

# Centers for Disease Control and Prevention (CDC) Guidelines

It is important to note, the [CDC Considerations for Schools](#) (Appendix D) are recommendations, not requirements.

## CDC's Guiding Principles to Keep in Mind

The more people a student or staff member interacts with, and the longer that interaction, the higher the risk of COVID-19 spread. The risk of COVID-19 spread increases in school settings as follows:

- **Lowest Risk:** Students and teachers engage in virtual-only classes, activities, and events.
- **More Risk:** Small, in-person classes, activities, and events. Groups of students stay together and with the same teacher throughout/across school days and groups do not mix. Students remain at least 6 feet apart and do not share objects (e.g., hybrid virtual and in-person class structures, or staggered/rotated scheduling to accommodate smaller class sizes).
- **Highest Risk:** Full sized, in-person classes, activities, and events. Students are not spaced apart, share classroom materials or supplies, and mix between classes and activities.

COVID-19 is mostly spread by respiratory droplets released when people talk, cough, or sneeze. It is thought that the virus may spread to hands from a contaminated surface and then to the nose or mouth, causing infection. Therefore, personal prevention practices (such as [handwashing](#), [staying home when sick](#)) and environmental [cleaning and disinfection](#) are important principles that are covered in the [CDC's guidance document](#). Fortunately, there are a number of actions school administrators can take to help lower the risk of COVID-19 exposure and spread during school sessions and activities.

## Additional Resource and Guidance Documents

### Governor's Plan for Reopening Safe and Healthy Schools for Montana

<https://drive.google.com/file/d/1Diulk4xOE4q209Mh5Vxfi1nao1LE3Y3T/view>

### Montana Office of Public Instruction Reopening Montana Schools Guidance

<http://opi.mt.gov/Portals/182/COVID-19/Reopening%20MT%20Schools%20Guidance-Final.pdf?ver=2020-07-02-114033-897>

### American Academy of Pediatrics

[COVID-19 Planning Considerations: Return to In-person Education in Schools](#)

### Children's Hospital Colorado Risk-Based Approach to Reopening Schools Amid COVID-19

<https://www.childrenscolorado.org/49eee6/globalassets/community/reopening-schools-during-covid19.pdf>

### School Counselors Association and National Association of School Psychologists

[School Reentry Considerations Supporting Student Social and Emotional Learning and Mental and Behavioral Health Amidst COVID-19](#)

### National Federation of State High School Associations (NFHS) and Sports Medicine Advisory Committee (SMAC), May 2020

[Guidance for Opening up High School Athletics and Activities](#)

[Risk-Based Approach to Opening Schools Amid COVID-19](#), Children's Hospital Colorado