

## HSPVA January-March Covid Report + Guide

This report functions to provide transparency and health data to HSPVA students and families regarding COVID-19, as well as important information according to CDC & HISD guidelines as of April 7, 2021.

### Student Population Data

Note: The 5th cycle began on March 22, after Spring Break.

- **452** students on-campus (5th cycle)
- **97** of those students had previously been online & returned for 5th cycle
- **57.4%** of students enrolled at HSPVA are on-campus (5th cycle)

### COVID-19 Testing

*Number of COVID tests administered on campus to staff and students since January 2021*

Month	Staff	Students
JAN	38	3
FEB	12	3
MAR	18	0

### Positive COVID-19 Cases

*The numbers below represent test confirmed COVID-19 positive cases only, not exposure cases or presumed positives. Most exposure cases do not become positive for COVID-19.*

Month	Staff	Students <b>On-Campus</b>	Students <b>Virtual</b>	TOTAL CASES
JAN	1	3	6	10
FEB	2	2	1	5
MAR	0	2	1	3

### Amount of Students/Staff in Quarantine

Month	Staff	Students <b>On-Campus</b>	Students <b>Virtual</b>	TOTAL CASES
JAN	1	3	6	10
FEB	2	2	1	5
MARCH	2	4	2	8

### **Amount of Students/Staff Released from Quarantine**

*Currently, all students/staff placed on quarantine have been released from quarantine.*

<b>Month</b>	<b>Staff</b>	<b>Students On-Campus</b>	<b>Students Virtual</b>	<b>TOTAL CASES</b>
JAN	1	3	6	10
FEB	2	2	1	5
MARCH	1	2	1	4

### **COVID Reminders**

*Based on CDC Guidelines*

**Remember: you are still required to wear your mask at school, vaccinated or not!**

#### **When to notify Nurse Jordan:**

- When you have been exposed to someone (on or off campus) that test or is presumed positive for COVID-19
- When you have one or more symptoms of COVID-19 and are presumed positive. (Yes! Some are positive for COVID-19 and only have one symptom such as only a sore throat, or only a runny nose, or only a headache)
- When you test positive for COVID-19

If you fall under any of the categories above, please contact Nurse Jordan at [kimberlyn.jordan@houstonisd.org](mailto:kimberlyn.jordan@houstonisd.org) as soon as possible, so we can minimize the possible spread of COVID-19 at Kinder HSPVA.

#### **What makes a good mask?**

- Provides a completely closed seal around the nose, mouth, and chin
- Fits snugly against the sides of your face
- Has two or more layers of breathable fabric

#### **When am I fully vaccinated?**

- 1) 2 weeks after 2nd dose for Pfizer or Moderna vaccines
- 2) 2 weeks after Johnson & Johnson's Janssen single-dose vaccine

#### **What should you do once fully vaccinated?**

Per the CDC if you've been fully vaccinated you can gather indoors with other fully vaccinated people without wearing a mask or staying 6 feet apart.

You should still take steps to protect yourself and others in many situations, by wearing a mask, staying at least 6 feet apart from others, and avoiding crowds and poorly ventilated spaces whether you are vaccinated or not when....

- In public, at school, and on public transportation.
  - You will not only be recommended but required to wear a mask on planes, buses, trains, and other forms of public transportation traveling into, within, or out of the United States, and in U.S. transportation hubs such as airports and stations.
- Gathering with unvaccinated people from more than one other household.
- Visiting with an unvaccinated person who is at increased risk.

More things you should still do:

- Avoid medium or large-sized gatherings.
- Monitor yourself for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.

### **What do we know about vaccines & preventative measures?**

- Per the CDC COVID-19 vaccines are effective at preventing COVID-19 disease, especially severe illness and death.
- Other prevention steps help stop the spread of COVID-19, and that these steps are still important, even as vaccines are being distributed.

### **What is still being studied and learned?**

- How effective the vaccines are against variants of the virus that causes COVID-19. Early data show the vaccines may work against some variants but could be less effective against others.
- How well COVID-19 vaccines keep people from spreading the disease
- Early data show that the vaccines may help keep people from spreading COVID-19, but we are learning more as more people get vaccinated.

## Travel

CDC recommends delaying travel until you are fully vaccinated, because travel increases your chance of getting and spreading COVID-19.

### **Fully vaccinated travelers:**

- Do not need to be tested before/after travel unless destination requires it.
- Do not need to self-quarantine.
- Should still follow CDC's recommendations for traveling safely including:
  - Mask over nose and mouth
  - Stay 6 feet from others
  - Avoid crowds
  - Wash your hands often or use hand sanitizer
- After Travel: Self-monitor for COVID symptoms; isolate & get tested if you develop symptoms.

### **If you are NOT fully vaccinated and must travel:**

- Follow CDC's recommendations for unvaccinated people traveling internationally or domestically.

- Get tested with a viral test 3-5 days after travel AND stay home and self-quarantine for a full 7 days after travel.
- **Even if you test negative, stay home and self-quarantine for the full 7 days.**
- If your test is positive, isolate yourself to protect others from getting infected.
- If you don't get tested, stay home and self-quarantine for 10 days after travel.
- Avoid being around people who are at increased risk for severe illness for 14 days, whether you get tested or not.
- Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.

**Get tested if you:**

- Have symptoms of COVID-19.
- Have had close contact (within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period) with someone with confirmed COVID-19.
- Have taken part in activities that put them at higher risk for COVID-19 because they cannot physically distance as needed, including travel or mass gatherings.
- Have been asked or referred to get testing by their government or healthcare provider.

## Resources

**HISD Sources**

- [HISD Communicable Disease Plan](#) (HISD Quarantine and Isolation Guidelines are on pages 88-90)

**CDC Sources**

- [When You've Been Fully Vaccinated: How to Protect Yourself and Others](#)
- [Preparing for Your COVID-19 Vaccination & Why You Should Get a Vaccine](#)
- [Travel Page](#)
- [When to Be Tested for COVID](#)
- [Variants Page](#)

**Places to Get Vaccines**

- [Harris County Health: Vaccine registration info](#)
- [Harris County Health: Vaccine providers](#)
- [CDC: How to find a vaccine](#)