

# COVID NEWSLETTER - April 2021

## SCHOOL SITE RESOURCES - EDUCATIONAL VIDEOS - NEWS ARTICLES

### 1. [CDPH- Outdoor and Indoor Youth Recreational Sports Q & A:](#)

Updated March 22, 2021 to clarify that band, drumline, choir and drama are low-contact activities and to announce that guidance on observers for youth and adult recreational sports is being developed.

Updated March 19, 2021 to clarify that sideline cheer is allowed as a moderate-contact sport.

Updated March 17, 2021 to clarify that flag football is considered a moderate-contact sport.

### 2. [CDC Updated Guidance on Traveling:](#)

- Fully vaccinated travelers are less likely to get and spread COVID-19.
- People who are fully vaccinated with an FDA-authorized vaccine can travel safely within the United States:
  - Fully vaccinated travelers do not need to get tested before or after travel unless their destination requires it
  - Fully vaccinated travelers do not need to self-quarantine
- Fully vaccinated travelers should still follow CDC's recommendations for traveling safely including:
  - Wear a mask over your nose and mouth
  - Stay 6 feet from others and avoid crowds
  - Wash your hands often or use hand sanitizer

### 3. [CDPH Updates Guidance on Physical Distancing:](#)

Students participating in classroom instruction, the K-12 Schools Guidance was updated on March 20, 2021 to reflect new scientific evidence around physical distancing and to align with CDC national guidance updates. **A minimum of 3 feet of physical distance** between student chairs is strongly recommended.

### 4. [COVID Guidance for Students/Staff](#)

The District COVID Response team developed this COVID Guidance for your reference regarding scenarios/situations related to COVID-19.

### 5. [Frequently Asked Questions About the Vaccine:](#)

Get answers to other frequently asked questions about COVID Vaccination.

### 6. [When You've Been Fully Vaccinated](#)

COVID-19 vaccines are effective at protecting you from getting sick. Based on what we know about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

#### [What You Can Do When You've Been Fully Vaccinated](#)



Do your part to stop COVID-19: visit [ochealthinfo.com/protectschooler](https://ochealthinfo.com/protectschooler)

\*\*\*Anything underlined is a link to a resource.

General questions: **COVID-19 HOTLINE** (714) 834-2000

Medical questions: **Health Referral Line** (800) 564-8448

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OCHCA is offering at-home saliva-based COVID-19 test kits with priority access to Santa Ana and Anaheim residents. For responses to frequently asked questions and to order a test kit, visit here:

<http://oc.care.ambrygen.com/#dtc/landing>

#### Covid-Testing Resources by Counties:

[Orange](#) | [Los Angeles](#) | [Inland Empire](#)

#### Vaccine Resources:

1. [Othena.com](#)
2. [MyTurn.Com](#)
3. Pfizer COVID Vaccine Clinic: [Eng Flyer](#)  
| [Span Flyer](#)  
(Friday, April 30)
4. Moderna [COVID Vaccine Clinic](#)  
(Friday, May 7)

#### Updates on COVID-19:

- [District COVID-19 Updates](#)
- [Athletic/Activities Reopening Plan](#)
- [COVID-19 Testing FAQ for Athletes](#)
- [FJUHS: Community Resources](#)
- [FJUHS: Mental Health](#)
  - [Virtual Calming Room](#)
-  [OCHCA Twitter](#)
-  [CDPH Twitter](#)
- [OCHCA Covid-19 Resources](#)
- [CDPH COVID-19 Resources Website](#)
-  <https://canotify.ca.gov/>

#### [Key Things to Know About COVID-19 Vaccines](#)

#### [What to Expect After Getting Vaccinated](#)

**Informational Video; Click here:** [How the Novel Coronavirus Infects a Cell](#)

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