



# Eastside Christian School

ACADEMIC EXCELLENCE • COMMITMENT TO CHRIST

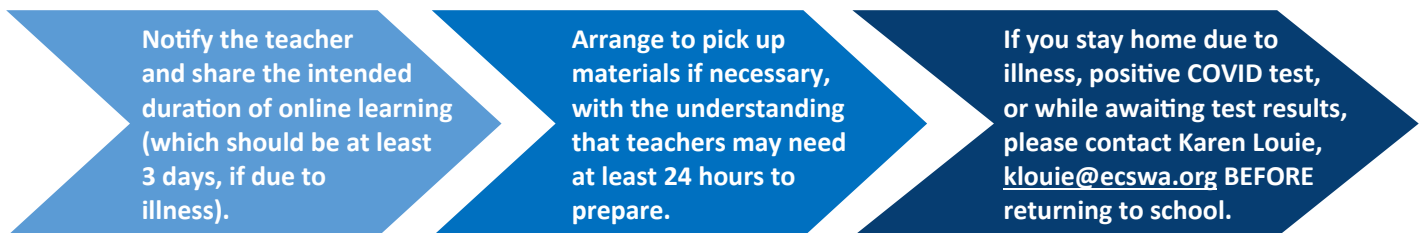
## WHEN TO STAY HOME OR SELF-QUARANTINE

**If your child is experiencing any type of cough, congestion, fever, or loss of smell or taste, you need to keep them home.** They are welcome to attend school through our virtual program.

**If you travel or host visitors in your home (thereby increasing the chances that your family is exposed to COVID), your child needs to quarantine and stay home from school.** A full 14-day quarantine is still the recommendation of the state of Washington and ECS continues to follow those guidelines. We have both teachers and families that are self-quarantining, and the entire community deeply appreciates their actions to help keep both students and teachers safe who are physically on campus. All quarantining students are welcome to attend school through our virtual program.

**If your child is staying home, please communicate to us ASAP** (preferably with 24-hour advance notice, if possible) by following the process below:

### Procedures for in-person student going online temporarily:



Please note: We DO NOT offer a hybrid program where students can choose to hop in and out between online and in-person program.

More detailed information about when to stay home/self-quarantine is included below.

## Guidance for Returning to School Following Illness or COVID-19 Exposure

This guidance outlines when students or staff can return to school.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- o **More Common:** fever of 100.4°F or higher, chills, muscle or body aches, cough, shortness of breath or difficulty breathing, new loss of taste or smell, nausea or vomiting.
- o **Less Common:** fatigue, stomachache, headache, sore throat, congestion or runny nose, diarrhea.

### When people with **ONE "LESS COMMON"** symptom can return to school

- 1) 24 hours after symptom has dissipated.

*Siblings can continue to attend school.*

### When people with **ONE "MORE COMMON"** or **TWO "LESS COMMON"** symptoms can return to school

**If they are not tested for COVID-19:**

- 1) 72 hours fever-free without the aid of fever-reducing medication **AND**
- 2) 14 days since symptoms began **AND**
- 3) All symptoms have dissipated.

*Siblings must stay home and quarantine for 14 days.*

**If they are tested for COVID-19 and receive a negative test result or alternative diagnosis is received:**

- 1) 72 hours fever-free without the aid of fever-reducing medication **AND**
- 2) All symptoms have dissipated.

*Siblings can continue to attend school.*

### When a **CLOSE CONTACT** of someone with confirmed COVID-19 can return to school:

A **close contact** is anyone who meets any of the following:

- o Living in the same household as a person with COVID-19, **OR**
- o Caring for a person with COVID-19, **OR**
- o Being within 6 feet of a person with COVID-19 for at least 15 minutes, **OR**
- o Being in direct contact with saliva or other body secretions from a person with COVID-19 (e.g., being coughed on, kissing, sharing utensils, etc.).

Close contact definition still applies even when a person with COVID-19 or the close contact wore a cloth face mask or shield.

- 1) 14 days since last exposure to person with confirmed COVID-19.

*Siblings can continue to attend school.*

*If the close contact becomes symptomatic or tests positive for COVID-19 during their 14-day quarantine period, he/she **must follow a new period of isolation** based on the other scenarios described in this guidance.*

## When people with **CONFIRMED COVID-19** can return to school

**Confirmed COVID-19:** a person (with or without symptoms) who received a positive result from a COVID-19 laboratory test.

### **If they have symptoms:**

- 1) 72 hours fever-free without the aid of fever-reducing medication **AND**
- 2) 14 days since symptoms began **AND**
- 3) All symptoms have dissipated **AND**
- 4) Receive a negative test result.

*Siblings must stay home and quarantine for 14 days.*

### **If they do not have symptoms:**

- 1) 14 days since their COVID-19 test **AND**
- 2) Have not developed symptoms **AND**
- 3) Receive a negative test result.

*Siblings must stay home and quarantine for 14 days.*

### **Notify the school immediately if:**

- o Someone in the student or staff's home tests positive for COVID-19, **OR**
- o The student or staff were in close contact with someone confirmed to have COVID-19.

### **If a student or staff member tests positive for COVID-19:**

- o The student or staff member must stay home or will be sent home immediately.
- o If a student or staff member tests positive for COVID-19, all grade-level students and grade-level teaching staff will be sent home immediately. Schooling will continue through Virtual-ECS for that grade-level.
- o Siblings of a student in the impacted/quarantined grade-level may continue to attend school, but efforts should be made at home to limit the exposure of the other children to the sibling from the impacted grade level.

### **COVID-19 testing sites:**

- o <https://kingcounty.gov/depts/health/covid-19/testing.aspx>