




Fall 2021

Washington State Department of Health (DOH)
and Labor & Industries (LNI) Updated Guidance

DOH Updated Guidance

*accurate as of 8-31-21

- Formal screening of students for symptoms is no longer required.
 - No longer any language about cohorting.
 - No longer any language about disinfecting shared teaching materials or PE equipment between students/cohorts - focus is on hand hygiene.
 - Masks are no longer required when outside regardless of vaccination status (staff and students) per the Secretary of Health's mask order.
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Physical Distancing

-Maintain 3 feet of physical distancing between students in the classroom whenever possible.

-The definition of a close contact in an indoor classroom is now <3 feet between students, assuming all students are masked. Adults are still expected to maintain 6 feet of distance from students.

-Maximize distance between students to the degree possible:

- For all students when masks cannot be worn, such as when eating lunch.
- In common areas outside the classroom.
- During high risk activities when increased exhalation or aerosolization occurs, such as PE/exercise, singing, or playing instruments, cheering, or shouting. These activities should be moved outdoors or to large, well ventilated spaces whenever possible. (DOH has specific guidelines for extracurricular and co-curricular activities).

-Recess...



Types of masks allowed in school

The Washington State Department of Health (DOH) has guidelines for face masks in schools. These guidelines can be summed up in two words: Fit and Layers. **DOH does not recommend the use of masks with exhalation valves or vents, or single layer bandanas and gaiters. Please be sure your student is not wearing these.** We have cloth and disposable masks available on request!

Fit: Make sure your mask fits snugly against your face, covering the nose and mouth.

CDC information about effective mask use:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/effective-masks.html>



No single layer
gaiters/bandanas -
double layer is
acceptable :)



Cleaning and Disinfecting

We now know that Covid is not readily spread via surfaces. It is possible (for example if a Covid positive individual coughs or sneezes on a surface), but not probable.

Therefore, the focus in the latest guidance is on regular cleaning, and disinfecting frequently touched surfaces each night after students leave and when someone is sick in the room (vomit, blood, feces, urine).



When do I need to stay home?

*unless the symptom is due to a known chronic health condition

Class A Symptoms:

- Fever of 100.4 or greater, or chills
- Cough
- Shortness of breath
- Loss of sense of taste or smell

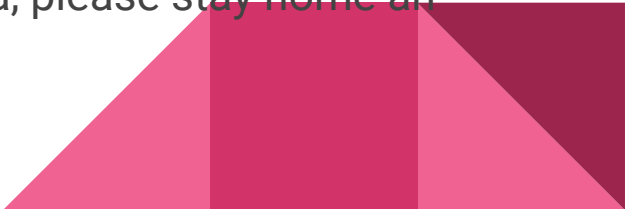
*You must stay home and get a PCR Covid test (not an antigen test) OR isolate at home for 10 days.



Class B Symptoms:


- Runny nose
- Stuffy nose
- Sore throat
- Headache
- Fatigue
- Muscle or body aches
- Nausea
- Vomiting
- Diarrhea- 2 or more watery stools in 24 hours

*If you have NOT been in close contact with anyone known to be Covid positive, and you have ONLY ONE of the above symptoms, you must stay home but may return if the symptom resolves in <24 hours. (Vomiting or diarrhea, please stay home an additional 24 hours to be sure it is gone).




Class B Symptoms, cont.

*If you have one Class B symptom that lasts >24 hours, or you have two or more Class B symptoms, stay home and notify your supervisor or building Covid supervisor. You must get a PCR Covid test (again, not an antigen/rapid antigen test) OR isolate at home for 10 days. If your Covid test is negative, you may return to work as long as symptoms are better. Your building Covid supervisor (or Terry Woodall if you do not work in a school building) will need a copy of your negative test. If your test is positive, notify your supervisor or building Covid supervisor. You will need to isolate at home for 10 days.



The bottom line: STAY HOME AND CONTACT YOUR SUPERVISOR OR BUILDING COVID SUPERVISOR WHEN:

- 1. You are unvaccinated/have a vaccine exemption and have been in close contact with someone who is Covid positive.**
 - 2. You have any Covid symptoms on the list (other than one class B symptom that lasts <24 hours with no known close contact to someone with confirmed Covid-19).**
 - 3. You test positive for Covid.**
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Covid Supervisors

- District - Terry Woodall, RN
- LTES - Mary Aspelund, RN
- DHES - Kathleen Miele, RN (also our Respiratory Protection Plan administrator)
- NTMS - Kristen Liedtke, health technician



Quarantine for Close Contact

The district has made a decision to adopt a 10 day quarantine for close contact to a Covid positive person.

- Families were confused last year.
- TPCHD said districts can make the decision on the quarantine period.
- How many people convert to Covid positive status after day 10??




-If you are fully vaccinated you do not need to quarantine, but monitor for symptoms for 14 days after last exposure to the Covid positive person. DOH recommends getting a Covid test on day 5.

-If you had a positive Covid test in the past 90 days, you do not need to quarantine, but monitor for symptoms for 14 days after last exposure to the Covid positive person.

-If you develop any Covid symptoms within 14 days after the last close contact with a Covid positive person, regardless of vaccination status, you must stay home and get a Covid PCR test OR isolate at home for 10 days.



Test to Stay

- An optional program developed by the DOH to allow unvaccinated students who are exposed to Covid at school to continue to attend school during their quarantine period.
 - Exposed, asymptomatic students test at regular intervals first thing in the morning with a rapid antigen test. Those who test negative could remain at school. Parents must sign a consent form for this option.
 - The specifics are still TBD. We have to look at the logistics for this option.
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LNI Updated Guidance

- There is no physical distancing requirement between fully vaccinated staff. Six feet of physical distancing must be maintained by unvaccinated staff.
- The district must assess medium and high risk exposures for unvaccinated staff, and high risk exposures for fully vaccinated staff.



PPE

- There are a variety of factors that need to be considered when assessing exposure risk, which include vaccination status, close proximity, enclosed or confined spaces, and poorly ventilated areas.

-Fully vaccinated staff: if the sole reason you had to wear a fitted respirator (N95 or KN95) or surgical mask/KN95 with a shield was due to working in close proximity to students, you may now wear a surgical mask or KN95. (Employees may always choose to wear a higher level of PPE if they desire, although we are not required to fit test employees who choose to wear an N95 even though their job exposure does not require it).



HOWEVER, if there are other factors, such as working in close proximity to an unvaccinated student who cannot wear a mask, there is increased respiratory output due to strenuous activity/singing/shouting, assessment near the face/respiratory zone, etc, you may need to wear a respirator.

-The option to wear a surgical mask/KN95 with a face shield in lieu of a fitted respirator has been removed due to anticipated availability of N95 masks.

Kathleen Miele, RN, is the administrator of our Respiratory Protection Program and will be identifying the risk exposures.

LNI plans to issue updated clarifying guidance within the next couple of weeks to help the district with this process.

