



COVID-19 Guidelines

Reviewed and Updated 10/4/2022

Please review these requirements and guidelines to help mitigate COVID-19 transmission at PMCCP.

GLOSSARY OF TERMS

Asymptomatic: A person showing no symptoms of COVID-19 illness.

Close Contact: Someone who was within 6ft. of a person with confirmed COVID-19 case for 15 cumulative minutes or more over a 24-hour period of time during the case's infectious period.

COVID Diagnostic Tests: The following 2 types of diagnostic tests can be used to confirm an active case of COVID-19 at PMCCP.

Antigen Test: This test binds to proteins on the surface of SARS-CoV-2, the virus that causes COVID-19. They detect the presence of a specific viral antigen, which implies current viral infection and can be used in screening of individuals without infection, providing a more rapid turn-around time for results than PCR tests. FDA Antigen tests can be found over the counter and by request in the PMCCP office.

PCR Test: A molecular test that identifies and binds to the genetic material of SARS-CoV-2, the virus that causes COVID-19 illness. This test amplifies bits of viral RNA so that viral infection can be detected. PCR tests are typically done by lab and can take up to 1-3 days for the results.

Exposure: When an individual has close contact with a person with COVID-19 who is symptomatic or asymptomatic.

Quarantine: When someone who has been exposed to COVID-19 stays home and away from other for the recommended period of time in case they were infected and are contagious. Quarantine becomes isolation if the person later tests positive for COVID-19 or develops symptoms.

Isolation: When someone who has COVID-19 symptoms, or has tested positive, stays home and away from others (including household members) to avoid spreading their illness.

Test-to-Stay: A protocol in which a student or staff completes post-travel or post-exposure testing on over a designated period in order to remain in school so long as they remain asymptomatic, are able to wear a well-fitting mask throughout the day and continue to test negative.

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SECTION 1: PMCCP Requirements

The following are requirements and are subject to change in response to requirements and recommendations made by our partners at King County Public Health.

Symptoms? Stay Home.

Students, children, and staff who have symptoms of COVID-19 are required to stay home and should get tested and/or see a health care provider. Children should stay home if they are ill, regardless of COVID-19 test results.

Symptoms:

- ❖ Fever
- ❖ Cough
- ❖ Sore Throat
- ❖ Shortness of breath
- ❖ Lethargy / Overly Tired
- ❖ Chills or Body Aches
- ❖ Diarrhea or Vomiting
- ❖ Runny Nose / Congestion
- ❖ Headache
- ❖ Loss of Taste or Smell

Keeping children home when they are sick helps prevent the spread of all illness at PMCCP. For additional considerations, follow the DOH [What to do if a Person is Symptomatic](#) flowchart.

COVID-19 Exposures – Returning to School

Regardless of vaccination status, children who were potentially exposed to COVID-19 may return to PMCCP **IF**:

- ❖ They are **asymptomatic**, AND
- ❖ Test negative with an antigen or at-home test on days 1-10 before returning using a TEST-to-STAY protocol AND
- ❖ They are without a fever for the past 24 hours without use of fever-reducing medications.
- ❖ Negative test results must be shared with the PMCCP office prior to being dropped off at school during the TEST-to-STAY protocol.
- ❖ Wear a well-fitting mask throughout the day, if able.

Alternatively, isolation for the full 10-days from the date of exposure is required.

If an exposed student, child, or staff member develops symptoms, they should test right away. If positive, they are **required** to immediately isolate at home, or where they currently reside.

Household Exposures

Household exposures often result in prolonged and repeated contact with positive individuals. When possible, a student, child, or staff member, who is continuously exposed at home, regardless of vaccination status, is recommended to isolate at home until household member's isolation has ended.

To return to PMCCP, **students** who have isolated during the household illness can return IF:

- ❖ They are asymptomatic, **AND**
- ❖ Are tested daily over weekday mornings until 5 days after the isolation has ended, **AND**
- ❖ Provide negative test results with the PMCCP office prior to being dropped off at school.
- ❖ Wear a well-fitting mask throughout the day, if able.

TEST to STAY Protocol

It is our hope to maintain safe health practices while also supporting families to keep children in school if they do not have symptoms or test positive for COVID-19.

Persons exposed to COVID-19, may return to PMCCP using a TEST-to-STAY protocol, regardless of vaccination status, if they:

- ❖ Are asymptomatic, **AND**
- ❖ Are tested daily over weekday mornings of the 10-day quarantine period, with negative test results **AND**
- ❖ Have been fever free for at least 24 hours without fever reducing medication, **AND**
- ❖ Negative test results must be shared with the PMCCP office prior to being dropped off at school, **AND**
- ❖ Wear a well-fitting mask throughout the day, if able.

Persons who have tested positive for COVID-19, may return to PMCCP on days 6-10 of the 10-day isolation period, using a TEST-to-STAY protocol, if they:

- ❖ Are asymptomatic, **AND**
- ❖ Are tested daily over weekday mornings of days 6-10 of the isolation period, with negative test results **AND**
- ❖ Have been fever free for at least 24 hours without fever reducing medication, **AND**
- ❖ Negative test results must be shared with the PMCCP office prior to being dropped off at school, **AND**
- ❖ Wear a well-fitting mask throughout the day, if able.

Considerations that may not allow for a TEST-to-STAY protocol will include, but are not limited to:

- ❖ Household exposures, which provide opportunities for prolonged and repeated exposures.
- ❖ Individuals who are at high risk for significant disease.
- ❖ During clusters and outbreaks to maintain in-person instruction.
- ❖ If the child's developmental stage won't allow for an accurate antigen test reading.

Exclusion of Individuals with COVID-19 Symptoms of COVID-19

Students, children, and staff who have [symptoms of COVID-19](#) are **required** to stay home and should get tested and/or see a health care provider and follow the return to work/care/school guidance accordingly.

Returning to PMCCP after testing positive for COVID-19 illness

A student or staff member who tests positive for COVID-19 is required to isolate at home. The isolation period is 10 full days from the start of symptoms or the date of the positive test.

Students, Parents/Caregivers, and staff may return to PMCCP after 5 full days of isolation **IF**:

- ❖ They are asymptomatic, **AND**
- ❖ They are without a fever for the past 24 hours without use of fever-reducing medications, **AND**
- ❖ Test negative with an antigen or at-home test on days 6-10 before returning
- ❖ Negative test results for students must be shared with the PMCCP office prior to being dropped off at school, **AND**
- ❖ Wear a well-fitting mask throughout the day, if able.

Alternatively, isolation for the full 10-days from the start of symptoms or the date of a positive test is required.

Calculating Your Isolation Period (if you test positive for COVID)

If you have symptoms, day 0 is your first day symptoms started or positive test result. Day 1 starts on the first full day after your symptoms developed or positive test results are determined.

Returning to PMCCP after Travel

It is no longer required that you must quarantine after travel. Please review the travel guidelines from the [CDC](https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html#after-travel): <https://www.cdc.gov/coronavirus/2019-ncov/travelers/travel-during-covid19.html#after-travel>. It is recommended that families test for COVID upon return and continue to monitor closely for symptoms.

Notifying Groups or Individuals of Potential Exposure

PMCCP will inform families and staff in writing when there are cases and outbreaks in the school. Communication will be shared by email and through the Brightwheel Messaging system to classroom groups, teaching teams, or the entire PMCCP community. Details should include the number of cases and locations in the school where students may have been exposed.

Section 2: Strategies for Layered Protections

Masks

Beginning October 17, 2022 - masks are optional indoors and outdoors at PMCCP for children and adults, regardless of vaccination status.

Correct use of well-fitting masks protects the wearer as well as others which reduces the risk of spreading the virus that causes COVID-19. While masks are no longer required at PMCCP, there may be situations when the school will recommend or require wearing well-fitting masks.

Students, children, and staff may choose to wear a mask at PMCCP, with the expectation that others' choices will be respected. Some may need to wear a mask because they or a member of their household are at high risk for severe COVID-19 disease.

Masks or cloth face coverings should not be worn by:

- ❖ Children younger than age 2 years.
- ❖ Children while they are sleeping, eating, or drinking.
- ❖ Those with medical conditions, mental health conditions, developmental or cognitive conditions, or disability that prevents wearing a face covering.

Vaccines Available for Children 6 months and Older

The COVID-19 vaccine is the best way to protect your child from hospitalization, long-term symptoms, and even possible death. COVID-19 in babies and young children is usually not severe, but on occasion, COVID-19 can cause serious infections. Children 6 months to 4 years have the highest rates of Emergency room visits and hospitalizations of all children. It's like a car seat: vaccine protects little ones against a seriously dangerous possibility, even if it's unlikely to happen. It's possible that a vaccinated child could still get COVID-19, but the illness will be milder.

COVID-19 vaccine makes it safer for kids to be around others. When your child is vaccinated, it also protects family members and friends, especially those who may be at high risk. Vaccine protects against what matters most: it prevents hospitalization, severe health problems, and death.

How many doses of the vaccine will by baby or young child need?

Children should complete the full series of doses for the vaccine to be effective:

- ❖ Pfizer: 3 doses for children 6 months to 4 years
- ❖ Moderna: 2 doses for children 6 months to 5 years

To learn more about the safety and efficacy of the COVID-19 vaccine for children, visit kingcounty.gov/vaccine/youth. To find a free vaccination site, visit kingcounty.gov/vaccine.

Vaccination

All employees, consultants and volunteers are required to be fully vaccinated to work with children at PMCCP.

We strongly encourage **all eligible people** to be vaccinated and boosted against COVID-19. Vaccines have been proven to limit the spread of infections and reduce hospitalizations and deaths when breakthrough infections do occur. Vaccines, boosters, and pediatric vaccines have all been authorized as safe and effective by the Food and Drug Administration and Centers for Disease Control & Prevention.

- ❖ Vaccines are free, available, and recommended for everyone 6 months and older.
- ❖ Booster doses are free, available, and recommended for everyone 5+, talk to your health care provider about eligibility based on timing and brand
- ❖ Vaccines are available regardless of immigration status and will not limit ability to become a U.S. citizen
- ❖ Vaccines DO NOT contain pork products, egg, latex, blood products, COVID-19 virus cells, mercury, or microchips

Find appointments at healthcare sites in Seattle and throughout Washington including pharmacies, clinics, and medical providers: <https://vaccinelocator.doh.wa.gov>

Access to Free Antigen / Home-Tests

PMCCP aims to ensure access to timely diagnostic testing for students and staff with symptoms or who were potentially exposed and want to test. **Antigen Home Tests are available from our office** for staff and families. In addition, the following trusted and accessible community-based testing providers can be used for PCR testing.

FREE TESTS AVAILABLE in the PMCCP OFFICE-- stop by office to request testing kits.

Say Yes! COVID Test

Washington State Department of Public Health is offering free, rapid, at-home COVID-19 test kits to families in King County. Households can order 1 or 2 free kits a month through this website. Kits will be delivered directly to your home. <https://sayescovidhometest.org>

At-home COVID-19 Tests Covered by Insurance

Most health insurance plans, including Medicare Part B, will cover the cost of at-home COVID-19 tests. Please check with your health insurance provider for details.

Free Testing Sites

CURATIVE: <https://curative.com/#9/47.5431/-122.3786>

KING COUNTY: <https://kingcounty.gov/depts%20/health/covid-19/testing.aspx>

UW MEDICINE: <https://www.uwmedicine.org/coronavirus/testing>

Ventilation

PMCCP implements the following:

- ❖ PMCCP has a HVAC system with regularly replaced MERV 13 filters.
- ❖ The HVAC system is maintained by our contracted HVAC specialist who routinely replaces the filters and checks for the system's ventilation and air filtration capabilities for each area of the building.
- ❖ All classrooms have ceiling fans and windows that open to allow fresh air to circulate. Ceiling fans can reverse the flow direction to draw air upward, if needed.
- ❖ Portable HEPA air cleaners are provided to increase filtration in rooms without windows

Handwashing

Frequent handwashing is encouraged and practiced in each classroom at PMCCP to prevent contracting and spreading illnesses, including COVID 19. Teachers provide instruction that teach children proper handwashing skills and reinforce healthy habits in the classrooms. Staff practice and model proper handwashing etiquette as well.

Cleaning and Sanitizing

High-touch surfaces such as doorknobs, faucet handles, check-in counters, and restrooms are cleaned and sanitized daily and as needed. In general, cleaning and sanitizing these areas daily is enough to sufficiently remove potential virus that may be on surfaces. Hands are washed after cleaning.

Sanitizing solutions are made with diluted bleach and water, and the proper concentration is measured and prepared daily. Surfaces are pre-cleaned before applying sanitizer and set down for 2 minutes. Alcohol wipes or 70% isopropyl alcohol wipes are used to clean keyboards and electronics. All chemicals are kept out of reach of children.

SECTION 3: Additional Resources

Financial Help:

- PMCCP COVID Classroom Closure Emergency Fund for Families. Contact Kelly for more information: kelly@pikemarketkids.org
- Overview of national programs that provide resources for paying bills [Help with Bills | USAGov](#)
- WA 211 [Home - Washington 2-1-1 - WA 2-1-1 \(wa211.org\)](#)
- King County Child Care Financial Assistance Program: [Child Care Resources](#)
- [Coronavirus Advice for Consumers: Avoid Coronavirus Scams](#)
- [Information on What To Do Around If You Can't Pay Credit Card Bills](#)
- [National Foundation for Credit Counseling - Credit Card Debt Support](#)
- Student Federal Loan support [Get Temporary Relief | Federal Student Aid](#)
- [Support on Insurances During COVID-19](#)
- [Dept of Housing and Urban Development Approved Housing Counseling Agencies](#)
- City of Seattle resource: [COVID-19 Assistance and Economic Relief - COVID-19 | seattle.gov](#)

Food resources:

Expedited Basic Food Program (SNAP): U.S. citizens, legal immigrants and the U.S. citizen children of noncitizens may be eligible if they are a Washington State resident and meet citizenship and income requirements. With SNAP you can buy fresh food and vegetables, snack foods, non-alcoholic beverages, and dairy products with the use of an Electronic Benefit Transfer (EBT) card.

- + Apply for SNAP [online](#) OR call the Community Health Access Program (CHAP) at [1-800-756-5437](tel:1-800-756-5437).
- + [Purchase food on Amazon using SNAP](#)
- + [Covid-19 Seattle-Area Emergency Food Resources | Tableau Public](#)
- + [Need Food? - Food Lifeline](#)
- + [Hunger Response Network - Northwest Harvest](#)
- + [SODO Community Market - Northwest Harvest](#)
- + [Sno-Valley Food Bank and Emergency Services | Hopelink](#)
- + South King County Food Coalition: [About Us \(skcfc.org\)](#)
- + [Women, Infants and Children \(WIC\) - King County](#)
- + [Washington Connection \(Your Link to Services\)](#)
- + [Food Assistance | Washington State Coronavirus Response \(COVID-19\)](#)

Rent/Mortgage support:

King County Eviction Prevention and Rent Assistance Program:

The King County Eviction Prevention and Rent Assistance Program (EPRAP) helps residents behind in rent and utility payments due to COVID-19 hardships. Eligible households throughout King County who have past due rent due to unemployment, lost wages, or health crises as a result of the COVID-19 pandemic can now apply for assistance.

The EPRAP program has limited funds and assistance cannot be guaranteed. Tenants who have already applied are not guaranteed assistance. We still encourage eligible tenants to complete the application process.

<https://kingcounty.gov/depts/community-human-services/COVID/eviction-prevention-rentassistance.aspx>

If you are behind in your rent, you can apply for eviction prevention rental assistance (which is a lottery) <https://eprap-prod.powerappsportals.us/tenant/>

[Options If You Can't Pay Your Mortgage Loan](#)

Utilities Assistance:

Low Income Home Energy Assistance Program (LIHEAP): LIHEAP assistance is now available year-round! You may now be eligible to receive assistance once every 12 months

- ❖ [Energy assistance programs for King County residents](#) Low Income Home Energy Assistance Program (LIHEAP) is a federally funded program administered by Byrd Barr Place that helps low income households, to meet their immediate home energy needs.
- ❖ City of Seattle customers can call 800-756-5437 for assistance.
 - ✦ If you live outside of the City of Seattle, please call the service provider based upon where you live:
 - ✦ South King County call: Multi-Service Center at 253-517-2263, <https://mschelps.org/gethelp/energy/energyeligibility>
 - ✦ North King County (North of NE 145th St) & East King County call: Hopelink at 425-6582592, www.hopelink.org/need-help/energy

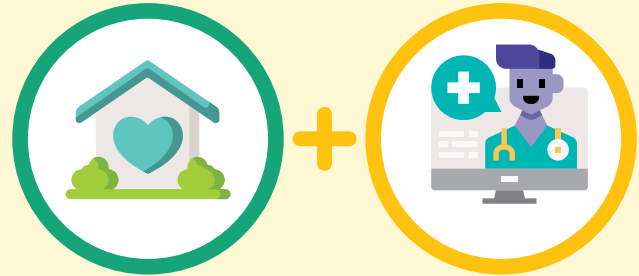
What to do if a Person is Symptomatic



This flowchart is for K-12 schools, child care, and connected extracurricular activities.

If a person has one or more of these symptoms:

- Fever ($\geq 100.4^{\circ}\text{F}$) or chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- New loss of taste or smell
- Cough (new, changed, or worsening)
- Nausea, vomiting, or diarrhea
- Fatigue
- Sore throat
- Congestion or runny nose*



Isolate at home and test for Covid-19

If the symptoms are not consistent with a diagnosed chronic illness

OR they do not receive an alternative named diagnosis from a health care provider

OR they do not get tested



They test **POSITIVE** for COVID-19



They test **NEGATIVE** for COVID-19



Isolate at home

They can return to school, child care, and activities after five days have passed since symptoms first appeared if:

1. No fever within the past 24 hours (without medication) **AND**
2. Symptoms have significantly improved

Additionally, individuals should wear a mask when around others days 6–10.**



Return to school, child care, and activities if:

1. No fever within the past 24 hours (without medication) **AND**
2. Symptoms have significantly improved

If symptoms persist, retest every 24–48 hours through at least five days after symptoms started.

Child care providers should review their WAC and licensing requirements and follow any additional measures that are required.



DOH 820-229 August 16, 2022 To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers, please call 711 (Washington Relay) or email civil.rights@doh.wa.gov.

* If the child is under the age of two and ONLY has congestion/runny nose with no other symptoms, testing and isolation is not required. If the child's symptoms worsen or persist longer than five days, follow the flowchart for children over two and it is highly recommended to contact a healthcare provider.

** If you cannot wear a well-fitting mask: You should complete a full 10-day isolation at home. See the [K-12/child care guidance](#) for additional information.

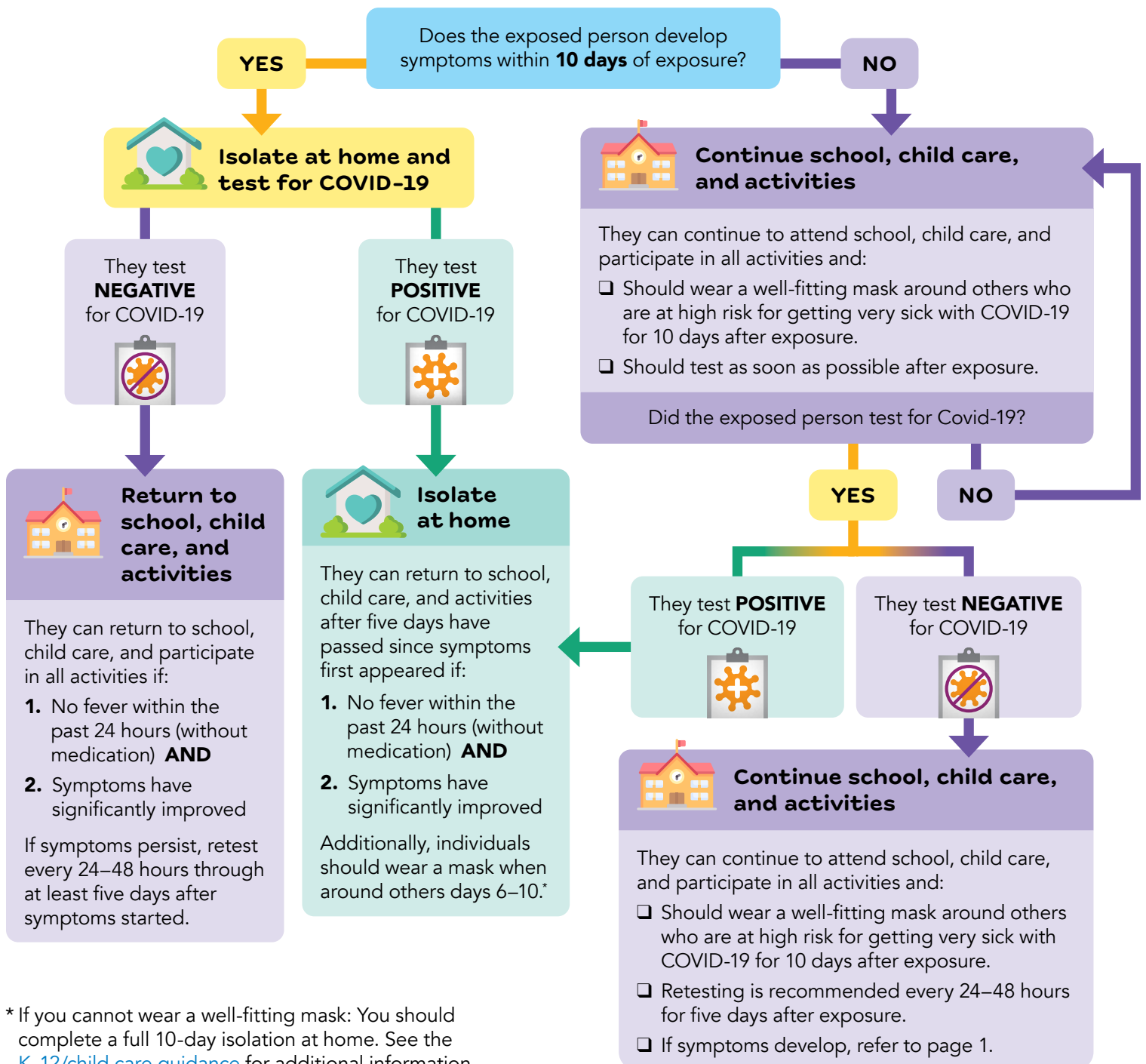
What to do if you receive an exposure notification or think you have been exposed to COVID-19



This flowchart is for K-12 schools, child care, and connected extracurricular activities.

Regardless of vaccination status, use the following guidelines:

- Continue to attend school, child care, and activities.
- Monitor for symptoms for 10 days after exposure.
- Should test as soon as possible after exposure.
- Should wear a well-fitting mask for 10 days after exposure.



* If you cannot wear a well-fitting mask: You should complete a full 10-day isolation at home. See the [K-12/child care guidance](#) for additional information.

If you see someone
wearing a mask,
consider they may:

Have **unvaccinated** family members

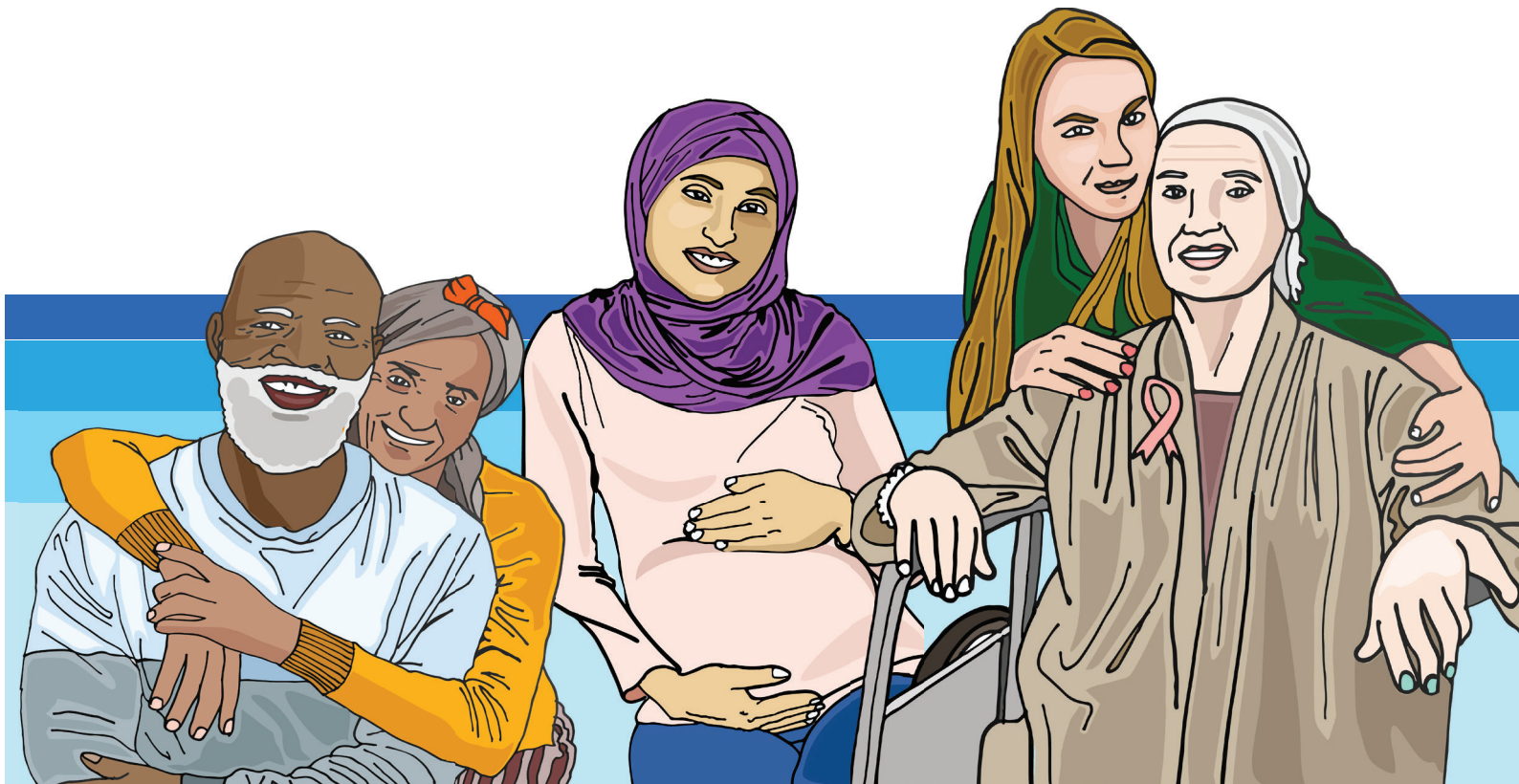
Feel ill and not want to get you sick

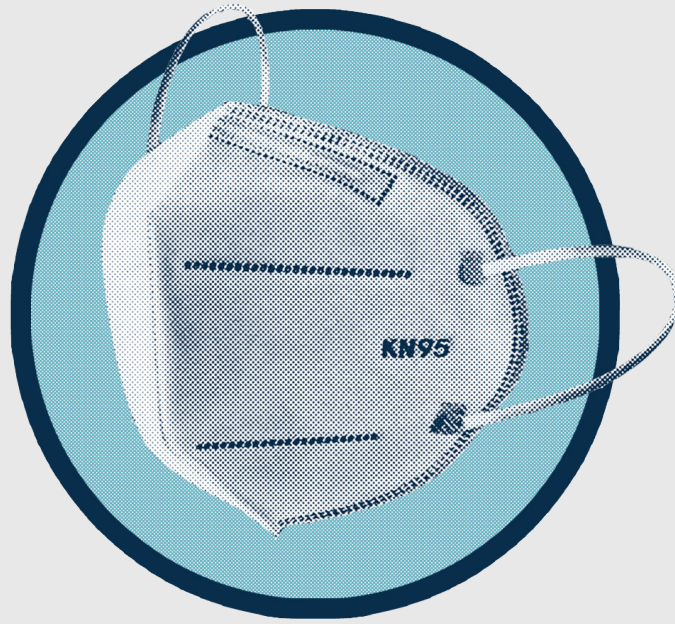
Be **immuno-compromised**

Have **high-risk** loved ones

Prefer to wear a mask

Please be kind and respect everyone's choice.





Masks

Optional

While masks are not required here, please respect those who choose to wear one.

Thank you!
