



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District



Guidance Document and Best Practice Recommendations for Pre-K -12 Grade

Champaign-Urbana Public Health District (CUPHD) developed this document to provide pre-K through grade 12 (K-12) school leaders, families, teachers and staff guidance around policies, practices, and strategies that districts and schools must implement and recommendations they should consider to optimize education and promote health and safety, while mitigating risk throughout the school year. Use this guidance document in combination with the additional guidance provided by the [Illinois State Board of Education](#), which includes both strategies for implementation of health guidance in schools, as well as other non-health related considerations for the 2020-21 school year.

This guidance document will likely be revised as the COVID-19 response evolves throughout the summer and into the fall/winter.

Ideally schools will offer a variety of options for students, teachers and staff so that individual decisions can be made related to risk tolerance (personal health concerns/household health concerns and school-specific plans).

CUPHD's COVID-19 Hotline: 217-239-7877 coronavirus@c-uphd.org

DEFINITIONS

Best Practice: These practices are foundational to minimizing the risks of exposure to COVID-19 for students, staff, and families. These practices are considered the minimum level of implementation, and schools may not be less restrictive to prevent an outbreak of COVID-19 within the schools (ie Spacing people within 6 feet of others, even while masked, will not prevent exposure. If persons are within 6 feet of a positive case, they will be excluded from school and quarantined).

Recommended: health practices are additional strategies that schools may choose to use to minimize the spread of COVID-19. We recognize there are diverse learning environments that will require teams to use thoughtful strategies when applying guidance to meet the health and safety needs of all students and staff. Not all recommended practices will be possible in all settings, and therefore should be tailored as appropriate.

Case: A person with a laboratory-confirmed COVID-19 infection.

Close Contact: A person who was within 6 feet, for at least 15 minutes, of the case during their infectious period.

Case Investigation: The process of interviewing the case, gathering demographic information and determining close contacts during the infectious period.

Isolation: Isolation is used to separate people who have tested positive for COVID-19 (those who are sick and those with no symptoms) from people who are not currently infected. People who are in isolation are required to stay home until they are no longer infectious and CUPHD has released them from isolation.

Quarantine: The practice of isolating individuals who have had an exposure (close contact with a COVID-19 case) to determine whether they develop symptoms of the disease. For COVID-19 this period is 14 days.

Contact Tracing: The practice of notifying all persons who have been listed as “close contacts” so they can get tested and quarantine. This will be conducted by CUPHD employees. All personal information is confidential.

Symptomatic: Exhibiting signs of illness (fever, shortness of breath, fatigue, loss of taste or smell, etc.).

Asymptomatic: Not exhibiting signs of illness. COVID-19 can be transmitted up to 48 hours before a person shows symptoms.

Local Health Authority: Champaign-Urbana Public Health District & Champaign County Public Health Department. <https://ilga.gov/commission/jcar/admincode/077/077006900113100R.html>

The more people a student or staff member interacts closely with, and the longer that interaction, the higher the risk of COVID-19 spread. It is important for teachers and staff to not gather together for meetings, trainings etc. without social distancing and masks.



Risk of COVID-19 spread increases in school settings as follows:

- **No risk:** Students and teachers engage in online-only, virtual classes, activities, and events.
- **Minimal Risk:** Combination of virtual and small, in-person classes, activities, and events. Students and teachers with underlying health conditions are not physically in school. Maintain social distancing and masking at all times. Activities that take place outdoors are generally safer than indoor activities.
- **Moderate Risk:** Small to medium in person classes. Groups of students stay together and with the same teacher throughout/across school days and groups do not mix. Students remain at least 6 feet apart, wear face coverings and do not share objects
- **Highest Risk:** Full sized, in-person classes, activities, and events. Students are not spaced apart, not masked, share classroom materials or supplies, and mix between classes and activities.

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