

# Shasta-Tehama-Trinity Joint Community College District

## COVID-19 Prevention Program (CPP)

### When to Isolate

Regardless of vaccination status, **you should isolate from others when you have COVID-19.**

You should also isolate **if you are sick and suspect that you have COVID-19 but do not yet have [test](#) results.** If your results are positive, follow the full isolation recommendations below. If your results are negative, you can end your isolation.

#### IF YOU TEST

<u>Negative</u>	<u>Positive</u>
You can end your isolation	Follow the full isolation recommendations below When you have COVID-19, isolation is counted in days, as follows:

If you had no symptoms

- **Day 0 is the day you were tested** (not the day you received your positive test result)
- **Day 1 is the first full day** following the day you were tested.

If you had symptoms

- **Day 0 of isolation is the day of symptom onset**, regardless of when you tested positive.
- **Day 1 is the first full day** after the day your symptoms started

#### Isolation

If you test positive for COVID-19, **stay home for at least 5 days and isolate from others in your home.**

You are **likely most infectious during these first 5 days.**

- **Wear a high-quality mask** if you must be around others at home and in public.
- Do not go places where you are unable to wear a mask. For travel guidance, see CDC's [Travelwebpage](#).
- [Do not travel](#).
- Stay home and separate from others as much as possible.
- Use a separate bathroom, if possible.
- Take steps to [improve ventilation](#) at home, if possible.
- Don't share personal household items, like cups, towels, and utensils.
- Monitor your [symptoms](#). If you have an [emergency warning sign](#) (like trouble breathing), seek emergency medical care immediately.
- Learn more about [what to do if you have COVID-19](#).

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### Ending Isolation:

**End isolation based on how serious your COVID-19 symptoms were.** Loss of taste and smell may persist for weeks or months after recovery and need not delay the end of isolation.

- If the individual is well with no symptoms, or symptoms are mild or improving and is fever-free for 24 hours.
- You may end isolation after day 5.
- After ending isolation, persons may remove their mask sooner than Day 10 after two sequential negative tests one day apart.

### Impact on work, masking, and testing

- Regardless of exposure to any confirmed positive cases in a shared airspace, employees are encouraged to test if they have symptoms of COVID-19.
  - “COVID-19 symptoms” means fever of 100.4 degrees Fahrenheit or higher, chills, cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, or diarrhea, unless a licensed health care professional determines the person's symptoms were caused by a known condition other than COVID-19.
- Employees are encouraged to inform Campus Safety at [EOC@shastacollege.edu](mailto:EOC@shastacollege.edu), without fear of reprisal, of any COVID-19 symptoms, possible close contacts, and possible COVID-19 hazards in the workplace.
- The District provides at-home tests free of charge during an employee's normal working hours at each district property. At-home tests are available at the following locations:
  - Main Campus – Campus Safety building 6500
  - Health Science – Campus Safety Front Desk 1<sup>st</sup> Floor Rotunda
  - Tehama Campus – Campus Safety Office 7426
  - Trinity Campus – Office 1511
  - Intermountain – Front Desk
- If occupying the same indoor airspace with someone who tests positive, the employee is encouraged to test between day 3 and 5 from the onset of the infectious period.
- If employees test positive, they must stay home for 5 days. Isolation can end if symptoms are not present AND have been fever-free for 24 hours (without the use of fever reducing medication).
  - After ending isolation employees may remove their mask sooner than Day 10 if they have two sequential negative tests at least one day apart.
- If fever and/or symptoms are not improving, continue to isolate until or after day 10.

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## COVID-19 Prevention Program (CPP)

### Face coverings

- “Face covering” means a surgical mask, a medical procedure mask, a respirator worn voluntarily, or a tightly woven fabric or non-woven material of at least two layers that completely covers the nose and mouth and is secured to the head with ties, ear loops, or elastic bands that go behind the head. Gaiter masks shall have two layers of fabric or be folded to make two layers. A face covering is a solid piece of material without slits, visible holes, or punctures, and must fit snugly over the nose, mouth, and chin with no large gaps on the outside of the face. A face covering does not include a scarf, ski mask, balaclava, bandana, turtleneck, collar, or single layer of fabric.

Regardless of the COVID-19 community levels, CDPH recommends:

- Wear a mask around others if you have respiratory symptoms (e.g., cough, runny nose, and/or sore throat),
- Consider wearing a mask in indoor areas of public transportation (such as in airplanes, trains, buses, ferries) and transportation hubs (such as airports, stations, and seaports). This is increasingly important as the risk for transmission increases in the community.
- When choosing to wear a mask, ensure your mask provides the best [fit and filtration](#) (respirators like N95, KN95 and KF94 are best).
- If you’ve had a significant exposure to someone who has tested positive for COVID-19, wear a mask for 10 days.

CDC COVID-19 Community Level	CDPH recommendations for individuals	CDPH recommendations in indoor High-Risk Settings**
<b>Low</b> There is lower community spread and impact on healthcare system of COVID-19	<b>Everyone:</b> People can wear a mask based on personal preference, informed by their own personal level of risk.  <b>Vulnerable people*:</b> Consider wearing a mask in crowded indoor public places.  If you are a vulnerable person* or live with a vulnerable person*, consider taking additional precautions.	<b>For all staff and residents/patients:</b>  Wearing a mask should be considered.
<b>Medium</b> There is medium community spread and impact on healthcare system of COVID-19	<b>Everyone:</b> Consider wearing a mask in indoor public places.  <b>Vulnerable people*:</b> Wearing a mask is recommended in crowded indoor public places.	<b>For all staff and residents/patients:</b>  Wearing a mask is recommended.

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<p><b>High</b></p> <p>There is high community spread and impact on healthcare system of COVID-19</p>	<p><b>Everyone:</b></p> <p>Wearing a mask is recommended in indoor public places.</p> <p><b>Vulnerable people*:</b></p> <p>Wearing a mask is strongly recommended in indoor public places.</p> <p>If you have household or social contact with a vulnerable person*, wearing a mask is recommended when indoors with them.</p>	<p><b>For all staff and residents/patients:</b></p> <p>Wearing a mask is strongly recommended.</p>
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\*Those that are vulnerable include the unvaccinated, those that are [immunocompromised](#), have certain [disabilities](#), or have [underlying health conditions](#), and those [at risk of severe illness of death if they are infected with COVID-19](#). Such persons should consider taking extra precautions.

### **Identification, evaluation, and mitigation of COVID-19 hazards**

The District has implemented the following at all District properties:

- Campus Safety will conduct workplace specific evaluations to identify COVID-19 hazards.
- The Cal/OSHA COVID-19 Emergency Temporary Standards (ETS) do not require employers to document employee vaccination status. Required protective measures in the ETS are the same regardless of the vaccination status of employees.
- The District has implemented COVID-19 procedures to effectively respond to individuals who have contracted COVID-19 to prevent or reduce the risk of transmission in the workplace.
- The district will review applicable orders and general and industry-specific guidance from the State of California, Cal OSHA, and the local health department related to COVID-19 hazards and prevention including:
  - California Department of Public Health Guidance Documents.\_  
<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Guidance.aspx>
  - Center for Disease Control – Guidance for Institutions of Higher Education.\_  
<https://www.cdc.gov/coronavirus/2019-ncov/community/colleges-universities/considerations.html>
  - The districts existing COVID-19 prevention controls and the need for additional procedures if necessary.
- All COVID-19 hazards should be reported to Campus Safety at [EOC@shastacollege.edu](mailto:EOC@shastacollege.edu).

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## **COVID-19 Prevention Program (CPP)**

- All District employees are encouraged to participate in the identification and evaluation of potential COVID-19 hazards. This includes, but is not limited to, implementing controls and/or policies and procedures in response to the evaluations conducted under subsections (c)(2) and (c)(3) and implementing the controls required by subsections (c)(6)(Face coverings) and (c)(7)(Other engineering controls, administrative controls, and personal protective equipment).
- For buildings with mechanical or natural ventilation, or both, the District shall maximize the quantity of outside air provided to the extent feasible, except when the United States Environmental Protection Agency (EPA) Air Quality Index is greater than 100 for any pollutant or if opening windows or maximizing outdoor air by other means would cause a hazard to employees, for instance from excessive heat or cold.
- Employees are encouraged to wash their hands for at least 20 seconds each time.
- Hand sanitizer stations have been placed in each building.

### **Reporting, record keeping, and access**

- The District reports information about COVID-19 cases and outbreaks at the workplace to the local health department whenever required by law, and shall provide any related information requested by the local health department. The District reports all information to the local health department as required by Labor Code section 6409.6. Shasta College will keep COVID-19 case information confidential per Cal OSHA ETS 3205(c)(3)(C).
- The District will maintain records of steps taken to implement the written COVID-19 Prevention Plan (CPP).
- The CPP is available on the Shasta College website.
- The District keeps record of all COVID-19 cases with the employee's name, contact information, occupation, location where the employee worked, the date of the last day at the workplace, and the date of a positive COVID-19 test.

### **Work accommodations**

- Employees with medical or other conditions that put them at increased risk of severe COVID-19 illness can request accommodations through Human Resources at (530) 242-7648.

### **District training**

- Employees are encouraged to take Cal OSHA COVID-focused training through Keenan Safe Schools virtual training and resources on the Shasta College website. This training includes:
  - Information related to benefits.
  - Information on COVID-19, including how it is transmitted and how to reduce risk.
  - Proper use of face coverings.
  - COVID-19 symptoms.
  - Personal protective equipment (PPE).

# Shasta-Tehama-Trinity Joint Community College District

## COVID-19 Prevention Program (CPP)

### COVID-19 isolation and Quarantine (Employee)

#### Isolation:

Separates those infected with a contagious disease from people who are not infected.

#### Quarantine:

Restricts the movement of susceptible persons who were exposed to a contagious disease in case they become infected.

#### Confirmed Case, Potential Exposure and Close Contact:

##### Confirmed Case:

A person who has received a positive result of the presence of SARS-CoV-2 virus as confirmed by a COVID-19 viral test or clinical diagnosis.

##### Potential exposure:

Someone sharing the same indoor airspace, e.g., home, clinic waiting room, airplane etc., for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes) during a confirmed case's infectious period.

##### Close contact:

##### **"Close Contact" means the following:**

1. In indoor spaces of 400,000 or fewer cubic feet per floor (such as homes, clinic waiting rooms, airplanes, etc.), close contact is defined as sharing the same indoor airspace for a cumulative total of 15 minutes or more over a 24-hour period (for example, three individual 5-minute exposures for a total of 15 minutes) during a confirmed case's infectious period.
2. In large indoor spaces greater than 400,000 cubic feet per floor (such as open-floor-plan offices, warehouses, large retail stores, manufacturing, or food processing facilities), close contact is defined as being within 6 feet of the infected person for a cumulative total of 15 minutes or more over a 24-hour period during the confirmed case's infectious period. Spaces that are separated by floor-to-ceiling walls (e.g., offices, suites, rooms, waiting areas, bathrooms, or break or eating areas that are separated by floor-to-ceiling walls) must be considered distinct indoor airspaces.

##### Infectious Period:

- For symptomatic confirmed cases, 2 days before the confirmed case had any symptoms (symptom onset date is Day 0) through Days 5-10 after symptoms first appeared AND 24 hours have passed with no fever, without the use of fever-reducing medications, and symptoms have improved, OR
- For asymptomatic confirmed cases, 2 days before the positive specimen collection date (collection date is Day 0) through Day 5 after positive specimen collection date for their first positive COVID-19 test.

For the purposes of identifying close contacts and exposures, symptomatic and asymptomatic infected persons who end isolation in accordance with this guidance and are no longer considered to be within their infectious period. Such persons should continue to follow CDPH isolation recommendations, including wearing a well-fitting face mask through Day 10.

# Shasta-Tehama-Trinity Joint Community College District

## COVID-19 Prevention Program (CPP)

**Table 1: Persons Who Should Isolate**

Persons Who Test Positive for COVID-19	Recommended Actions
<p>Everyone, regardless of vaccination status, previous infection, or lack of symptoms.</p> <p>Persons in healthcare settings** should follow recommendations and requirements as listed below.</p>	<p><a href="#">Stay home</a> (PDF) for at least 5 days after start of symptoms (Day 0) or after date of first positive test (Day 0) if no symptoms).</p> <ul style="list-style-type: none"> <li>Isolation can end after Day 5 if: <ul style="list-style-type: none"> <li>Symptoms are not present, or are mild and improving; AND</li> <li>You are fever-free for 24 hours (without the use of fever-reducing medication).</li> </ul> </li> <li>If fever is present, isolation should be continued until 24 hours after fever resolves.</li> <li>If symptoms, other than fever, are not improving, continue to isolate until symptoms are improving or until after Day 10.</li> <li>If the confirmed case has severe symptoms, or is at high risk of serious disease or has questions concerning care, they should contact their healthcare provider for available treatments.</li> <li>Per <a href="#">CDPH masking guidance</a>, infected persons should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.*</li> <li>After you have ended isolation, if your symptoms recur or worsen, get tested again and if positive, restart isolation at Day 0.</li> </ul>

\*After ending isolation (no fever without the use of fever-reducing medications and symptoms are improving), confirmed cases may remove their mask sooner than Day 10 if they have two sequential negative tests at least one day apart. If antigen test results are positive, the person may still be infectious and should continue wearing a mask and wait at least one day before taking another test.

Infected persons should notify close contacts to encourage them to get tested 3-5 days after exposure. Learn more about [CA Notify](#), an exposure notification app, that allows users who test positive for COVID-19 to self-report test results to anonymously alert others who may have been exposed.

**Table 2: Close Contacts – (No Quarantine)**

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## COVID-19 Prevention Program (CPP)

Asymptomatic Persons Who are Exposed to Someone with COVID-19 (No Quarantine)	Recommended Actions
Everyone, regardless of vaccination status. Persons infected within the prior 30 days do not need to be tested, quarantined, or excluded from work unless symptoms develop. Persons in healthcare settings** should follow recommendations and requirements as listed below.	<ul style="list-style-type: none"><li>• Test within 3-5 days after last exposure</li><li>• Per <a href="#">CDPH masking guidance</a>, close contacts should wear a well-fitting mask around others for a total of 10 days, especially in indoor settings and when near those at higher risk for severe COVID-19 disease (see masking section below for additional information).</li><li>• Strongly encouraged to get vaccinated or boosted.</li><li>• If symptoms develop, test, and stay home (see earlier section on symptomatic persons), AND</li><li>• If test result is positive, follow isolation recommendations above (Table 1).</li></ul>

In some workplaces, employers are subject to the [Cal/OSHA Aerosol Transmissible Diseases \(ATD\) Standard](#) and should consult those regulations for additional applicable requirements.