 2-1-1.



Home Isolation Instructions for People with COVID-19 Infection

To view this document in different languages or in web format visit ph.lacounty.gov/covidisolation.

SUMMARY

In Los Angeles County, if you have COVID-19* you are required to:

- 1 **Isolate yourself**, and
- 2 **Tell your close contacts that they need to quarantine** if you have a positive diagnostic viral test, and
- 3 **Follow the Health Officer Isolation Order** along with **the steps below**

*You are considered to have COVID-19, if you have a positive diagnostic viral (swab or saliva) test for COVID-19 and/or a healthcare provider thinks that you have COVID-19.

Note: If you recently had COVID-19 (within the past 90 days) and you now have a new positive diagnostic test for COVID-19 but you don't have symptoms, talk with your doctor to see if you have COVID-19 again.

Please help slow the spread of COVID-19 by answering if you get a call from "LA PublicHealth" or **1-833-641-0305** (see [Contact Tracing](#)).

If you tested positive but have not gotten a call yet, please call 1-833-540-0473 from 8 AM to 8:30 PM, 7 days a week.



ISOLATE: Stay home

You must stay home and separate yourself from others until your home isolation ends.

- [Stay away](#) from household members.
- Do not go to work, school, or public areas.
- If you must leave home to get essential medical care, drive yourself, if possible. If you cannot drive yourself, keep as much distance as possible between you and the driver and others (e.g. sit in the back seat), leave the windows down, and wear a mask, if possible. If you do not have a mask, wear a cloth face covering (see [below](#)).
- If someone from outside your household is shopping for you, ask them to leave the food and other supplies at your door, if possible. Pick them up after the person has left. If you need help finding free delivery services, social services, essential items like food and medicines call 2-1-1 or visit the Public Health resource webpage ph.lacounty.gov/media/Coronavirus/resources.htm.

Work and school

- If you work or study in a setting where you could have gotten COVID-19 or passed it on to others, please tell your workplace or school so that they can advise others to test and/or quarantine as needed.
- Information about Disability Insurance, Unemployment & Paid Family Leave for people who are unable to work because they, or a family member, need to isolate or quarantine is available on the [California Employment Development Department](#) website.
- For more information on COVID-19 related work issues, including employee benefits, protections for workers, and resources, view the [Workers' Rights Frequently Asked Questions](#)
- You do not need to have a negative test or a letter from Public Health to return to work or school.

When Does My Home Isolation End?

If you had symptoms and tested positive for COVID-19 or if a healthcare provider thinks* that you have COVID-19, you must stay home until:

- At least 10 days** have passed since your symptoms first started **and**
- You have had no fever for at least 24 hours (without the use of medicine that reduces fevers) **and**
- Your symptoms have improved

If you tested positive for COVID-19 but never had any symptoms:

- You must stay home for 10 days after the test was taken, **but**
- If you develop symptoms, you need to follow the instructions above

*If a healthcare provider initially thought your symptoms were due to COVID-19 but they reassessed your diagnosis and concluded that you are not infected, you can stop isolating once 24 hours have passed since you have been fever-free without using fever-reducing medications. However, if you are under quarantine orders (because you are a close contact to a person with COVID-19) you must stay in quarantine for 14 days from your last contact with the person

**If you have a [condition](#) that severely weakens your immune system you might need to stay home for longer than 10 days. Talk to your healthcare provider for more information.

What to do when home isolation ends

- When [your home isolation ends](#) (see box above) you can go back to your usual activities, including returning to in person work and/or school.
- Continue to practice physical distancing (stay 6 feet away from others) and to wear a face covering when you are in public settings where other people are present.



QUARANTINE: Tell your close contacts that they need to quarantine

Tell your close contacts that they need to quarantine.

If you have a positive diagnostic (viral) test result for COVID-19 you must notify your close contacts that they could be infected and need to quarantine for 14 days after their last contact with you. Give them the [home quarantine instructions](#). They are available in multiple languages. at ph.lacounty.gov/covidquarantine. Your close contacts must quarantine even if they feel well.

Definition of a Close Contact

A "close contact" is any of the following people who were exposed to you while you were infectious*:

- a. Any person who was within 6 feet of you for a total of 15 minutes or more over a 24-hour period.
- b. Any person who had unprotected contact with your body fluids and/or secretions. For example, you coughed or sneezed on them, you shared utensils, a cup, or saliva with them, or they cared for you without wearing appropriate protective equipment.

*You are considered to be infectious (you can spread COVID-19 to others) from 2 days before your symptoms first appeared until your home isolation ends. If you tested positive for COVID-19 but never had any symptoms, you are considered to be infectious from 2 days before your test was taken until 10 days after your test.



TAKE CARE OF YOUR HEALTH

For information on caring for children with symptoms of COVID-19, see [Guidance for the Care of Children with Symptoms of COVID-19](#).

Home Care

Most people with COVID-19 have mild illness and can recover at home. Here are steps that you can take to help you get better:

- Rest and drink plenty of fluids.
- Take over-the-counter medicine such as acetaminophen (Tylenol®) to reduce fever and pain. Note that children younger than age 2 should not be given any over-the-counter cold medications without first speaking with a doctor.

Seeking Medical Care

Stay in touch with your doctor and seek medical care if your symptoms get worse. If you are age 65 years or older or have an [underlying medical condition](#) it is especially important to call your doctor as you may be at a higher risk of serious illness.

Call 911 if there are emergency warning signs



People with emergency warning signs should call 911. If it's not urgent, call your doctor before visiting. You may be able to get advice by phone.

Dealing with Stress

COVID-19 and self-isolation is stressful for people. Visit the Los Angeles County Department of Mental Health's [COVID-19 webpage](#) and the 211LA webpage (211la.org/resources/subcategory/mental-health) for local resources to address mental health & wellbeing needs and concerns. In addition, guidance and resources, including information on crisis hotlines, are also available on the CDC webpage [Coping with Stress](#).

LA County residents have free access to [Headspace Plus](#). This is a collection of mindfulness and meditation resources in English and Spanish, as well as movement and sleep exercises to help manage stress, fear, and anxiety related to COVID-19.

If you need to speak with someone about your mental health, contact your doctor or the Los Angeles County Department of Mental Health Access Center 24/7 Helpline at 1-800-854-7771. If you need help finding healthcare, call the Los Angeles County Information line at 2-1-1. This number is available 24/7.



PROTECT OTHERS

Follow the steps below to help prevent the disease from spreading to others in your home and your community.

Separate yourself from others in your home

- If you need to be in the same room as other people, set it up so that you can stay 6 feet apart if possible. It is important to stay away from people who are at [higher risk of serious illness](#).

- Use a separate bathroom. If this is not possible, disinfect the bathroom after use (see cleaning information [below](#)).
- Open windows or use a fan or an air conditioner in shared spaces in the home.
- Do not allow non-essential visitors.
- Do not handle pets or other animals.

Anyone who continues to be in close contact with you will need to stay in quarantine for longer (see [home quarantine instructions](#)).

Wear a facemask or cloth face cover when you are around others

- Wear a disposable facemask when you are around other people. If you do not have a facemask, wear a cloth face cover. Do not use either if you have trouble breathing, or are unable to remove it without help, or you have been told not to wear one by a medical provider.
- If you are not able to wear a facemask or face cover, then people who live with you should avoid being in the same room with you. If they must enter the room you are in, they should wear a facemask (or if they don't have one, a cloth face covering). After leaving the room, they should immediately clean their hands, then remove and dispose of their facemask, and clean their hands again.
- *Use masks and face coverings with caution with children.* Infants and children under 2 should not wear cloth face coverings. Those between the ages of 2 and 8 should use them under adult supervision to ensure that the child can breathe safely and avoid choking or suffocation.
- See [Guidance for Cloth Facing Coverings](#) for more information.

Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can after each use. Wash your hands or use hand sanitizer after you cough or sneeze.

Avoid sharing food or personal household items

- Do not prepare or serve food to others.
- Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
- Make sure to wash your dishes, drinking glasses, and eating utensils with soap and water after each use.

Clean your hands often

- Wash your hands often, especially after blowing your nose, coughing, or sneezing; going to the bathroom; before eating or preparing food; and after touching your face mask or cover. Use soap and water for at least 20 seconds.
- If soap and water are not available, clean your hands with a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub hands together for 30 seconds until they feel dry. Use soap and water if your hands are visibly dirty.

Clean and disinfect all “high-touch” surfaces every day

- Clean and disinfect high-touch surfaces e.g. counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Clean and disinfect any surfaces that may have body fluids on them.
- Use household cleaning and disinfectant sprays or wipes. Be sure to follow the product label instructions.
- If caregivers and household contacts clean or come into contact with your body fluids or secretions (such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea) they should wear a disposable facemask and gloves. After cleaning, they should remove and dispose of their gloves first, clean their hands, then remove and dispose of their facemask, and clean their hands again.

See cleaning instructions in [Preventing the spread of respiratory illness in the home](#) and [FAQs for Caregivers](#).



TALK TO PUBLIC HEALTH - Contact Tracing

Contact tracing is a simple, confidential process that is being used to help slow the spread of COVID-19.

- If you test positive for COVID-19, you will receive a call from a public health specialist. Please do your part by taking the call and answering some questions about the places you have been and the people you have been around while you were infectious.
- The people you tell the specialist about will be contacted and asked to stay home to help prevent others from getting sick. They will not be told your name or contact information. The specialist will also answer any questions you may have and share information about services. If you tested positive but have not gotten a call yet please call **1-833-540-0473** from 8 AM to 8:30 PM, 7 days a week.
- To learn more about contact tracing, click [here](#).



MORE INFORMATION

- For more information on COVID-19 and to view the resources mentioned above in multiple languages, visit ph.lacounty.gov/media/coronavirus/.
- For help finding free delivery services, social services, essential items like food and medicines, visit ph.lacounty.gov/media/Coronavirus/resources.htm or call 2-1-1 (which is available 24/7).
- Please call your health care provider for any questions related to your health. If you need help finding a health care provider, call 2-1-1.



TRAVEL ADVISORY AND GUIDANCE

[View Current Health Officer Order](#)[View Order Appendices](#)

February 3, 2021

The more people travel, the more interactions people have. The more interactions people have with people outside of their household, the greater the risk of getting and spreading COVID-19. Travel (especially by shared conveyances such as air, bus, or rail travel) can not only put the traveler at risk but also all members of the community if the traveler spreads COVID-19 to others after returning to Los Angeles County.

Postponing travel and staying home is the best way to protect yourself and others from COVID-19 during this pandemic.

As Los Angeles County continues to grapple with its COVID-19 cases and given the prevalence of COVID-19 in many states and countries, persons arriving in Los Angeles County (LAC) from other states or countries and LAC residents returning from other states or countries could introduce new sources of infection, including new strains of the SARS-CoV-2 virus, into Los Angeles.

Despite recent decreases in the current COVID-19 surge of cases and hospitalizations and given the new daily cases and hospitalizations remain high, it remains imperative that LAC residents continue to take steps necessary to curb the spread of COVID-19 and contain new sources of infection. The County of Los Angeles is issuing the following guidance for travelers:

Non-Essential Travel

1. Los Angeles County residents should continue to avoid all non-essential travel and stay within 120 miles from their place of residence, unless they are traveling for essential purposes. Avoiding travel reduces the risk of virus transmission, including by reducing the risk that new sources of infection and, potentially, new virus strains that are now present in California. "Non-essential travel" includes travel that is considered tourism or recreational in nature. "Essential travel" is travel associated with the operation, maintenance, or usage of critical infrastructure or otherwise required or expressly authorized by law (including other applicable state and local public health directives), including work and study, critical infrastructure support, economic services and supply chains, health, immediate medical care, and safety and security.
2. All non-essential travelers from other states or countries are strongly discouraged from entering the County of Los Angeles and need to self-quarantine as set forth in Paragraph 3.
3. All persons arriving in or returning to the County of Los Angeles from other states or countries, must [self-quarantine](#) for 10 days after arrival, except as necessary to meet urgent critical healthcare staffing needs or to otherwise engage in emergency response. Additionally, this does not apply to individuals who routinely cross state or country borders solely for the purpose of essential travel.

Quarantine Requirements

If you do travel into Los Angeles County from outside of California, you need to self-quarantine for 10 days after you arrive and must limit your interactions to people in your household/people with whom you live. If you travel into Los Angeles County solely for essential work purposes, you need to still self-quarantine outside of your work for 10 days and ensure you do not mix with others outside of those necessary to conduct your essential work.

Guidance on Safer Essential Travel

If you routinely cross state or country borders for essential travel, you must still comply with all requirements related to wearing face coverings and maintaining physical distancing to reduce the risk of spreading the virus.

Upon returning from essential travel outside of California, you are strongly encouraged to self-quarantine if you engaged any of the following activities that place you at a higher risk of contracting the virus that causes COVID-19:

- You interacted for more than 15 minutes within six feet of someone outside your household when you or the other people around you were not wearing a face covering at all times;
- You were indoors, including on a shared conveyance, such as a plane, train or bus, and either you or those around you were not wearing face coverings at all times; or

- You interacted for more than 15 minutes within six feet of someone—either with or without a face covering—who was experiencing symptoms of COVID-19 or who began to experience symptoms of COVID-19 within 48 hours of your interaction with them.

If you MUST travel, plan ahead:

- Know how widespread COVID-19 is in the area you must travel to. For cases in the last 7 days by state, see https://covid.cdc.gov/covid-data-tracker/#cases_casesper100klast7days. For the risk assessment level for COVID-19 by country, see <https://www.cdc.gov/coronavirus/2019-ncov/travelers/map-and-travel-notice.html>.
- Find out where you can be tested if you develop symptoms of COVID-19 during your trip. For a list of symptoms, see <http://publichealth.lacounty.gov/media/Coronavirus/about-covid.htm>.
- People at high-risk of severe COVID-19 should be particularly careful about traveling, including:
 - People who are older, smoke or are overweight
 - Pregnant women
 - People with certain medical conditions like diabetes, heart problems, COPD, cancer, weakened immune systems, and sickle cell disease.
 See CDC webpage on [People at Increased Risk](#) for more information on who is at high risk of severe COVID-19.
- Avoid travel to the extent possible if you will be traveling with someone who cannot wear a mask consistently, including children under 2 years old who should not be wearing face masks due to risk of suffocation.

DO NOT travel if you are sick. You could spread COVID-19.

If you have COVID-19 symptoms (see ph.lacounty.gov/covidcare), get tested and wait for a negative test result before you start your trip.

A negative test should not be interpreted as a safety clearance for traveling or for engaging in other high-risk activities or with others indoors, without wearing a face covering/mask, and without practicing physical distancing. These tests assess for virus in your body the moment you were tested; you may actually have COVID-19 that won't show up on a test until later that day or in subsequent days, and a negative test might create a false sense of security.

If you MUST travel, reduce your risk.

- **Wear a face covering/mask and stay 6 feet or more away from people you do not live with, including family members you do not normally live with.**
- **Avoid spending time indoors with people you don't normally live with, including family members, to the extent possible.** The risk of getting COVID-19 is generally much greater indoors than outdoors because the virus that causes COVID-19 can travel in the air more than 6 feet and collects indoors and in enclosed spaces. If you must spend time indoors, choose a larger room that is well-ventilated or where windows and doors can be opened, and wear a face mask at all times.
- **Try to limit the number of people you interact with.** For example, if you are traveling for work or you must travel to care for family, avoid in-person interactions with neighbors or friends.
- **Don't share vehicles with people you don't live with.** Vehicles are small enclosed spaces where COVID-19 can spread easily between people. If you must share a vehicle, try to ride with the same people each time, 1) make sure everyone wears a facemask, 2) open the windows, and 3) maximize outdoor air circulation as much as you can.
- **Avoid meals, drinks, or gatherings with people you don't normally live with, including family members.** Eating and drinking together is higher-risk because people must take off their masks to eat or drink, are more likely to touch their mouths while eating, often sit within 6 feet of each other, and talk while eating, creating more respiratory droplets or small particles. If you do have a meal or private gathering, it must 1) be limited to one or two other households with a maximum of 15 people, 2) be held outdoors only, and 3) be limited to two hours or less, and 4) follow the Social (Physical) Distancing requirements of the County Order Section 3a. It is safer for people in different households to sit outdoors at least 6 feet apart and to wear masks when they are not actively eating or drinking (such as when talking).



Note: PDF documents on this site were created using Adobe Acrobat 5.0 or later. Document functionality may be reduced if you are using an earlier version (4.x or less). [Get the latest version of Adobe Acrobat](#)

REPORTABLE DISEASES AND CONDITIONS

Title 17, California Code of Regulations (CCR), § 2500

It is the duty of every health care provider, knowing of or in attendance on a case or suspected case of any of the diseases or conditions listed below, to report to the local health officer for the jurisdiction where the patient resides. "Health care provider" encompasses physicians (surgeons, osteopaths, oriental medicine practitioners), veterinarians, podiatrists, physician assistants, registered nurses (nurse practitioners, nurse midwives, school nurses), infection control professionals, medical examiners/coroners, dentists, and chiropractors, as well as any other person with knowledge of a case or suspected case.

Note: This list is specific to Los Angeles County and differs from state and federal reporting requirements★

☎ Report **immediately** by telephone for both confirmed and suspected cases. **COVID-19 deaths are reportable by phone or email*****

☎ Report by telephone **within 1 working day** from identification

☒ Report by electronic transmission (including FAX or email), telephone or mail **within 1 working day** from identification, and **COVID-19 Online Reporting**

📧 Report by electronic transmission (including FAX or email), telephone or mail **within 7 calendar days** from identification

★ **Mandated by and reportable to the Los Angeles County Department of Public Health**

± If enrolled, report electronically via the **National Healthcare Safety Network** (www.cdc.gov/nhsn/index.html). If not enrolled, use the **LAC DPH CRE Case Report Form** (publichealth.lacounty.gov/acd/Diseases/EpiForms/CRERepSNF.pdf)

■ For TB reporting questions: contact the TB Control Program (213) 745-0800 or visit www.publichealth.lacounty.gov/tb/healthpro.htm

■ For HIV/STD reporting questions: contact the Division of HIV and STD Programs. HIV (213) 351-8516, STDs (213) 368-7441
www.publichealth.lacounty.gov/dhsp/ReportCase.htm

For laboratory reporting: www.publichealth.lacounty.gov/lab/index.htm For veterinary reporting: www.publichealth.lacounty.gov/vet/index.htm

REPORTABLE COMMUNICABLE DISEASES

- | | | |
|---|--|--|
| 📧 Anaplasmosis | 📧 Giardiasis | ☒ Poliovirus Infection |
| ☎ Anthrax, human or animal | 📧 Gonococcal Infection ■ | ☒ Psittacosis |
| ☒ Babesiosis | ☒ <i>Haemophilus influenzae</i> , invasive disease only, all serotypes, less than 5 years of age | ☒ Q Fever |
| ☎ Botulism: infant, foodborne, or wound | ☒ Hantavirus Infection | ☎ Rabies, human or animal |
| 📧 Brucellosis, animal; except infections due to <i>Brucella canis</i> | ☎ Hemolytic Uremic Syndrome | ☒ Relapsing Fever |
| ☎ Brucellosis, human | ☒ Hepatitis A, acute infection | 📧 Respiratory Syncytial Virus, only deaths in a patient less than 5 years of age |
| ☒ Campylobacteriosis | 📧 Hepatitis B, specify acute, chronic, or perinatal | 📧 Rickettsial Diseases (non-Rocky Mountain Spotted Fever), including Typhus and Typhus-like Illnesses |
| ☒ <i>Candida auris</i> ★ | 📧 Hepatitis C, specify acute, chronic, or perinatal | 📧 Rocky Mountain Spotted Fever |
| 📧 Carbapenem-Resistant <i>Enterobacteriaceae</i> (CRE), including <i>Klebsiella sp.</i> , <i>E. coli</i> , and <i>Enterobacter sp.</i> , in acute care hospitals or skilled nursing facilities ★± | 📧 Hepatitis D (Delta), specify acute or chronic | 📧 Rubella (German Measles) |
| 📧 Chagas Disease ★ | 📧 Hepatitis E, acute infection | 📧 Rubella Syndrome, Congenital |
| 📧 Chancroid ■ | 📧 Human Immunodeficiency Virus (HIV), acute infection ■ (§2641.30-2643.20) | ☒ Salmonellosis, other than Typhoid Fever |
| ☎ Chickenpox (Varicella), only hospitalizations, deaths, and outbreaks (≥3 cases, or one case in a high-risk setting) | 📧 Human Immunodeficiency Virus (HIV) infection, any stage ■* | ☎ Scombroid Fish Poisoning |
| ☒ Chikungunya Virus Infection | 📧 Human Immunodeficiency Virus (HIV) infection, progression to stage 3 (AIDS) ■* | ☎ Shiga Toxin, detected in feces |
| ☎ Cholera | 📧 Influenza-associated deaths in laboratory confirmed cases, all ages ★ | ☒ Shigellosis |
| ☎ Ciguatera Fish Poisoning | ☎ Influenza, due to novel strains, human | ☎ Smallpox (Variola) |
| 📧 Coccidioidomycosis | 📧 Legionellosis | ☒ <i>Streptococcus pneumoniae</i> : Invasive cases only (sterile body site infections) ★ |
| ☒ Coronavirus Disease 2019 (COVID-19) ** and COVID-19 Online Reporting | 📧 Leprosy (Hansen's Disease) | ☒ <i>Streptococcus pyogenes</i> (Group A <i>Streptococcus</i>): Invasive cases only, including necrotizing fasciitis and STSS ★ |
| ☎ COVID-19, deaths (phone or email****) | 📧 Leptospirosis | ☒ Syphilis, all stages including congenital ■ |
| 📧 Creutzfeldt-Jakob Disease (CJD) and other Transmissible Spongiform Encephalopathies (TSE) | ☒ Listeriosis | 📧 Tetanus |
| ☒ Cryptosporidiosis | 📧 Lyme Disease | ☒ Trichinosis |
| 📧 Cyclosporiasis | ☒ Malaria | ☒ Tuberculosis ■ |
| 📧 Cysticercosis or Taeniasis | ☎ Measles (Rubeola) | 📧 Tularemia, animal |
| ☒ Dengue Virus Infection | ☒ Meningitis, specify etiology: viral, bacterial, fungal, or parasitic | ☎ Tularemia, human |
| ☎ Diphtheria | ☎ Meningococcal Infection | ☒ Typhoid Fever, cases and carriers |
| ☎ Domoic Acid (Amnesic Shellfish) Poisoning | ☎ Middle East Respiratory Syndrome (MERS) | ☒ <i>Vibrio</i> Infection |
| 📧 Ehrlichiosis | 📧 Mumps | ☎ Viral Hemorrhagic Fevers, human or animal (e.g., Crimean-Congo, Ebola, Lassa and Marburg viruses) |
| ☒ Encephalitis, specify etiology: viral, bacterial, fungal or parasitic | 📧 Myelitis, acute flaccid ★ | ☒ West Nile Virus (WNV) Infection |
| ☒ <i>Escherichia coli</i> , shiga toxin producing (STEC) including <i>E. coli</i> O157 | 📧 Nontuberculosis mycobacteria (extrapulmonary) ★ | ☒ Yellow Fever |
| ☎ Flavivirus infection of undetermined species | ☎ Novel virus infection with pandemic potential | ☒ Yersiniosis |
| ☒ Foodborne Disease | ☎ Paralytic Shellfish Poisoning | ☒ Zika Virus Infection |
| ☎ Foodborne Outbreak; 2 or more suspected cases from separate households with same assumed source | ☒ Paratyphoid Fever | ☎ OCCURRENCE OF ANY UNUSUAL DISEASE |
| | ☒ Pertussis (Whooping Cough) | ☎ OUTBREAKS OF ANY DISEASE, including diseases not listed above. Specify if in an institution and/or the open community. |
| | ☎ Plague, human or animal | |

* Use of FAX for HIV reporting is highly discouraged in order to protect patient confidentiality.

REPORTABLE NON-COMMUNICABLE DISEASES OR CONDITIONS

- 📧 Disorders Characterized by Lapses of Consciousness (CCR § 2806, § 2810) 📧 Cancer, including benign and borderline brain tumors (CCR §2593)
☒ Pesticide-Related Illnesses (Health and Safety Code §105200)

To report a case or outbreak of any disease, contact the Communicable Disease Reporting System
Tel: (888) 397-3993 or (213) 240-7821 • Fax: (888) 397-3778 or (213) 482-5508 • Email: ACDC-MorbidityUnit@ph.lacounty.gov

** COVID-19 Cases Only: COVID19@ph.lacounty.gov • Fax (310) 605-4274 • COVID-19 Online Reporting

***COVID-19 Deaths Only: COVIDdeath@ph.lacounty.gov

Use secure transmission for emailed reports.

Health Professionals Reporting Webpage: www.publichealth.lacounty.gov/divisions/report



REPORTABLE DISEASES AND CONDITIONS

Title 17, California Code of Regulations (CCR), § 2500

It is the duty of every health care provider, knowing of or in attendance on a case or suspected case of any of the diseases or conditions listed below, to report to the local health officer for the jurisdiction where the patient resides. "Health care provider" encompasses physicians (surgeons, osteopaths, oriental medicine practitioners), veterinarians, podiatrists, physician assistants, registered nurses (nurse practitioners, nurse midwives, school nurses), infection control professionals, medical examiners/coroners, dentists, and chiropractors, as well as any other person with knowledge of a case or suspected case.

Note: This list is specific to Los Angeles County and differs from state and federal reporting requirements★

☎ Report **immediately** by telephone (for both confirmed and suspected cases)

OCCURRENCE OF ANY UNUSUAL DISEASE

OUTBREAKS OF ANY DISEASE, including diseases not listed above. Specify if in an institution and/or the open community

- Anthrax, human or animal
- Botulism: infant, foodborne, or wound
- Brucellosis, human
- Chickenpox (Varicella), only hospitalizations, deaths, and outbreaks (≥3 cases, or one case in a high-risk setting)
- Cholera
- Ciguatera Fish Poisoning

▪ Coronavirus Disease 2019 (COVID-19), deaths (phone or email***)

- Diphtheria
- Domoic Acid (Amnesic Shellfish) Poisoning
- Flavivirus infection of undetermined species
- Foodborne Outbreak; 2 or more suspected cases from separate households with same assumed source
- Hemolytic Uremic Syndrome
- Influenza, due to novel strains, human
- Measles (Rubeola)
- Meningococcal Infection
- Middle East Respiratory Syndrome (MERS)

- Novel virus infection with pandemic potential
- Paralytic Shellfish Poisoning
- Plague, human or animal
- Rabies, human or animal
- Scombroid Fish Poisoning
- Shiga Toxin, detected in feces
- Smallpox (Variola)
- Tularemia, human
- Viral Hemorrhagic Fevers, human or animal (e.g., Crimean-Congo, Ebola, Lassa and Marburg viruses)
- Human Immunodeficiency Virus (HIV), acute infection (telephone within 1 working day)

✉ Report by electronic transmission (including FAX or email), telephone or mail within **1 working day** from identification

- Babesiosis
- Campylobacteriosis
- *Candida auris* ★
- Chikungunya Virus Infection
- Coronavirus Disease 2019 (COVID-19)** and COVID-19 Online Reporting
- Cryptosporidiosis
- Dengue Virus Infection
- Encephalitis, specify etiology: viral, bacterial, fungal or parasitic
- *Escherichia coli*, shiga toxin producing (STEC) including *E. coli* O157
- Foodborne Disease
- *Haemophilus influenzae*, invasive disease only, all serotypes, less than 5 years of age

- Hantavirus Infection
- Hepatitis A, acute infection
- Listeriosis
- Malaria
- Meningitis, specify etiology: viral, bacterial, fungal, or parasitic
- Paratyphoid Fever
- Pertussis (Whooping Cough)
- Pesticide-Related Illnesses (Health and Safety Code §105200)
- Poliovirus Infection
- Psittacosis
- Q Fever
- Relapsing Fever
- Salmonellosis, other than Typhoid Fever

- Shigellosis
- *Streptococcus pneumoniae*: Invasive cases only (sterile body site infections) ★
- *Streptococcus pyogenes* (Group A *Streptococcus*): Invasive cases only, including necrotizing fasciitis and STSS ★
- Syphilis, all stages including congenital
- Trichinosis
- Tuberculosis
- Typhoid Fever, cases and carriers
- *Vibrio* Infection
- West Nile Virus (WNV) Infection
- Yellow Fever
- Yersiniosis
- Zika Virus Infection

☎ Report by electronic transmission (including FAX or email), telephone or mail within **7 calendar days** from identification

- Anaplasmosis
- Brucellosis, animal; except infections due to *Brucella canis*
- Cancer, including benign and borderline brain tumors (CCR §2593)*
- Carbapenem-Resistant *Enterobacteriaceae* (CRE), including *Klebsiella sp.*, *E. coli*, and *Enterobacter sp.*, in acute care hospitals or skilled nursing facilities ★±
- Chagas Disease ★
- Chancroid
- Coccidioidomycosis
- Creutzfeldt-Jakob Disease and other Transmissible Spongiform Encephalopathies
- Cyclosporiasis
- Cysticercosis or Taeniasis

- Disorders Characterized by Lapses of Consciousness (CCR § 2806, § 2810)
- Ehrlichiosis
- Giardiasis
- Gonococcal Infection
- Hepatitis B, specify acute, chronic, or perinatal
- Hepatitis C, specify acute, chronic, or perinatal
- Hepatitis D (Delta), specify acute or chronic
- Hepatitis E, acute infection
- Human Immunodeficiency Virus (HIV) infection, any stage **
- Human Immunodeficiency Virus (HIV) infection, progression to stage 3 (AIDS) **
- Influenza-associated deaths in laboratory confirmed cases, **all ages** ★

- Legionellosis
- Leprosy (Hansen's Disease)
- Leptospirosis
- Lyme Disease
- Mumps
- Myelitis, acute flaccid ★
- Nontuberculosis mycobacteria (extrapulmonary) ★
- Respiratory Syncytial Virus, only deaths in a patient less than 5 years of age
- Rickettsial Diseases (non-Rocky Mountain Spotted Fever), including Typhus and Typhus-like Illnesses
- Rocky Mountain Spotted Fever
- Rubella (German Measles)
- Rubella Syndrome, Congenital
- Tetanus
- Tularemia, animal

*Except basal and squamous skin cancer unless on genital, and carcinoma in-situ and CIN III of the Cervix.

**Use of FAX for HIV reporting is highly discouraged in order to protect patient confidentiality.

± If enrolled, report electronically via the National Healthcare Safety Network (www.cdc.gov/nhsn/index.html). If not enrolled, use the LAC DPH CRE Case Report Form (publichealth.lacounty.gov/acd/Diseases/EpiForms/CRERepSNF.pdf)

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Use secure transmission for emailed reports.

Health Professionals Reporting Webpage: www.publichealth.lacounty.gov/clinicians/report

Protect Yourself and Others from COVID-19

HOW TO WEAR A MASK



To get the best protection, make sure your mask fits well

- It should completely cover your nose and mouth.
- It should fit snugly against your nose, the sides of your face and under your chin, without gaps.

Do:

- Choose a mask made with two or more layers of tightly woven, breathable material.

Don't:

- Wear masks with a valve.
- Use a bandana or scarf as a mask.
- Use a face shield in place of a mask.

For more information, visit: ph.lacounty.gov/masks

2/19/21

HOW TO MAKE YOUR MASK FIT BETTER



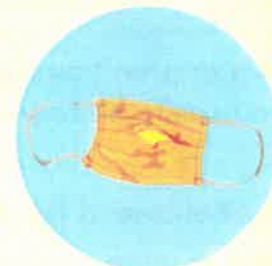
Use a mask with nose wires



Double Mask: Wear a cloth mask over a disposable mask



Knott and Tuck: Knot the ear loops at the edge of the mask and tuck the extra material



Use a mask with a filter



STEPS FOR HANDWASHING

Stop the spread of germs and keep yourself and others from getting sick.



1. Wet your hands with warm water.



2. Lather up with soap. Soap gets rid of the oil that helps germs stick to your hands.



3. Rub and scrub your hands together for at least 20 seconds. Strongly rub and scrub your wrists, palms, between fingers, under your nails, and the backs of your hands. The soap and scrubbing action loosens the germs off your hands.



4. Rinse your hands thoroughly with warm, running water.



5. Dry your hands completely with a clean towel or paper towel. Use the towel to turn off the faucet when you're finished drying your hands. Throw the paper towel away.

If soap and water aren't available, use an alcohol-based hand sanitizer. Alcohol-based hand sanitizers can usually be found as a gel or wipes. Make sure the product is at least 60 percent alcohol.

To use an alcohol-based hand sanitizer:

- Rub the gel or wipe all over both hands.
- Rub hands together for 30 seconds until they feel dry.



818 W Gladstone Street, San Dimas CA 91773

*ACKNOWLEDGEMENT PAGE FOR COVID-19 SCHOOL SAFETY PROCEDURES AND
ADDENDUM TO PARENT HANDBOOK*

My Signature indicates that I have read, understood and agreed to the COVID-19 SCHOOL SAFETY PROCEDURES AND ADDENDUM TO THE PARENT HANDBOOK .

CHILD'S NAME: _____

D.O.B. _____

Parent's Signature: _____

DATE: _____

