

3-11-2021

To all Staff, Students, and Community Members:

We are very excited that all of our staff who have chosen to receive a COVID-19 vaccination have had the opportunity to receive at least their first dose and many are well on their way to completing the vaccination series. We recognize there are some staff who are unable to receive the vaccination for a variety of reasons, health, having had COVID within the last 90 days, or may choose not to at this time. Additionally, none of our students have had the opportunity to be vaccinated at this time. For the benefit of the community, we would like to remind everyone that the health and safety protocols for social distancing have not changed and masks are still required on all LTUSD school sites and facility locations. Here is the most recent update and guidance from CDC for vaccinated individuals:

Interim Public Health Recommendations for Fully Vaccinated People

Updated Mar. 8, 2021

This is the first set of public health recommendations for fully vaccinated people. This guidance will be updated and expanded based on the level of community spread of SARS-CoV-2, the proportion of the population that is fully vaccinated, and the rapidly evolving science on COVID-19 vaccines.

For the purposes of this guidance, people are considered fully vaccinated for COVID-19 ≥ 2 weeks after they have received the second dose in a 2-dose series (Pfizer-BioNTech or Moderna), or ≥ 2 weeks after they have received a single-dose vaccine (Johnson and Johnson [J&J]/Janssen).†

The following recommendations apply to non-healthcare settings.

Fully vaccinated people can:

- **Visit with other fully vaccinated people indoors without wearing masks or physical distancing**
- **Visit with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without wearing masks or physical distancing**
- **Refrain from quarantine and testing following a known exposure if asymptomatic**

For now, fully vaccinated people should continue to:

- **Take precautions in public like wearing a well-fitted mask and physical distancing**
- **Wear masks, practice physical distancing, and adhere to other prevention measures when visiting with unvaccinated people who are at [increased risk for severe COVID-19](#) disease or who have an unvaccinated household member who is at increased risk for severe COVID-19 disease**
- **Wear masks, maintain physical distance, and practice other prevention measures when visiting with unvaccinated people from multiple households**
- **Avoid medium- and large-sized in-person gatherings**
- **Get tested if experiencing [COVID-19 symptoms](#)**
- **Follow guidance issued by individual employers**
- **Follow CDC and health department travel requirements and recommendations**

Thank you for your continued commitment to keeping LTUSD and our South Lake Tahoe Community Safe and Healthy. Please remember in addition to following the social distancing guidelines it is important to stay home if you have any of the following symptoms and contact your school nurse for additional recommendations:

- Fever Greater than 100.4
- Nausea/Vomiting
- Diarrhea
- Headache
- Cough
- Congestion/Runny Nose
- Sore Throat
- Headache
- Loss of Taste or Smell
- Difficulty Breathing

[COVID-19 Self Screening Tool](#) [CDC Mask Recommendations](#)

[COVID-19 Screening Tool Spanish](#) [CA Mask Recommendations Spanish](#)

Thank you,
LTUSD Health Services Department