



Family plan for school COVID risk reduction, 2021-22

Updated 10/7/2021 * [click to send feedback](#) to Sophy S. Wong, MD



- Goal: reduce risk of getting COVID-19 infection, especially before everyone in the household is fully vaccinated.
- Rationale: The delta variant is highly infectious (2-4x as transmissible as the original strain), has 1,000x higher viral load, evades some immunity (vaxxed people can get it, though 3x less) and may cause more severe illness.
- References: [school redux summary](#), [scientific evidence](#), [daily case rates](#), [East Bay CA updates](#); [masks](#); [ventilation](#)

Strategy	Implementation plan (examples below)	Reassessment (add updates here)
<p>1</p> <p>Vaccination</p> <p>75-95% reduction in severe disease</p>	<ul style="list-style-type: none"> ● Goal: Everyone in the family/school <u>gets vaccinated</u> as soon as eligible and able. ● FDA will meet on Oct. 26 to discuss the Pfizer vax for kids ages 5-11. 	<ul style="list-style-type: none"> ●
<p>2</p> <p>Masks</p> <p>50-96% reduction in infection and transmission.</p> <p>If everyone wears mediocre masks w/40% protection: 65% reduction. If everyone wears masks w/80% protection: <u>96% reduction</u>.</p> <p>Eye protection: ~78% reduction.</p>	<ul style="list-style-type: none"> ● Goal: Universal, <u>high-quality masking</u> as it is the most critical strategy for kids <12. ● Advocate for mask requirements indoors and outdoors for everyone at school. ● See this video and spreadsheet on high quality kid and adult-sized masks. ● Aim for multilayer+fit+comfort. Examples: ● Child wears certified <u>small KF94 mask</u> (or here or XS size here; more options here) with <u>ear loop tighteners</u>. \$0.69 on sale. ● Alternatives: M95 youth mask, double-mask (surgical mask under EasyMask). ● Parents wear N95 , KF94 or double-mask (surgical mask under EasyMask) in high-risk settings - indoor with many people. ● Any multilayered mask in outdoor settings when <6 feet from others. ● Eye protection (goggles > safety glasses > eye glasses, face shield) can help too. 	<ul style="list-style-type: none"> ●
<p>3</p> <p>Ventilation</p> <p>Outdoor settings or max ventilated indoor settings: 80-90% reduction in transmission</p> <p>Also aim to avoid superspreading settings.</p>	<ul style="list-style-type: none"> ● Goal: maximize indoor/outdoor air exchange (open windows/doors and/or HVAC) and air cleaning (purifiers/HVAC). ● Find out ventilation protocols child's school is following. (Example: school is supposed to keep doors and windows open, use an HVAC system with MERV16 filters and use a HEPA air purifier.) ● Find out lunch protocols at child's school. (Example: In one school, lunch is held indoors in the cafeteria with ~125 students eating at the same time without distancing. Parents are advocating for outdoor lunch and a family is bringing the child home before lunch for now.) 	<ul style="list-style-type: none"> ●
<p>4</p> <p>Testing</p>	<ul style="list-style-type: none"> ● Goal: <u>Test 2x/week</u> (Sundays, Thursdays) while in school using BinaxNow rapid antigen test (\$7-12/test) during high case rate periods (≥10 cases/100k). ● Delta incubation is 4 days (median). 	<ul style="list-style-type: none"> ●

58% reduction with isolation/tracing	<ul style="list-style-type: none"> ● CDC recommends at least <u>weekly testing</u> in areas with <u>high risk and case rates</u>. 	
<p style="text-align: center;">5</p> <p style="text-align: center;">Hand and general hygiene</p> <p>28-45% reduction</p>	<ul style="list-style-type: none"> ● Goal: We will use hand sanitizer or wash hands frequently, especially after touching knobs, switches, playground structures and other shared equipment; before and after eating, using the bathroom, handling masks and touching faces or other people. ● Child will bring two small bottles of hand sanitizer containing >60% ethyl alcohol such as Purell. ● Masks used in school/work will be removed after school/work, ideally outside and put immediately into a closed bag for disposal, and hands sanitized. ● Upon arriving home: ● Outer clothes and worn in school/work will be removed in front foyer and put into dirty clothes box. ● Cloth masks will be put into dirty mask bags in front foyer for washing in hot water; disposable masks will be discarded directly into outside covered trash bin. ● Store backpack and items used at school in front foyer. ● Take out water bottle to clean and refill. ● Wipe all devices used in work/school settings with 70+% isopropyl alcohol. ● Wash hands with soap and water for 30 seconds. ● Take shower and wash face and body with warm water and soap. ● Change into home clothes. 	<ul style="list-style-type: none"> ●

Risk calculations for various situations can be estimated using this [COVID risk calculator](#). This risk calculator was updated to account for the delta variant October 6, 2021. It doesn't take into account longer-term vaccine protection waning after 1-2 doses, so you may want to consider that factor when reviewing results.

Cases reported at child's school (add case reports here to track and monitor)

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