

WHAT YOU NEED TO KNOW ABOUT COVID-19

TO PREVENT COVID-19

Masking is strongly recommended
regardless of vaccination status



Get Vaccinated
and stay up to date
on your COVID-19 vaccines



Everyone must mask in public transit,
health care and congregate settings



Get tested
to prevent the spread

SYMPTOMS OF COVID-19



Shortness of breath
or difficulty breathing



Fever



Headache



Cough



Muscle pain



Sore
throat



New loss
of smell or taste

Additional symptoms: chills, runny nose, nausea, vomiting, diarrhea

WHEN DO SYMPTOMS APPEAR?

- Symptoms can range from mild to severe illness and appear two to 14 days after you are exposed to the virus that causes COVID-19.

SEEK IMMEDIATE MEDICAL ATTENTION IF YOU HAVE:

- Persistent pain or pressure in the chest
- New confusion or an inability to wake up or stay awake
- Bluish lips or face or difficulty/trouble breathing

WHAT TO DO IF YOU HAVE THE VIRUS OR HAVE BEEN EXPOSED TO COVID-19

For CASES (people who have been diagnosed with COVID-19)

For all (vaccinated, unvaccinated, boosted, non-boosted):

- **Stay home** for at least 5 days.
- Isolation can end on Day 5 (or later) if you:
 - Receive a negative result (antigen preferred); AND
 - Have not had a fever for 24 hours without taking fever-reducing medication; AND
 - Have improving symptoms or no symptoms.
- If you do not test and symptoms are not present or are resolving, isolation can end after day 10.
- If fever is present, isolation should be continued until fever resolves.
- If symptoms, other than fever, are not resolving, continue to isolate until symptoms are resolving or until after day 10.
- Wear a well-fitting mask around others for a total of 10 days, especially in indoor settings.
- Treat yourself with over-the-counter remedies to reduce your symptoms, drink plenty of fluids, and get plenty of rest.
- Stay away from the rest of your household members and do not go out in public— including going to the grocery store, gas stations or other public areas.

For CONTACTS (people who have been within 6 feet of someone diagnosed with COVID-19 for a total of 15 minutes or more over 24 hours)

If you are fully vaccinated AND boosted OR fully vaccinated but not yet booster-eligible:

- You do not need to stay home unless symptoms develop.
- Test on day 5.
- Wear a well-fitting mask around others for 10 days, especially in indoor settings .
- If you test positive, follow instructions for CASES.
- If symptoms develop, test and stay home.

If you are not fully vaccinated OR fully vaccinated but have not yet received your booster, if eligible:

- Stay home for at least 5 days, after your last contact with a person who has COVID-19.
- Test on day 5.
- Quarantine can end after day 5 if symptoms are not present and a diagnostic specimen collected on day 5 or later tests negative.
- If unable to test or choosing not to test, and symptoms are not present, quarantine can end after day 10.
- Wear a well-fitting mask around others for at least 10 days, especially in indoor settings.
- If you test positive, follow instructions for CASES.
- If symptoms develop, test and stay home.

If you live with others, stay in a specific "sick room" or area and away from other people or animals, including pets. Use a mask if you need to go out of your room and clean any shared spaces between uses. Use a separate bathroom if available.

FOOD SERVICES

Sonoma County:

- Food for Thought - (707) 887-1647, ext. 118
- Pandemic EBT - (877) 328-9677
- Redwood Empire Food Bank - (707) 523-7903
- Catholic Charities - (707) 528-8712
- Living Room - (707) 579-0138
- Ceres Community Project - (707) 829-5833, ext. 201
- Santa Rosa City Schools - (707) 890-3807

For seniors 60+

- Council on Aging - (707) 525-0143, ext. 115
- Petaluma People Services Center - (707) 765-8488
- Coastal Senior Meals to Go - (707) 882-2137
- Ceres Community Project - (707) 829-5833, ext. 201

West Sonoma County

- River Coast Children's Services - (707) 869-3613

*Resources are subject to change, for the latest information: socoemergency.org/emergency/novel-coronavirus/resources-for-you/food-and-meals

North Sonoma County

- Corazon Healdsburg - (707) 395-0938
- Windsor Service Alliance Food Pantry - (707) 838-6947

Sonoma Valley

- Friends in Sonoma Helping - (707) 996-0111
- La Luz Center - (707) 938-5131
- Food For All- Available via email or Facebook only:
 - svcomidaparatodos@gmail.com
 - facebook.com/FoodForAllComidaParaTodos

Santa Rosa

- Via Esperanza - (707) 481-1781

Federal

- CalFresh - (877) 847-3663
- WIC (Women, Infant, Children) - (707) 565-6590

FINANCIAL ASSISTANCES

Re-Housing and eviction protections

- Nations Finest - (707) 578-8387
- Sonoma County Tenant Union - (707) 387-1968
- Sonoma County COVID-19 Eviction Defense - (707) 528-9941
- Reach for Home - (707) 433-6161

Utility support

- Salvation Army - (707) 542-0981
- Northern Coast Energy Services - (707) 495-4417

Additional assistance

- Unemployment - (800) 300-5616
- Paid Family Leave Claim - (877) 238-4373
- CURA Project - (707) 309-8972
- 2-1-1- 211 or (800) 325-9604

Home Owner Assistance Fund

- CaMortgageRelief.org or CRLA (707) 528-9941 or (800) 337-0690

Sonoma County Emergency Rental Assistance Program (ERAP)

As of Feb. 11, there is a pause on new applications. To check the status of a current application, contact the nonprofit assigned to your case and have your case number ready.

- Petaluma People Services Center - (707) 765-8488
- Reach for Home - (707) 433-6161
- La Luz - (707) 938-5131
- Catholic Charities - (707) 528-8712
- West County Community Services/River to Coast Children's Services - (707) 837-3037
- Community Action Partnership Sonoma County - (707) 544-6911
- Child Parent Institute - (707) 341-2877
- Face to Face/Sonoma County AIDS Network - (707) 544-1581
- Russian River Alliance - (707) 520-0032

COVID-19 Paid Sick Leave

Provides covered employees up to 80 hours of COVID-19 related paid leave. For information:

- Visit <https://dir.ca.gov/dlse/COVID19resources>
- For assistance, call CRLA at (707) 528-9941

ADDITIONAL SUPPORT

Infant and childcare supplies and services

- 4C's Child Care - (707) 544-3077 x. 131
- Child Parent Institute - (707) 585-6108
- Better Beginnings - (707) 902-3031

Mental health services

- Sonoma County Behavioral Health Team - (707) 565-6900
- CalHOPE Warmline - (855) 845-7415
- The National Disaster Distress Helpline - (800) 985-5990 or text "TalkWithUs" to 66746

Crisis hotline

- North Bay Suicide Prevention Hotline - (855) 587-6373
- YWCA Domestic Violence Crisis Hotline - (707) 546-1234

Counseling

- Family Justice Center - (707) 565-8255
- Men Evolving Non-Violently (M.E.N.) - (707) 528-2636

For seniors 60+

- Sonoma County Support Services for Ages 60+ - (707) 565-4636

Recovery services

- Alcoholics Anonymous - (707) 544-1300
- Narcotics Anonymous - (707) 324-4062
- Al-Anon - (888) 425-2666
- Life Ring (non-religious based recovery) - (800) 811-4142

Legal aid

- Legal Aid of Sonoma County - (707) 542-1290
 - Legal Aid Disaster Relief Team, helping those affected by COVID-19 - (559) 429-6974
- California Rural Legal Assistance - (707) 528-9941

Immigration services

- Sonoma Immigrant Services - (707) 996-6669
- Sonoma County Secure Families Collaborative - (707) 856-4988

Community medical clinics

- *Santa Rosa Community Health Center - (707) 303-3600
- *Sonoma County Indian Health Project (707) 521-4545
- *Russian River Health Center - (707) 869-2849
- *Petaluma Health Center - (707) 559-7500
- *Alliance Medical Center - (707) 433-5494
- *Alexander Valley Healthcare - (707) 894-4229
- *Sonoma Valley Community Health Center - (707) 939-6070
- Jewish Community Free Clinic - (707) 585-7780
- *Gravenstein Community Health Center - (707) 823-3166
- *Occidental Area Health Center - (707) 874-2444
- *St. Joseph Mobile Health Clinics - (707) 547-4612

*May include dental services



Visit socoemergency.org
or call (707) 565-4667
for more information



[Date]

Dear Parent/Guardian:

Plumfield Academy considers the health and well-being of our students and staff a priority. We have been alerted that your child may have been exposed to an individual diagnosed with COVID-19. We are following public health recommendations to ensure that the person with COVID-19 follows instructions for isolation and remains away from others until they can safely return to school. The individual with COVID-19 was in school while infectious on **[INSERT Date(s)]**.

What does this mean for you and your child?

- **Your child may remain in school unless they develop symptoms or test positive for COVID-19.** Being exposed to somebody with COVID-19 does not necessarily mean that your child will become infected. In fact, scientific research, and experience from around the country – including from California during this school year – demonstrate that schools remain among the safest places for children to be.
- **Your child should wear a mask, especially for the next 10 days. Since they may have been exposed to someone with COVID-19, they could become infected and spread COVID-19.** [High-quality masks](#) with the good fit and filtration provide the best protection for your child and the school community.
- **Your child should get tested for COVID-19:**
 - **[INSERT DATES, within 3-5 days after the last date that the individual with COVID-19 was in school], UNLESS your child had COVID-19 within the past 90 days (3 months).** If your child starts to feel sick or show [symptoms](#), they should get tested right away, even if they had COVID-19 before.
 - You may get tested at **[INSERT local school or community testing resources]** or by [clicking here to find a testing site near you](#). Over-the-counter (at-home) tests may also be used.
- **If your child develops [symptoms of COVID-19](#) or tests positive for COVID-19, please ensure they [isolate](#) at home immediately and notify us right away at 707-824-1414.** When you notify us, we can take additional steps to keep our school community safe.

- **If you haven't done so yet, your child should get vaccinated against COVID-19.** If your child is 12 years of age or older, a booster dose is also recommended. Vaccinations against COVID-19 are safe and effective, and remain the best way to protect against the spread of this virus, new variants, and against severe disease. [Make an appointment to get vaccinated](#) or contact your child's doctor or healthcare provider to learn more.

We will continue to provide you with regular updates as needed. Note that infections diagnosed in students and school staff are not necessarily the result of exposure at school when safety protocols are followed at school, and COVID-19 transmission remains much more likely to occur outside of school settings.

We encourage you to contact us with questions and concerns. Please call us at 707-824-1414, email us at plumfield@plumfieldacademy.net, or visit our website www.plumfieldacademy.net for updates.

Please be assured that we are committed to facilitating an optimal learning experience ensuring the safety of our students and staff.

Sincerely,

Plumfield Academy



What does it mean to be isolated?



Stay at home except to get medical care.

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Do not use public transportation, ride-sharing, or taxis. You will need to make arrangements to have groceries and household items delivered to your home. If you need help with this, please let us know.

Separate yourself from other people in your home.

As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.



Wear a facemask.

You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then people who live with you should not stay in the same room with you, or they should wear a facemask if they enter your room.

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 and wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.



Clean your hands.



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items.

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water.



Monitor your symptoms.



Seek prompt medical attention if your symptoms worsen. Before seeking care, call your healthcare provider and tell them that you have, or may have, novel coronavirus infection. Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people from getting infected or exposed. Ask your healthcare provider to call the Sonoma County Public Health Department (707-565-4566). **If you need emergency medical care call 911** and tell them you have, or may have, novel coronavirus infection.

If you have questions or are having difficulty maintaining your isolation, please contact the Sonoma County Public Health Department at 707-565-4566.



What does it mean to be quarantined?



Stay at home except to get medical care.

You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas. Do not use public transportation, ride-sharing, or taxis. You will need to make arrangements to have groceries and household items delivered to your home. If you need help with this, please let us know.

Monitor for symptoms.

Seek prompt medical attention if you develop symptoms including fever of 100.0° F or above, feeling feverish, cough, or difficulty breathing. Before seeking care, call your healthcare provider and tell them that you are under quarantine for potential exposure to novel coronavirus (COVID-19). Put on a facemask before you enter the facility. These steps will help the healthcare provider's office to keep other people from getting infected or exposed. Ask your healthcare provider to call the Sonoma County Public Health Department (707) 565-4566. **If you need emergency medical care call 911** and be sure to tell them you may have been exposed to COVID-19.



Clean your hands.



Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water are best if your hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items.

You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. After using these items, they should be washed thoroughly with soap and water.



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 and wash your hands with soap and water for at least 20 seconds. If soap and water are not available, immediately clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.

If you have questions or are having difficulty maintaining your quarantine, please contact the Sonoma County Public Health Department at (707) 565-4566.