



**Chinese Language School  
of Southern California**

**南加州中文語言學校 (西區中文學校)**

## **COVID Safety Communication Plan for Campus Activity Participants**

Please note the following contact information for students and their families attending on campus activities.

[notify@westsidechineseschool.org](mailto:notify@westsidechineseschool.org)

Phone: (424) 428-4260 (Saturdays, 8 a.m. – 1 p.m.)

### **Positive COVID-19 Test**

Contact us at the above immediately if your student has tested positive with COVID-19

### **CLSSC Closed Campus**

Only parents who have a specific purpose on campus will be allowed to enter. If your student has forgotten to bring something to class, you may drop it off at the front office and it will be delivered to them. If you have an urgent matter during school hours, please call: (424) 428-4260

### **Availability Via Phone**

Contact via phone is available Saturdays from 8 a.m to 1 p.m. during the school year at (424) 428-4260.

### **Campus Activity Changes**

In the event of a change in class time, location or campus closure, we will contact you via email. Please be sure your most recent email is on file on your registration form and that you have [notify@westsidechineseschool.org](mailto:notify@westsidechineseschool.org) saved in your address book and unblocked from your spam filters.

### **Webpage Posting**

Additionally, any urgent notifications and updates will also be posted to the CLSSC website on the Campus COVID Safety page.



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## **Changes to Campus Programming 2022**

There will be some changes to campus activities as part of school programming from academic year 2020 and prior to avert health risks. Please note the following:

- No snack service – students should bring their own water bottle and a snack to be eaten outside during recess.
- Closed campus – only one gate will be open and one entrance for all students, teachers and volunteer staff.
- Essential parent volunteers only - No parents allowed on campus without authorization and specific purpose (ie. Volunteer position). Parents may contact the school through contact information on the COVID Safety Communication Plan during school hours
- No visitors allowed on campus without specific purpose
- No sharing of pencils, erasers, books, etc. – all students must bring their own supplies.
- Students will be seated 3-6 feet apart in the classroom
- Face coverings will be required at all times



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## **Symptom Survey**

All campus participants including students, teachers and volunteer parent staff must complete the Symptom Survey in the morning before arriving on campus. Proof of Symptom Survey completion will be checked at the gate before entrance.

The Symptom Survey can be found at:

**<https://tinyurl.com/bd5mjku4>**





# COVID-19: Reducing Risk

## Keeping Safe & Preventing Spread

The COVID-19 virus continues to spread in LA County.

The following information is to help people understand who is most at risk of getting infected and sick, which situations are riskier, and what steps they can take to stay safe and slow the spread of COVID-19.

### WHO IS MOST AT RISK?

People who are not vaccinated are at the highest risk of getting infected with COVID-19. Unvaccinated adults who are older or who have [certain medical conditions](#) are at highest risk of severe COVID-19 disease.

People who are fully vaccinated are well protected from getting very sick and dying from COVID-19. Some people who are vaccinated will get “breakthrough infections”, but this is less likely if they have received a booster dose. Most people with breakthrough infections get mild symptoms, if any. But they can still spread the virus to other people. COVID-19 vaccine [booster doses](#) are strongly recommended for everyone age 12 and older. This is because the vaccines may become less effective over time, especially in people aged 65 and older.

People with [severely weakened immune systems](#) might not respond as well to the vaccine so may still be at increased risk of COVID-19, even after receiving additional doses of vaccine. Treatment to prevent COVID-19 is now available so people who are immunosuppressed are advised to talk to their doctor

### WHICH SITUATIONS ARE RISKIER?

Understanding how the COVID-19 virus is spread is important. It will help you to assess your risk and take steps to protect yourself in different situations.

The virus spreads from person to person mainly through respiratory droplets that are released into the air by a person who has COVID-19, for example, when they speak, sing, cough, shout, sneeze, or breathe heavily. These droplets are then breathed in by other people or land on their eyes, nose, or mouth. A person’s risk of getting infected goes up the closer they are to someone with COVID-19. Enclosed places with poor air flow can also increase the risk of getting infected. This is because the droplets that have the virus can concentrate and spread in the air past 6 feet. They can even stay floating in the air after an infected person has left the room.



This is why masks are important. They lower the number of respiratory droplets people release into the air AND also the number that they breathe in.

It is also possible, but less common, for the virus to spread by touching a surface with droplets on it and then touching your eyes, nose, or mouth.

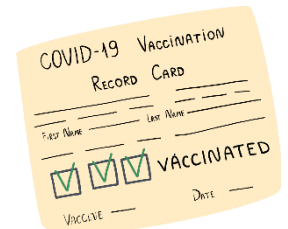
**To learn about the rules that must be followed in public settings**, including when you need to wear a mask or show proof of vaccination or a negative test, visit the [COVID-19 Prevention in Public Settings](#) webpage.

### There are certain places where COVID-19 spreads more easily

- **Closed spaces** with poor air flow.
- **Crowded places** with many people nearby
- **Close contact settings** especially where people are talking (or breathing heavily) close together

## HOW TO REDUCE THE RISK OF COVID-19

- **Get vaccinated and get a booster when you are eligible.** It is the best way to protect against COVID-19 (see [Vaccination](#) below).
- **Wear a mask that fits and filters well.** Your mask is one of the most powerful tools you have to protect yourself and other unvaccinated people. Children under the age of 2 should not wear a mask. See [ph.lacounty.gov/masks](http://ph.lacounty.gov/masks) for information on the different types of masks, when they need to be worn in Los Angeles County.
- **Avoid crowded places.** Being in crowds, especially indoors, puts you at a higher risk. If you need to be indoors, try to go during non-peak hours and wear a more protective mask. Limit how long you are there.
- **Improve air flow.** Go outside. Avoid indoor spaces with poor air flow as much as possible. Open windows and doors, use fans and portable air cleaners, run heating and air, and upgrade filters. (See CDC [Improving Ventilation in Your Home](#).)
- **Choose outdoor spaces** for social and fitness activities.
- **Get a COVID-19 viral test** before gathering indoors with others who are not in your household. This is most important if you will be with people who are at high risk of severe illness, especially if you are not fully vaccinated and boosted or have been in crowded indoor places in the past two weeks. Visit [ph.lacounty.gov/covidtests](http://ph.lacounty.gov/covidtests) to learn more about when to get a test.
- **Keep your distance.** Use two arms lengths as your guide (about 6 feet) for social distancing with people outside your household when you are not sure that they are vaccinated.
- **Socialize with the same set of friends and relatives** rather than mixing with many different people who are not vaccinated.
- **Be flexible.** Be willing to change your plans or leave if you find yourself in a place where COVID-19 can spread more easily. For example, indoors in a loud crowded restaurant with a lot of people who are not wearing masks.
- **Wash your hands and/or use hand sanitizer often** - especially after being in public spaces where surfaces are touched by many people. Avoid eating and touching your face with unwashed hands.



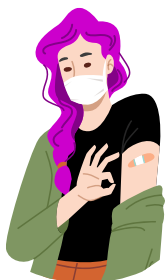
- **Stay home when sick.** If you have symptoms<sup>1</sup> of COVID-19, talk to a doctor, and get a test. You should stay home and away from others until you get the result of your COVID-19 test or until your provider tells you that you don't have COVID-19. To learn about symptoms and what to do if you are sick see [ph.lacounty.gov/covidcare](https://ph.lacounty.gov/covidcare).



- **Delay travel until you and the people you are traveling with are fully vaccinated.** If you are due for your booster dose, get it at least a week before you travel for extra protection. Be sure to review and follow the CDC [domestic](#) and [international](#) travel guidance. See [LAC DPH Travel Advisory and Guidance](#) for more information.

## VACCINATION

Vaccination is the best way to protect yourself and your loved ones from COVID-19. It will slow the spread of COVID-19 including variants of the virus.



- If you are already vaccinated, encourage your family, friends, coworkers, and neighbors to get vaccinated. This includes recommended additional doses or booster doses. See [COVID-19 Vaccine Eligibility: Primary, Additional & Booster Doses](#).
- If you are not yet fully vaccinated, consider getting vaccinated now. Vaccines are safe, effective, and free to everyone regardless of immigration status. Talk with your doctor about any concerns.

Vaccines are widely available across LA without an appointment. Visit [www.VaccinateLACounty.com](https://www.VaccinateLACounty.com) to find a location near you. Call 1-833-540-0473 if you need help making an appointment, need transportation to a vaccination site, or are homebound. Phone lines are open from 8am to 8:30pm 7 days a week. Information is also available in many languages 24/7 by calling 2-1-1.

<sup>1</sup> Symptoms may appear 2-14 days after being exposed to the virus and may include: fever or chills, cough, shortness of breath/difficulty breathing, new loss of taste or smell, fatigue, runny or stuffy nose, muscle or body aches, headache, sore throat, nausea or vomiting, and diarrhea. This list does not include all possible symptoms of COVID-19. Some people with COVID-19 never get symptoms. Visit [ph.lacounty.gov/covidcare](https://ph.lacounty.gov/covidcare) to learn more about what to do if you are sick.

# Upgrade your mask

When cases are on the rise or your risk is higher, increase your protection by upgrading your mask.

## Most effective:

- N95

## More effective:

- KF94
- KN95
- Double mask
- Fitted surgical mask

## Effective:

- Surgical mask

## Least effective:

- Cloth mask with 3 or more layers

Whatever mask you wear, make sure it fits to your face closely and without gaps.





# Los Angeles County

## WHEN YOU NEED TO WEAR A MASK

It is important for everyone\* to help slow the spread of the virus by wearing a mask. When people wear a mask correctly, they protect others as well as themselves.

<b>EVERYONE*, regardless of vaccination status, <u>must</u> wear a mask:</b>
<ul style="list-style-type: none"> <li>• <b>In all indoor public settings, venues, gatherings, and public and private businesses in Los Angeles County</b></li> <li>• On planes, trains, buses, ferries, taxis and ride-shares, and all other forms of public transport</li> <li>• In transportation hubs like airports, bus terminals, train stations, marinas, seaports or other ports, subway stations, or any other area that provides transportation.</li> <li>• In healthcare settings (including long-term care facilities)</li> <li>• In state and local correctional facilities and detention centers</li> <li>• Shelters and cooling centers</li> <li>• Indoors at any youth-serving facility (such as TK-12 schools, childcare, day camps, etc.)</li> <li>• At outdoor Mega Events (events with over 5,000 attendees like concerts, sports games, and parades)</li> <li>• In any other outdoor location where it is the policy of the business or venue</li> </ul>
<b>Recommendations</b>
<ul style="list-style-type: none"> <li>• It is strongly recommended that you wear a mask at private indoor social gatherings with people outside your household unless everyone at the gathering is fully vaccinated and has recently tested negative.</li> <li>• It is <i>strongly recommended</i> that you wear a mask at crowded outdoor events (that are smaller than Mega Events). Wear a mask while in line to enter, exit, use the bathroom, or buy food or drinks.</li> <li>• It is strongly recommended that children wear a mask on playgrounds and in other outdoor spaces where they gather if distancing is not possible or practical. If you are not fully vaccinated, it is strongly recommended that you wear a mask in crowded outdoor settings.</li> <li>• If you are in a setting where you are in sustained close contact with other people who may not be fully vaccinated, consider wearing a higher level of protection, such as wearing two masks (double masking) or an N95 respirator. This is especially important if you are not fully vaccinated and are in an indoor or crowded outdoor setting.</li> </ul>

Note: You are allowed to take off your mask while you are:

- Actively eating or drinking as long as you are sitting or standing in a specific place such as a table, counter, or ticketed seat. This means that you can briefly remove your mask when you are actually eating or drinking but you must put it back on immediately afterwards. You must also wear a mask when you are waiting to be served, between courses or drinks, and while seated after finishing your food or drink.
- Alone in a separate room or space.
- Showering or swimming.
- Receiving personal hygiene or personal care services (like a facial or shave) that cannot be done without removing your mask.





# Los Angeles County WHEN YOU NEED TO WEAR A MASK

**\*There are some people who should not wear a mask**, such as children younger than 2, people with certain medical conditions or disabilities, and people instructed by their medical provider not to wear a mask. Children ages 2 to 8 should wear a mask only when under adult supervision. See [Who should not wear a mask](#) and [Special considerations for persons with communication difficulties or certain disabilities](#) for details and information on alternative types of face coverings.

**\*In the workplace**, workers must follow the most protective mask requirements as stated by Cal/OSHA and the County Health Officer Order. Certain employees may be exempt from wearing a mask in specific situations provided alternative safety measures are in place. See the [Health Officer Order](#) and [Best Practices for Businesses](#) webpage for more details.

To learn more about mask wearing, visit [ph.lacounty.gov/masks](http://ph.lacounty.gov/masks).



# COVID-19 QUARANTINE VS. ISOLATION



## QUARANTINE

keeps someone who was in close contact with someone who has COVID-19 away from others.

Quarantine if you have been in close contact with someone who has COVID-19, unless you have been fully vaccinated.

### If you are fully vaccinated

- You do NOT need to quarantine unless you have symptoms
- Get tested 5-7 days after your exposure, even if you don't have symptoms
- Wear a mask indoors in public for 14 days following exposure or until your test result is negative

### If you are not fully vaccinated

- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from people you live with, especially people who are at higher risk for getting very sick from COVID-19
- Contact your local public health department for options in your area to possibly shorten your quarantine



## ISOLATION

keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.

People who are in isolation should stay home and stay in a specific "sick room" or area and use a separate bathroom (if available).

### If you are sick and think or know you have COVID-19

#### Stay home until after

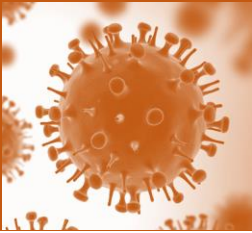
- At least 10 days since symptoms first appeared **and**
- At least 24 hours with no fever without the use of fever-reducing medications **and**
- Symptoms have improved

### If you tested positive for COVID-19 but do not have symptoms

- Stay home until after 10 days have passed since your positive viral test
- If you develop symptoms after testing positive, follow the steps above for those who are sick



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)



# COVID-19:

# Isolation Instructions for People with COVID-19

This document is updated often. Visit the English webpage at [ph.lacounty.gov/covidisolation](https://ph.lacounty.gov/covidisolation) for the most up to date information. To view the information in another language, click on "Translate" in the top left corner of the page and select desired language.

## SUMMARY

In Los Angeles County, if you have COVID-19\* you are required to:

- 1 Isolate yourself, and
- 2 Wear a mask indoors and outdoors for 10 days, and
- 3 Tell your [close contacts](#) that they have been exposed and need to follow [instructions for close contacts](#) (if you have a positive viral test), and

\*You are considered to have COVID-19, if you have a positive viral test for COVID-19 and/or a healthcare provider thinks that you have COVID-19.

Call the COVID Info line 833-540-0473 (open daily 8:00am–8:30pm) if you test positive for COVID-19 and have questions or need help. Call this number if you are experiencing homelessness and/or are unable to safely isolate or quarantine at home.

Please help slow the spread of COVID-19 by answering if you get a call from "LA PublicHealth" or **1-833-641-0305** (see [Contact Tracing](#)). If you received a Los Angeles County Health Officer Order and have not yet had a contact tracing interview, you must call the number on the Order within 24 hours.

## ISOLATE: Stay home and away from others

If you have COVID-19, you must self-isolate regardless of vaccination status, previous infection, or lack of symptoms.<sup>1</sup>

### How long do I need to isolate?

Everyone with COVID-19 must isolate for at least 5 days. How long you have to isolate depends on whether you have [symptoms](#) and if you get a negative follow-up viral test on day 5 or later. If you test on day 5 or later, it is better to use an antigen test because NAAT/PCR tests can stay positive even after you are no longer infectious.

## Ending isolation: if you have symptoms and test positive for COVID-19 or if your doctor thinks\* that you have COVID-19

Isolation can end after Day 5 ONLY if all of the following conditions are met:

- You have a negative COVID-19 test\*\* that was collected on day 5 or later **and**

<sup>1</sup> Symptoms of COVID-19 may include: fever or chills, cough, shortness of breath/difficulty breathing, new loss of taste or smell, fatigue, runny or stuffy nose, muscle or body aches, headache, sore throat, nausea or vomiting, and diarrhea. *This list does not include all possible symptoms of COVID-19. Some people with COVID-19 never get symptoms. Visit [ph.lacounty.gov/covidcare](https://ph.lacounty.gov/covidcare) to learn more about what to do if you are sick.* Call 911 or go to an emergency room if you are having serious symptoms. Serious symptoms include difficulty breathing, pain or pressure in your chest, have bluish lips or face or being confused or having difficulty waking up.

## COVID-19: Isolation Instructions for People with COVID-19

- You have not had a fever for at least 24 hours without the use of fever-reducing medicine **and**
- Your symptoms are improving

-OR-

Isolation can end after Day 10 if both of these conditions are met:

- You have not had a fever for at least 24 hours **and**
- Your symptoms are improving
  - For most people, if both of the above criteria are met, isolation can end after Day 10\* even if follow-up COVID-19 viral tests are positive. This is because many people continue to test positive even though they are not likely to still be infectious.
  - However, if you have a [condition](#) that weakens your immune system or if you were severely ill with COVID-19 you might need to stay home for longer than 10 days. Talk to your doctor about when you can be around other people.

Day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms developed.

\*If your doctor initially thought your symptoms were due to COVID-19 (and you did not test positive for COVID-19), but they reassessed your diagnosis and decided that you are not infected, you can stop isolating after 24 hours of being fever-free. But if you are a close contact to a person with COVID-19 you must follow the instructions in the "If you develop symptoms" section of the [Quarantine and Other Instructions for Close Contacts](#) webpage.

\*\*The test must be a COVID-19 viral test such as an antigen or NAAT/PCR test. An antigen test is preferred.

*Note: Employers may require their employees/contractors to complete the full 10 days of isolation before returning to in-person work. Employees should discuss return to work with their employer.*

### Ending isolation: if you test positive for COVID-19 and you never develop symptoms

Isolation can end after Day 5 if:

- You have a negative COVID-19 test\* collected on day 5 or later, **and**
- You never got symptoms of COVID-19.

-OR-

Isolation can end after Day 10 if:

- You never got symptoms of COVID-19.
  - For most people, isolation can end after Day 10, even if follow-up COVID-19 viral tests are positive. This is because many people continue to test positive even though they are not likely to still be infectious.
  - However, if you have a [condition](#) that severely weakens your immune system you might need to stay home for longer than 10 days. Talk to your doctor for more information.

Day 0 is the day your positive test was taken. Day 1 is the first full day after your positive test was taken.

\*The test must be a COVID-19 viral test such as an antigen or NAAT/PCR test. An antigen test is preferred.

*Note: Employers may require their employees/contractors to complete the full 10 days of isolation before returning to in-person work. Employees should discuss return to work with their employer.*

## Isolation Instructions

- **Stay home except to get medical care.**
  - Do not go to work, school, or public places.
  - If you must leave home to get essential medical care, drive yourself, if possible. If you cannot drive yourself, sit in the back seat, leave the windows down, and wear a mask.
  - If someone from outside your household is shopping for you, ask them to leave the food and other supplies at your door, if possible. Pick them up after the person has left. If you need help finding free delivery services, social services, essential items like food and medicines call 2-1-1 or visit the Public Health resource webpage [ph.lacounty.gov/media/Coronavirus/resources.htm](https://ph.lacounty.gov/media/Coronavirus/resources.htm).
  
- **Separate yourself from others in your home**
  - If you need to be in the same room as other people, set it up so that you can stay 6 feet apart if possible. It is important to stay away from people who are at [higher risk of serious illness](#).
  - Wear a mask over your nose and mouth if you must be around others. See [Wear a mask indoors and outdoors for 10 days](#) for more details.
  - Use a separate bathroom. If this is not possible, disinfect the bathroom after use (see cleaning information [below](#)).
  - Open windows or use a fan or an air conditioner in shared spaces in the home.
  - Do not allow non-essential visitors.
  - Do not handle pets or other animals.

***Anyone who continues to be in close contact with you will need to stay in quarantine for longer*** (see [Quarantine and Other Instructions for close contacts](#)).
  
- **Cover your coughs and sneezes.** Throw used tissues in a lined trash can after each use. Wash your hands or use hand sanitizer after you cough or sneeze.
  
- **Avoid sharing food or personal household items**
  - Do not prepare or serve food to others, if possible.
  - Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.
  - Make sure to wash your dishes, drinking glasses, and eating utensils with soap and water after each use.
  
- **Clean your hands often**
  - Wash your hands often, especially after blowing your nose, coughing, or sneezing; going to the bathroom; before eating or preparing food; and after touching your face mask or cover. Use soap and water for *at least* 20 seconds.
  - If soap and water are not available, clean your hands with a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub hands together for 30 seconds until they feel dry. Use soap and water if your hands are visibly dirty.
  
- **Clean and disinfect all “high-touch” surfaces every day**
  - Clean and disinfect high touch surfaces e.g., counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
  - Clean and disinfect any surfaces that may have body fluids on them.
  - Use household cleaning and disinfectant sprays or wipes. Be sure to follow the product label instructions.

## COVID-19: Isolation Instructions for People with COVID-19

- If caregivers and household contacts clean or come into contact with your body fluids or secretions (such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea) they should wear a disposable facemask and gloves. After cleaning, they should remove and dispose of their gloves first, clean their hands, then remove and dispose of their facemask, and clean their hands again.

### Wear a mask indoors and outdoors for 10 days

You must wear a well-fitting mask over your nose and mouth when you are around others, indoors and outdoors, for a total of 10 days. This includes around household members. See [ph.lacounty.gov/masks](https://ph.lacounty.gov/masks) for more information.

- Adults should wear a well-fitting medical grade mask (surgical or respirator).
- Children should wear a well-fitting, non-cloth mask of multiple layers of non-woven material with a nose wire.

### Tell your close contacts they have been exposed

If you have a positive viral test result for COVID-19 you must tell your close contacts that they could be infected. They are required to quarantine unless they are exempt. Give them the [Quarantine and Other Instructions for Close Contacts](#). They are available in multiple languages at [ph.lacounty.gov/covidquarantine](https://ph.lacounty.gov/covidquarantine). Your close contacts must follow the instructions even if they feel well or are fully vaccinated. If you work or study in a setting where you could have gotten COVID-19 or passed it on to others, please tell your workplace or school so that they can advise others to test and/or quarantine as needed.

#### Definition of a Close Contact

A "close contact" is any of the following people who were exposed to you while you were infectious\*:

- a. Any person who was within 6 feet of you for a total of 15 minutes or more over a 24-hour period
- b. Any person who had unprotected contact with your body fluids and/or secretions. For example, you coughed or sneezed on them, you shared utensils, a cup, or saliva with them, or they cared for you without wearing appropriate protective equipment.

\*You are considered to be infectious (meaning you can spread COVID-19 to others) starting 2 days before your symptoms began until your isolation ends. If you test positive for COVID-19 but do not have any symptoms, you are considered to be infectious from 2 days before your test was taken until your isolation ends.

### Take care of your health

#### Home Care

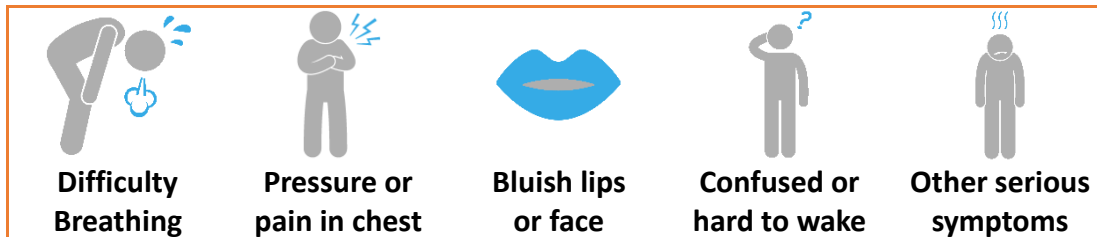
Most people with COVID-19 have mild illness and can recover at home. Here are steps that you can take to help you get better:

- Rest and drink plenty of fluids
- Take over-the-counter medicine such as acetaminophen (Tylenol®) to reduce fever and pain. Note that children younger than age 2 should not be given any over-the-counter cold medications without first speaking with a doctor.

## Seeking Medical Care

Stay in touch with your doctor and seek medical care if your symptoms get worse. If you are age 65 years or older or have an [underlying medical condition](#) it is especially important to call your doctor as you may be at a higher risk of serious illness. Medicines are now available to treat people with mild-to-moderate COVID-19 who are [at risk for progression to severe COVID-19](#). For more information, talk to your doctor and see the [medication webpage](#).

### Call 911 if there are emergency warning signs



People with emergency warning signs should call 911. If it's not urgent, call your doctor before visiting. You may be able to get advice by phone.

## Dealing with Stress

COVID-19 and self-isolation are stressful for people. Visit the Los Angeles County Department of Mental Health's [COVID-19 webpage](#) and the 211LA webpage ([211la.org/resources/subcategory/mental-health](https://211la.org/resources/subcategory/mental-health)) for local resources to address mental health & wellbeing needs and concerns. In addition, guidance and resources, including information on crisis hotlines, are also available on the CDC webpage [Coping with Stress](#).

LA County residents have free access to [iPrevail.com](https://iPrevail.com), an online mental health resource to help with life's everyday stressors. After a short assessment, you are connected to customized support to meet your needs. Options include:

- on-demand chat with trained Peer Coaches,
- self-paced lessons on a variety of topics to improve wellbeing, and
- community support groups

iPrevail is offered in English and Spanish and is available 24/7 from any smart device.

If you need to speak with someone about your mental health, contact your doctor or the Los Angeles County Department of Mental Health Access Center 24/7 Helpline at 1-800-854-7771. If you need help finding healthcare, call the Los Angeles County Information line at 2-1-1. This number is available 24/7.

## Talk to Public Health - contact tracing

Contact tracing is a simple, confidential process that is being used to help slow the spread of COVID-19.

- If you received a Los Angeles County Health Officer Isolation Order and have not already completed a contact tracing interview, you must call the number on the Order within 24 hours. If you get a call or message from "LA PublicHealth" or 1-833-641-0305, please do your part by taking the call and answering some questions about the places you have been and the people you have been around while you were infectious.
- The people you tell the specialist about will be contacted and asked to stay home to help prevent others from getting sick. They will not be told your name or contact information. The specialist will also answer any questions you may have and share information about services.
- To learn more about contact tracing, click [here](#).

**More information**

- For more information on COVID-19 and to view the resources mentioned above in multiple languages, visit [ph.lacounty.gov/media/coronavirus/](https://ph.lacounty.gov/media/coronavirus/).
- For help finding free delivery services, social services, essential items like food and medicines, visit [ph.lacounty.gov/media/Coronavirus/resources.htm](https://ph.lacounty.gov/media/Coronavirus/resources.htm) or call 2-1-1 (which is available 24/7).
- Please call your health care provider for any questions related to your health. If you need help finding a health care provider, call 2-1-1.
- Information about Disability Insurance, Unemployment & Paid Family Leave for people who are unable to work because they, or a family member, need to isolate or quarantine is available on the [California Employment Development Department](https://www.edd.ca.gov/) website.
- For more information on COVID-19 related work issues, view the [COVID-19 Safety Workers Rights in California Pamphlet](#).



**Chinese Language School  
of Southern California**

**南加州中文語言學校 (西區中文學校)**

## **Testing Resources**

At CLSSC, the following will be required for participation in campus activities:

- Vaccination of all eligible individuals
- Proof of a recent (within past 7 days) weekly negative COVID test will be required at entrance. Test results from K-12 or workplace testing sources will be accepted.

The Families First Coronavirus Response Act mandates that COVID-19 tests are free for all individuals. Health insurers are required (by federal law) to cover the entire cost of testing whether you have symptoms or not if a doctor orders the test.

Testing at LA County testing sites is free for all LA County residents. This includes undocumented residents and those with and without health insurance.

COVID-19 tests are available at no cost nationwide at health centers and select pharmacies. Visit [Community-Based Testing Sites for COVID-19](#).

If you do not have access to weekly testing at your school or workplace, please refer to resources below to schedule an appointment.

For more information on testing resources or to find an LA County or Partner Site near you: [covid19.lacounty.gov/testing](https://covid19.lacounty.gov/testing).

If you have questions or need further assistance finding testing, contact us.  
[Notify@westsidechineseschool.org](mailto:Notify@westsidechineseschool.org)