

Covid-19 Safe to In-Person Learning Plan 2023 | Hmong College Prep Academy

HCPA COVID Preventative Learning Plan “CDC guidance was designed to inform the selection of effective layered prevention strategies and to support them in transitioning learning environments to reflect changes in the level of transmission of COVID-19 occurring in their communities. Schools should maintain awareness of COVID-19 transmission levels in their local community and the vaccination status of the population they serve when making determinations about the use of COVID-19 layered prevention strategies in their facilities”.

Community transmission and vaccination coverage in the local community will be monitored using CDC’s COVID Data Tracker:

[CDC COVID Data Tracker: COVID-19 Integrated County View - Vaccinations](#)

[CDC COVID Data Tracker: COVID-19 Integrated County View - Level of Community Transmission](#)

When to Wear a Mask

Reference: <https://www.health.state.mn.us/diseases/coronavirus/facecover.html#when>

This section describes CDC and MDH mask recommendations based on the CDC COVID-19 community level in your area and the individual COVID-19 risks for you and others around you. While MDH encourages all Minnesotans to follow these minimum precautions, it is important to know that you may always choose to wear a mask if it makes you feel safer, regardless of current risk factors or the CDC COVID-19 community level. Wear the most protective (highest quality) mask that is available to you, that fits well, and that you will wear consistently, especially if you are immunocompromised or at high risk of severe disease from COVID-19. Refer to the section below on "types of masks" for more information.

Always follow public health recommendations for when to wear a mask if:

- You have symptoms or a positive test. For more information on how long to wear a mask and stay home (isolation), refer to [If You Are Sick or Test Positive: COVID-19](#).
- You were exposed to someone with COVID-19. For more information on how long to wear a mask and take precautions, refer to [Close Contact or Exposure to COVID-19](#).

CDC recommends masking in indoor public transportation settings regardless of the CDC COVID-19 community level. Masks are recommended on public conveyances (examples: airplane, train, or bus), and in the transportation hub (examples: an airport, train station, or bus station). For more information, visit [CDC: Wearing Masks in Travel and Public Transportation Settings](#).

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High CDC COVID-19 Community Levels

If you are in an area with a high CDC COVID-19 community level, wear a mask in public indoor settings – including K-12 schools and other indoor community settings – regardless of vaccination status, risk factors for severe illness, or previous COVID-19 infection. In addition, if you are immunocompromised or at increased risk of severe COVID-19 illness, consider avoiding nonessential indoor activities in public settings where you could be exposed to COVID-19. Also, consider asking your healthcare provider for advice on additional COVID-19 precautions you should take.

Medium and Low CDC COVID-19 Community Levels

When your CDC COVID-19 community level is medium or low, the decision to wear a mask should be based on the following considerations:

- Personal risk factors and health conditions.
If you are immunocompromised or at high risk for severe disease from COVID-19, consider wearing a mask indoors and in crowded outdoor settings even if the CDC community level is medium or low. You may also want to ask your health care provider for advice on when to wear a mask and any additional COVID-19 precautions you should take.
- Risk factors of others around you.
If you live or frequently interact with someone who is immunocompromised or at high risk for severe disease from COVID-19, consider wearing a mask around them regardless of the COVID-19 community level.
- Settings where people at increased risk gather
People in settings where those at increased risk of severe illness gather should consider wearing masks regardless of the CDC COVID-19 community level, especially if the setting is crowded. Even if the level is medium or low, settings that serve people at increased risk may also want to consider masking policies and other available measures to reduce COVID-19 transmission, such as improving ventilation. Learn more about how to improve airflow, ventilation, circulation, and more at [Indoor Air Considerations: COVID-19](#) and [CDC: Ventilation in Buildings](#).
- Outbreaks or clusters
Public health authorities may recommend that you and others around you wear a mask in settings that have an outbreak or cluster (group) of COVID-19 cases.
- Vaccination status
If you are not vaccinated, especially if you do not have a history of prior COVID-19 infection, consider wearing a mask in public indoor settings, regardless of the community level.
- Personal preference
You may choose to wear a mask at any time based on your personal preference, even if others around you are not wearing masks or the CDC COVID-19 community level in your area is medium or low.

For additional considerations and layers of protection, visit [Protect Yourself & Others: COVID-19](#).

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Note: Healthcare settings like hospitals, clinics, and skilled nursing homes have their own recommendations and requirements for masks. The CDC community-level recommendations do not apply in health care settings. CDC is in the process of reviewing recommendations for homeless shelters and correctional facilities to determine how to align current precautions with the CDC community levels. Follow any masking recommendations or requirements for the setting you are in.

Laws or Policies May Require Masks in some Settings.

Some settings may have specific federal, state, local, or business-level rules about wearing masks, regardless of the CDC COVID-19 community level. For example:

- Healthcare settings – including long-term care – may have mask requirements under federal, state, and/or local law.
- Local authorities (such as a city, town, or county) may establish mask requirements (rules) and those requirements must be followed.
- Businesses and entities may require masks, and workers and customers may be legally required to follow those rules.

This is not an exhaustive list of potential mask requirements. Be sure you understand your region and industry's legal requirements. Businesses or people that are uncertain about applicable legal requirements should consider seeking legal advice.

Changes to HCPA Mask Policy 2022 - 2023

Due to the *low* COVID transmission rates in the counties surrounding HCPA, our K-12 school will be adjusting the current masking policy.

- *As of June 1 2022*, masks were strongly recommended during outside school activities but no longer required. Masks were required inside school buildings.
- *As of June 13 2022*, masks were recommended for both *outside* school activities and *inside* school buildings but no longer required.

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HCPA will continue to monitor the COVID transmission rates and adjust mask requirements accordingly.

Transmission Level	Low	Moderate	Substantial	High
Face Coverings How to Safely Wear your Mask (English), Hmong , Karen	Beginning June 13th, 2022 Masks are recommended, but not required.	Beginning June 13th, 2022 Masks are recommended, but not required.	Universal masking indoors and outdoors required (no matter vaccination status) <i>*Except while eating.</i> *Exceptions can be made for the following categories of people: A person who cannot wear a mask, or cannot safely wear a mask , because of a disability as defined by the Americans with Disabilities Act (ADA) (42 U.S.C. 12101 et seq.). Discuss the possibility of reasonable accommodation for external icon with workers who are unable to wear or have difficulty wearing certain types of masks because of a disability.	Universal masking indoors and outdoors is required (no matter vaccination status) <i>*Except while eating</i> *Exceptions can be made for the following categories of people: A person who cannot wear a mask, or cannot safely wear a mask , because of a disability as defined by the Americans with Disabilities Act (ADA) (42 U.S.C. 12101 et seq.). Discuss the possibility of reasonable accommodation for external icon with workers who are unable to wear or have difficulty wearing certain types of masks because of a disability.

HCPA Discontinues with Contact Tracing for COVID-19

Effective immediately, students and staff who tested positive will no longer be contacted by a public health worker to give information on public health services on quarantine, COVID-19 testing locations, and masks. Contact tracing is no longer recommended by the CDC.

HCPA student/staff members testing positive for COVID-19 or having symptoms will no longer serve their quarantine/isolation for a minimum of **10 consecutive days**. Quarantine or isolation has *changed to a minimum 5 days* due to the low transmission of COVID-19 within the community levels. Data to determine the transmission level of COVID-19 will be from the CDC. The change of 10 days to 5 days align directly with the CDC guidelines. Please refer to the MDE's [Stay Home Policy](#).

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Vaccination

We encourage all students, families, and staff to get vaccinated. We recommend viewing the following links on Vaccination updates and suggestions.

- [Routine Vaccinations](#)
- [What is a COVID-19 Vaccine?](#)
- [Vaccination Sites](#)
- [Frequently Asked Questions About How COVID-19 Vaccines Are Made \(English\) . Hmong. Karen](#)

Staying Home When Sick

People who have symptoms of respiratory or gastrointestinal infections, such as cough, fever, sore throat, vomiting, or diarrhea, should stay home. Testing is recommended for people with [symptoms of COVID-19](#) as soon as possible after symptoms begin. People who are [at risk for getting very sick](#) with COVID-19 who test positive should consult with a healthcare provider right away for possible treatment,

Staying home when sick with symptoms of COVID-19 is essential to keep infectious diseases, such as influenza and COVID-19, out of the school setting.

HCPA adhere to MDH's [Isolation and Precautions for People with COVID-19](#).

ECE Programs: [Prevention and Control of Infectious Diseases](#)

HCPA adhere to [MDH's Isolation and Precautions for People with COVID-19](#).

Ventilation, Facilities and PPE

Our custodial staff will significantly increase the wiping down and disinfecting of public spaces and high-touch surfaces across our building and throughout the school day. We will also provide greater access to cleaning materials for our teachers and staff so that they can clean and disinfect spaces, as needed. Each classroom will receive a PPE kit including gloves, face shields, extra masks and disinfectant. Sanitization stations including gloves, masks, and hand sanitizer will be on each floor and placed in high-traffic areas.

We have also made major improvements to ventilation through:

- Newly installed air filters on every heating/cooling system throughout the school
- Portable air purification devices with hospital-grade HEPA filters will be placed in all high-traffic areas, including cafeterias.

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Frequent handwashing is encouraged in classrooms and follows the cdc handwashing [guidelines](#).

Transportation

Families are responsible for checking their student's symptoms before they go to the bus stop. Weather permitting, windows will be open to help increase air circulation.

Transition to Distance Learning

In the event that school operations can not be conducted safely and successfully, HCPA may opt to transition to distance learning.

Quarantine and Isolation

If you test positive for COVID-19, stay home for at least 5 days and isolate yourself 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 [Travel webpage](#).
- [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](#).

To find out how long you need to stay home (isolate), read the category below that describes you:

[People who can wear a mask](#)

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Wear a high-quality and well-fitting mask for 10 full days when around others (until the start of day 11), even at home. If you have symptoms, the day your symptoms started is day zero. If you do not have symptoms, the day you got tested is day zero.

If you have symptoms:

Stay home and away from others until all three of the following are true:

1. It is at least five full days since you first felt sick. Day zero is the day your symptoms started. Day one is the first full day after your symptoms started.
2. You have had no fever (your temperature is 100.4 degrees Fahrenheit or lower) for at least 24 hours, without using medicine that lowers fevers.
3. You feel better. Your cough, shortness of breath, or other symptoms are better.

On day six, if all of these things are true, your period to stay home is over and you can resume most activities. Continue to follow recommendations listed below through day 10. If you do not feel better by day six, continue to stay home until all the above are true.

If you do not have symptoms:

- Stay home and away from others for at least five full days after your test date. Day zero is the day you got tested. Day one is the first full day after the day of your test.
 - If you develop symptoms during this time, you must start over. Day zero is the day your symptoms start. Day one is the first full day after your symptoms started. Refer to the section above on what to do if you have symptoms.
- You can resume most activities on day six. Continue to follow recommendations listed below through day 10.

After your period to stay home ends, continue to do the following through day 10:

- Continue to wear a high-quality and well-fitting mask, even at home.
- Do not be around others who are at risk for getting very sick with COVID-19 at least until day 11, including older adults, people living in long-term care facilities, and people with health conditions like asthma, diabetes, heart disease, obesity, or weakened immune systems.

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- Do not go to places where you will need to take off your mask to take part in an activity (e.g., gyms, restaurants) and avoid eating near others, including at home.
- Avoid travel. If you must travel after your period to stay home ends, wear a high-quality and well-fitting mask.
- CDC guidance provides an option to consider use of COVID-19 antigen tests (self-tests) to find out if you can remove your mask before day 11. If your stay at home period has ended (it is at least day 6) and you are feeling better (no fever for 24 hours without the use of fever-lowering medications and symptoms improving), you can take two antigen tests 48 hours apart, and if both are negative, you may stop wearing a mask.
 - This means the earliest you would be able to stop wearing a mask is day 8. Take the first test on day 6, the second test on day 8.
 - If both test results are negative, you may stop wearing a mask but continue to be cautious around others who are at higher risk of getting very sick from COVID-19. Antigen tests are designed to detect infection, not necessarily determine if someone is still able to spread the virus (contagious).
 - If either test result is positive, you should continue taking antigen tests at least 48 hours apart until you have two negative results in a row. This may mean you need to continue wearing a mask and testing beyond day 10.
 - For more information on antigen tests you can do at home, including resources for getting free tests, visit [COVID-19 Self-testing](#).

From <https://www.health.state.mn.us/diseases/coronavirus/sick.html#stayhome>

To find out how long you need to stay home (isolate), read the category below that describes you:

[People who can wear a mask](#)

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Wear a high-quality and well-fitting mask for 10 full days when around others (until the start of day 11), even at home. If you have symptoms, the day your symptoms started is day zero. If you do not have symptoms, the day you got tested is day zero.

If you have symptoms:

Stay home and away from others until all three of the following are true:

- It is at least five full days since you first felt sick. Day zero is the day your symptoms started. Day one is the first full day after your symptoms started.
- You have had no fever (your temperature is 100.4 degrees Fahrenheit or lower) for at least 24 hours, without using medicine that lowers fevers.
- You feel better. Your cough, shortness of breath, or other symptoms are better.
- On day six, if all of these things are true, your period to stay home is over and you can resume most activities. Continue to follow recommendations listed below through day 10. If you do not feel better by day six, continue to stay home until all the above are true.

If you do not have symptoms:

- Stay home and away from others for at least five full days after your test date. Day zero is the day you got tested. Day one is the first full day after the day of your test.

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- If you develop symptoms during this time, you must start over. Day zero is the day your symptoms start. Day one is the first full day after your symptoms started. Refer to the section above on what to do if you have symptoms.
- You can resume most activities on day six. Continue to follow recommendations listed below through day 10.
- After your period to stay home ends, continue to do the following through day 10:
 - Continue to wear a high-quality and well-fitting mask, even at home.
 - Do not be around others who are at risk for getting very sick with COVID-19 at least until day 11, including older adults, people living in long-term care facilities, and people with health conditions like asthma, diabetes, heart disease, obesity, or weakened immune systems.
 - Do not go to places where you will need to take off your mask to take part in an activity (e.g., gyms, restaurants) and avoid eating near others, including at home.
 - Avoid travel. If you must travel after your period to stay home ends, wear a high-quality and well-fitting mask.
 - CDC guidance provides an option to consider use of COVID-19 antigen tests (self-tests) to find out if you can remove your mask before day 11. If your stay at home period has ended (it is at least day 6) and you are feeling better (no fever for 24 hours without the use of fever-lowering medications and symptoms improving), you can take two antigen tests 48 hours apart, and if both are negative, you may stop wearing a mask.
 - This means the earliest you would be able to stop wearing a mask is day 8. Take the first test on day 6, the second test on day 8.
 - If both test results are negative, you may stop wearing a mask but continue to be cautious around others who are at higher risk of getting very sick from COVID-19. Antigen tests are designed to detect infection, not necessarily determine if someone is still able to spread the virus (contagious).
 - If either test result is positive, you should continue taking antigen tests at least 48 hours apart until you have two negative results in a row. This may mean you need to continue wearing a mask and testing beyond day 10.
 - For more information on antigen tests you can do at home, including resources for getting free tests, visit [COVID-19 Self-testing](#).

From <https://www.health.state.mn.us/diseases/coronavirus/sick.html#stayhome>

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This includes people under age 2, people with certain disabilities, and others who cannot consistently wear a mask around others.



Stay home for at least 10 full days. The 10 days start the day after you got symptoms. If you do not have symptoms, the 10 days start the day after you got tested. Count the actual day you got symptoms or got tested as day zero.

If you are feeling better on day six of staying home, (no fever for 24 hours without the use of fever-lowering medications and your symptoms are improving), you can continue to stay home for the full 10-day period or you can consider the use of testing to determine when you can end your stay at home period (isolation).

For the testing option, on day 6 or later, take two antigen tests 48 hours apart. If both are negative, you can end your isolation period. If either antigen test result is positive, you should continue taking antigen tests at least 48 hours apart until you have two negative results in a row. Continue to isolate until the testing criteria have been met. If you end isolation before the full 10-day period based on two negative tests, you should continue to be cautious around others who are at higher risk of getting very sick from COVID-19. Antigen tests are designed to detect infection, not necessarily determine if someone is still able to spread the virus (contagious).

From <https://www.health.state.mn.us/diseases/coronavirus/sick.html#stayhome>

If you have moderate illness (if you experience shortness of breath or difficulty breathing), or severe illness (you are hospitalized) due to COVID-19, or you have a weakened immune system, you should stay home (isolate) through at least day 10.

If you have severe illness or a weakened immune system, consult your doctor before ending isolation. Ending isolation without a viral test may not be an option for you.

If you are unsure if your symptoms are moderate or severe or if you have a weakened immune system, talk to a doctor to see what is best for you.

Day zero is the day your symptoms start. Day one is the first full day after your symptoms started.

Wear a high-quality and well-fitting mask around others, even at home.

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From <https://www.health.state.mn.us/diseases/coronavirus/sick.html#stayhome>

If you feel sick or have any COVID-19 symptoms

Everyone, whether or not you are up to date with COVID-19 vaccination (refer to [CDC: Stay Up to Date with Your Vaccines](#)), should:

- Get tested right away. Refer to the [testing tips](#) section below for more information.
- Stay home and away from others as soon as you notice symptoms and while you wait for your test result. Follow the [how long to stay home](#) section below.
- Wear a high-quality and well-fitting mask if you must be around others (for example: going to get tested), even in your home.
- Wash your hands often, with soap and water. Wash for at least 20 seconds. If you do not have soap and water, use hand sanitizer that is at least 60% alcohol. For more tips, visit [Hand Hygiene](#).
- Cough or sneeze into your elbow or a tissue to [cover your cough](#). Throw used tissues in the trash. Wash your hands.
- Caregivers in settings other than health care may refer to [CDC: Caring for Someone Sick at Home](#) for more information on how to provide patient support.

Testing Tips

Testing remains an important tool for preventing spread of COVID-19. There are many testing options including clinics, community testing sites, and tests you can do yourself which give rapid results (self-tests).

If you have had COVID-19 in the last 90 days, you should still get tested if you have symptoms, but use an antigen test instead of a PCR or other molecular test because molecular tests can continue to detect the COVID-19 virus even after you feel better.

For anyone using an antigen test, such as a self-test, if you have symptoms and you have a negative antigen test, you should do another test to confirm the result.

- If you are using an antigen self-test that comes with two or more tests in the package, you should use the second test within the time period stated in the manufacturer's instructions.
- If you got an antigen test at a clinic or other testing location, get another antigen test in 24 to 48 hours.
- If you have not had COVID-19 in the last 90 days, you could get a PCR or other molecular test to confirm your result.

This is not a full list of all testing recommendations. Visit [COVID-19 Testing](#) for more testing details.

If you continue to have negative test results for COVID-19 but still have symptoms, stay home until your symptoms are improving and you have not had a fever for 24 hours without the use of fever-lowering medication. If you have concerns, talk to your health care provider for additional guidance.

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If you test positive or have symptoms

- Stay home and away from others (isolate) for at least five full days. Refer to the [how long to stay home](#) section below for more details and information on how to count the days.
 - You can spread COVID-19 to others starting a couple days before you have any symptoms, and even if you never have any symptoms.
- Wear a high-quality and well-fitting mask when you need to be around other people, even at home.
- Avoid contact with other people in your household and stay in a separate room, if possible.
- Use a separate bathroom, if possible.
- Try to make the flow of air in your home better, if possible. Refer to [Indoor Air Considerations](#).
- Tell people who had close contact with you, including people who are fully vaccinated, that they may have been exposed to COVID-19 and share the information on [Close Contact or Exposure to COVID-19](#).