COVID 19
HEALTH AND SAFETY PLAN

Outlined below are the requirements and guidelines provided by the Washington State Department of Health, which are subject to change throughout the year. Happy Hearts Montessori (HHM) is committed to assessing each new set of guidelines from the Department of Children, Youth, and Family Services (DCFY), the Office of the Superintendent of Public Instruction (OSPI), and the Washington State Department of Health (DOH). We will evaluate the possible impact of these guidelines on the school's daily operations and inform you of any changes required.

As a parent/guardian of a child enrolled in HHM, it is your responsibility to read all communications from HHM and work in collaboration with us regarding Health and Safety matters. We will send all Health and Safety updates via email.

The following are some topics that have guidelines or regulations for our school environment. If you would like more information on the guidance and regulations, please reach out to Ms. Punsula. All HHM Health and Safety plan information is based on all necessary regulatory information.

Illness Exclusion Criteria:
HHM is committed to complying with all health expectations set forth by the King County Department of Health regarding illness exclusions due to COVID-19. We kindly request that all parents ensure their child meets the wellness criteria before sending them to school. Please refer to the poster "Keep Me Home If" for further guidance.

Additional Health Documentation:
HHM requires that all parents email, call, or message through Brightwheel each day to report their child's absence with a detailed reason. This will be part of our record-keeping in the event of a COVID-19 case.

Face Coverings:
While not required, face masks are welcome. If a family chooses for their child to wear a face covering, we request that you speak to your child's teacher or Ms. Punsala regarding your preference and provide enough extra face coverings for use at school.

Handwashing:
HHM will continue to emphasize good quality handwashing throughout the day. Kindly support your child at home by providing them with a way to wash independently.

Hygiene and Cleaning:
HHM will adhere to guidelines and expectations regarding daily cleaning, high touch area cleaning, and the clearing of individual items.

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HEALTH AND SAFETY PLAN

COVID-19 Resources for You

Here are some COVID-19 resources you might find helpful. If you have any further questions, you may contact DOH at 1-800-525-0127.

- **King County Website:**
  - Communicable Disease Prevention and Control: https://kingcounty.gov/en/dept/dph/health-safety/health-centers-programs-services/childrens-health/child-care-health-resources/disease-prevention

- **Centers for Disease Control and Prevention (CDC)**
  - Operational Guidance for K-12 Schools and Early Care and Education Programs to Support Safe In-Person Learning : https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/k-12-childcare-guidance.html

- **Washington State Department of Health (DOH)**
  - Decision Tree for Schools and Child Cares: https://doh.wa.gov/sites/default/files/2023-02/420456-COVID19DecisionTrees.pdf

  - What To Do If You Were Potentially Exposed to Someone with Covid 19: https://doh.wa.gov/sites/default/files/2022-02/COVIDexposed.pdf?uid=6524bc9091034

  - What To Do If You Tested Positive for COVID-19: https://doh.wa.gov/emergencies/covid-19/testing-covid-19/tested-positive-covid-19

  - Guidance to Mitigate Covid 19 Transmission in Schools and Child Cares: https://doh.wa.gov/sites/default/files/2022-10/821165-K12SchoolsChildCare2022-2023.pdf

  - Testing in Schools: https://doh.wa.gov/emergencies/covid-19/testing-covid-19/testing-schools

  - Frequently Asked Questions: https://doh.wa.gov/emergencies/covid-19/frequently-asked-questions

- **Washington State Department of Labor & Industries**
  - Basic COVID-19 Requirements for All Workplaces: https://www.lni.wa.gov/agency/outreach/coronavirus/requirements-and-guidance-for-preventing-covid-19

COVID-19

Dear Parent or Guardian,

You are being provided with this fact sheet:

☐ **Because your child may have been exposed to COVID-19.**

☐ **For informational purposes only.**

General Information About COVID-19

What is COVID-19?
- COVID-19 is an illness that is caused by the virus named SARS-CoV2.
- It can spread easily via droplets and small particles that hang in the air.

Who can get it?
- Anyone can get COVID-19, even if they've had it before.
- Some groups are at higher risk for getting very sick or developing medical problems, including:
  - People over 50 years.
  - People with weakened immune systems.
  - People with underlying health conditions (such as asthma, diabetes, heart disease, and pregnancy).
  - People who are not vaccinated against COVID-19.
- People in a higher risk group (see above) should contact their healthcare provider if they think they have COVID-19.

What are the symptoms?
- Fever (American Academy of Pediatrics defines fever as a temperature of 100.4°F [38°C] or higher)
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Fatigue
- Muscle pain or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Stuffy or runny nose
- Nausea or vomiting
- Diarrhea

How is it spread?
- When people who have COVID exhale (for example, when breathing, speaking, singing, exercising, coughing, sneezing) they release droplets and small particles into the air that contain the virus.
  - The smaller particles hang in the air and can stay there for hours (this is called airborne).
  - The droplets, which are larger, usually don't travel more than 6 feet.

- The virus spreads when a person breathes in the droplets or small particles. This is more likely to happen in crowded indoor spaces that do not have good airflow.
- While less common, COVID-19 can also spread by:
  - touching an object or surface that has the virus on it and then touching the mouth, eyes, or nose.
  - sharing utensils or cups with someone who has COVID-19.
- A person can spread COVID-19 even if they do not have symptoms.

What If My Child Develops COVID-19 Symptoms?

If your child has COVID-19 symptoms, they should stay home and get tested for the virus.

How do I test for COVID-19?
- Rapid self-tests allow people to test for COVID-19 at home. Follow the package directions.
- Testing can also be done by a healthcare provider.

This fact sheet provides general information only. If you have additional questions or are concerned your child might have COVID-19, contact your healthcare provider.

What If My Child Has COVID-19?

Notify your child care provider or preschool immediately if your child has COVID-19.

How is it treated?
- Most people with COVID-19 recover on their own.
- Keep children comfortable, allow them to rest, ensure proper fluid intake to prevent dehydration, and check on them often.
- A healthcare provider can prescribe medication to treat COVID-19, particularly for people who have severe symptoms or are at risk for developing medical problems.
- Infants 3 months or younger with a fever of 100.4°F (38°C) or higher should be seen by their healthcare provider.
- Talk with your child's healthcare provider if you have any concerns about your child's symptoms. **If your child is showing signs of dehydration (fewer wet diapers or less urine than usual, more tired than normal, dizziness, dry tongue or lips, fewer tears), is breathing fast, is having trouble breathing, or has a severe headache, they need to be seen by a healthcare provider immediately.**

How can I help prevent COVID-19 from spreading?
- Stay up to date with the COVID-19 vaccine (and boosters).
- Stay home and get tested if you have symptoms.
- Avoid contact with anyone who has COVID-19.
- If you've been exposed to COVID-19, wear a high-quality well-fitting mask for 10 days.
- Wear a mask if you are in a crowded, indoor space.
- Increase airflow indoors by opening windows or using portable HEPA air cleaners.
- Wash hands often, especially after sneezing, coughing, or wiping noses.

- Cover your nose and mouth when coughing or sneezing.
- Avoid sharing cups, eating utensils, food, and drinks with anyone who has COVID-19.

Does My Child Need to Stay Home from Child Care?

If your child has been EXPOSED to COVID-19 they do not need to stay home.
- Children and staff who were exposed to COVID-19 should:
    - Monitor for symptoms for at least 10 days.
    - Consider wearing a well-fitted mask (if age appropriate) for 10 days after their last exposure.
    - Get tested 3-5 days after their last exposure.

If your child HAS COVID-19 they should stay home, especially if one of the following applies:
- They have a fever (temperature of 100.4°F [38°C] or higher) along with other COVID-19 symptoms.
- They do not feel well enough to participate in classroom activities (for example: unusually tired; cranky or fussy; or crying more than normal).

Please follow your child care program's sickness policy.

References:
Centers for Diseases Control & Prevention
- *COVID-19 https://www.cdc.gov/coronavirus/2019-ncov/your-health/about-covid-19.html*

WA Department of Health
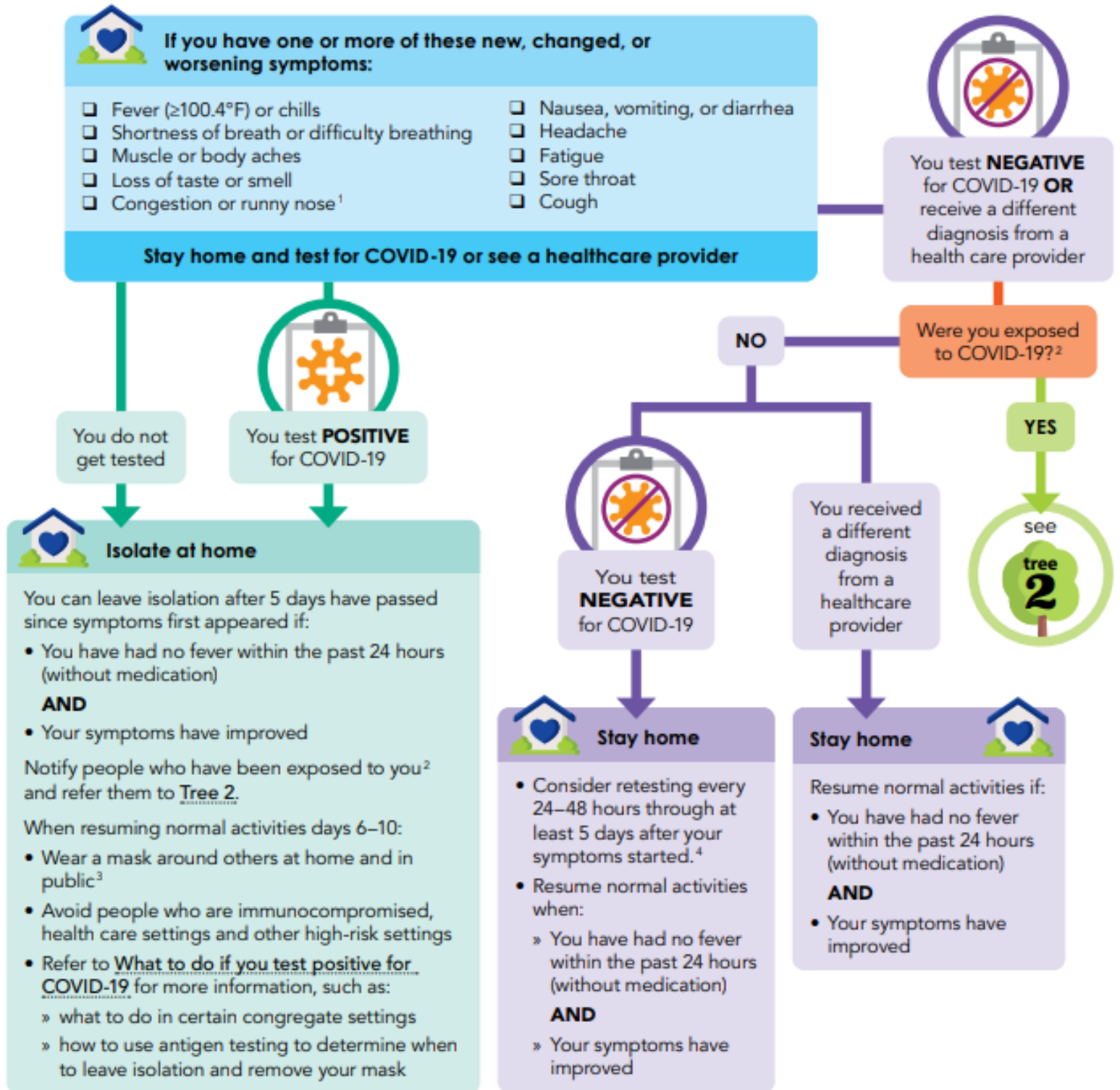- *Guidance to Prevent and Respond to COVID-19 in K-12 Schools and Child Cares, last updated 12/5/2022*

Child Care Health Program – Public Health Seattle & King County
- *https://kingcounty.gov/depts/health/child-teen-health/child-care-health/disease-prevention.aspx Disease Prevention Website*

What to do if you have COVID-19 symptoms

tree 1

This decision tree is for the general public and non-health care settings, such as schools and child cares.

If you have one or more of these new, changed, or worsening symptoms:

- ❏ Fever (≥100.4°F) or chills
- ❏ Shortness of breath or difficulty breathing
- ❏ Muscle or body aches
- ❏ Loss of taste or smell
- ❏ Congestion or runny nose [1]
- ❏ Nausea, vomiting, or diarrhea
- ❏ Headache
- ❏ Fatigue
- ❏ Sore throat
- ❏ Cough

Stay home and test for COVID-19 or see a healthcare provider

You test **NEGATIVE** for COVID-19 **OR** receive a different diagnosis from a health care provider

NO

Were you exposed to COVID-19? [2]

YES

see **tree 2**

You do not get tested

You test **POSITIVE** for COVID-19

You test **NEGATIVE** for COVID-19

You received a different diagnosis from a healthcare provider

Isolate at home

You can leave isolation after 5 days have passed since symptoms first appeared if:

- You have had no fever within the past 24 hours (without medication)

  AND

- Your symptoms have improved

Notify people who have been exposed to you [2] and refer them to Tree 2.

When resuming normal activities days 6–10:

- Wear a mask around others at home and in public [3]
- Avoid people who are immunocompromised, health care settings and other high-risk settings
- Refer to What to do if you test positive for COVID-19 for more information, such as:
  - » what to do in certain congregate settings
  - » how to use antigen testing to determine when to leave isolation and remove your mask

Stay home

- Consider retesting every 24–48 hours through at least 5 days after your symptoms started. [4]
- Resume normal activities when:
  - » You have had no fever within the past 24 hours (without medication)

    AND

  - » Your symptoms have improved

Stay home

Resume normal activities if:

- You have had no fever within the past 24 hours (without medication)

  AND

- Your symptoms have improved

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[1] If the person is under the age of two and ONLY has this symptom, testing and isolation are not required. If the child's symptoms worsen or persist beyond 5 days, contact a health care provider.

[2] Exposed to COVID-19: someone who was within 6 feet of a COVID-19 case for more than 15 minutes within a 24-hour period during the case's contagious period. The definition of a close contact may vary in some situations.
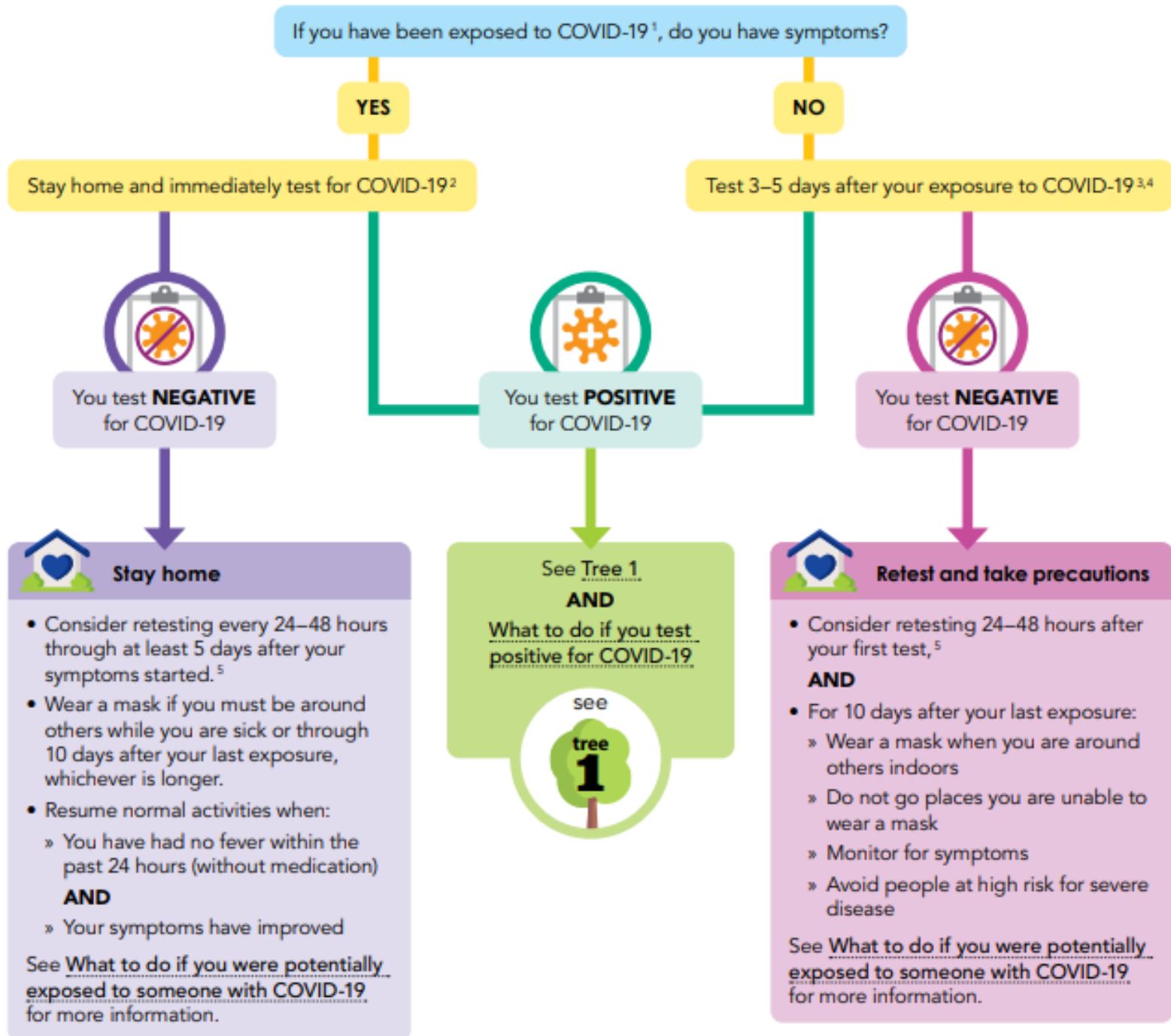
[3] If you cannot wear a well-fitting mask, you should complete a full 10-day isolation at home.

[4] See Self-Testing Guidance for the Public for additional information about using repeat testing if you test negative. If you tested negative with a molecular laboratory test (e.g., PCR), you do not need to repeat testing.

What to do if you have been exposed to COVID-19

tree **2**

This decision tree is for the general public and non-health care settings, such as schools and child cares.

If you have been exposed to COVID-19 [1], do you have symptoms?

YES

NO

Stay home and immediately test for COVID-19 [2]

Test 3–5 days after your exposure to COVID-19 [3,4]

You test **NEGATIVE** for COVID-19

You test **POSITIVE** for COVID-19

You test **NEGATIVE** for COVID-19

Stay home

- Consider retesting every 24–48 hours through at least 5 days after your symptoms started. [5]
- Wear a mask if you must be around others while you are sick or through 10 days after your last exposure, whichever is longer.
- Resume normal activities when:
  » You have had no fever within the past 24 hours (without medication)
  AND
  » Your symptoms have improved

See What to do if you were potentially exposed to someone with COVID-19 for more information.

See Tree 1
AND
What to do if you test positive for COVID-19

see
tree **1**

Retest and take precautions

- Consider retesting 24–48 hours after your first test, [5]
  AND
- For 10 days after your last exposure:
  » Wear a mask when you are around others indoors
  » Do not go places you are unable to wear a mask
  » Monitor for symptoms
  » Avoid people at high risk for severe disease

See What to do if you were potentially exposed to someone with COVID-19 for more information.

[1] Exposed to COVID-19: someone who was within 6 feet of a COVID-19 case for more than 15 minutes within a 24-hour period during the case's contagious period. The definition of a close contact may vary in some situations.

[2] If you tested positive in the past 90 days and have symptoms of COVID-19, use an antigen test (not a PCR test).

[3] If you have tested positive in the past 30 days and recovered and do not have symptoms, testing again for COVID-19 is not recommended. You should, however, wear a well-fitting and high-quality mask around others, not go places you cannot wear a mask, monitor for symptoms, and avoid people at high risk for severe disease for 10 days after your last exposure.

[4] If you tested positive in the past 30–90 days, use an antigen test (not a PCR test).

[5] See Self-Testing Guidance for the Public for additional information about using repeat testing if you test negative. If you tested negative with a molecular laboratory test (e.g., PCR), you do not need to repeat testing.

Isolation and Testing for COVID-19 Contacts

Person A: Tested Positive for COVID-19

With Symptoms:

Isolate until:

- 5 days after symptoms start.
  AND
- 24 hours have passed without a fever (without medication to reduce a fever, such as Tylenol).
  AND
- Symptoms have improved.

Without Symptoms:

Isolate for 5 days. Day 0 is the day of the positive test.

- Check for symptoms.

Recommended: wear a well-fitting mask around others through day 10.

Person B: Same Household

Test starting 3–5 after your first exposure to Person A. Repeat testing 3–5 days after your last exposure.

During this time and for 10 days after your last exposure:

- Wear a mask.
- Avoid being around people at high risk of severe disease.
- Watch for symptoms of COVID-19.

Person C: Close Contact

Test starting 3–5 after your last exposure to Person A. If you are able, repeat testing every 24-48 hours for a total of 3 tests.

For 10 days after your last exposure:

- Wear a mask.
- Avoid being around people at high risk of severe disease.
- Watch for symptoms of COVID-19.

Person D: Any person with close contact to Person B or C

Person D does not need to take action unless:

- Person B or C tests positive.
  AND
- Exposure was up to 48 hours before Person B or C tested positive without symptoms.
  OR
- Exposure was up to 48 hours before Person B or C started having symptoms and tested positive.

Parents and guardians: if your child tests positive for COVID-19, please tell their school or child care center immediately. This stops the virus from spreading, protects kids and staff, and keeps facilities open.
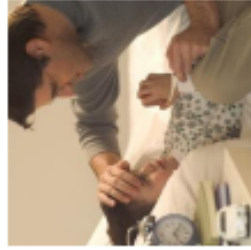
If you test positive on an at-home test, call the Washington state COVID-19 hotline at 1-800-525-0127. Press # or press 7 for Spanish. Language assistance is available.

Isolate for 5 days if you test positive for COVID-19.

KEEP ME HOME IF...

I have a temperature of 100.4°F or higher

- I'm younger than 2 months; OR
- I'm older than 2 months **AND have other illness symptoms** (rash, sore throat, earache, headache, vomit, diarrhea) or are **just not feeling well**

I'm vomiting

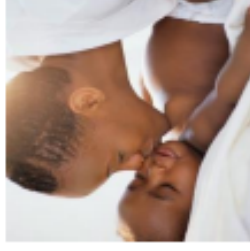

- 2 or more times in 24 hours

I have diarrhea

- 2 loose/watery stools more than normal for child in 24 hours; OR
- Any blood or mucus in stool

I have a rash, sores, lice, ringworm, or scabies

- Body rash (not related to allergic reaction, diapering, or heat)
- Oozing open sores or wounds
- Mouth sores with drooling
- Untreated head lice, ringworm, or scabies

I'm not feeling well

- Unusually tired
- Low activity level
- Lack of appetite
- Cranky/fussy
- Crying more than normal
- Unable to keep up with program activities

Please note: As of 2022, American Academy of Pediatrics defines fever as a temperature of 100.4°F or higher.

COVID-19 is not the only illness in the community. Child care and early learning programs are required to follow Washington Administrative Code (WAC) 110-300-0205 and send children and staff home when they are sick.

Programs are allowed to have sickness policies that are more cautious than WAC requirements. For example, a program may require children be symptom-free for 24 hours before returning to care, or they may choose to exclude for COVID-19 symptoms and require a negative test before a child can return. **Please follow your child care program's sickness policy.**

Nobody likes to get sick. Keeping your child home when they are sick helps teachers, children, and other families from getting their germs. Other things you can do to stay healthy:

- Wash your hands
- Stay up to date on your vaccinations, including COVID-19 and flu
- Consider wearing masks when you are in a crowded public setting

Supported by:

Public Health
Seattle & King County

SNOHOMISH COUNTY
HEALTH DEPARTMENT

2/2023