



Eastside Christian School

ACADEMIC EXCELLENCE • COMMITMENT TO CHRIST

WHEN TO STAY HOME OR SELF-QUARANTINE

If your child is experiencing fatigue, headache, muscle pain/body ache, sore throat, congestion/runny nose, nausea, vomiting, or diarrhea for more than 24 hours you need to keep them home. They are welcome to attend school through our virtual program. Please follow the current [King County guidelines](#) to determine when your child may return to school.

If you travel by car, please take the following steps to protect yourself and others:

Wear a mask over your nose and mouth.

Avoid crowds and stay at least 6 feet (about 2 arm lengths) from anyone who is not traveling with you.

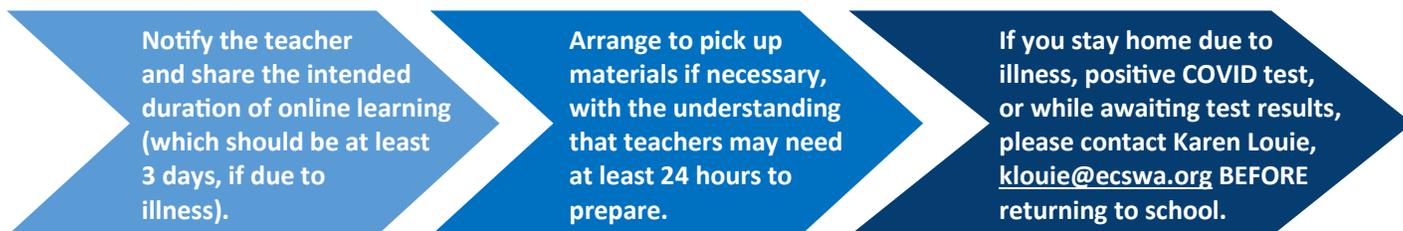
Wash your hands often or use hand sanitizer (with at least 60% alcohol).

If you travel by plane, please follow the current CDC guidelines related to COVID testing and quarantine for [domestic](#) and [international](#) travel. A 7- to 10-day quarantine is the CDC recommendation, and ECS continues to follow these guidelines.

The entire community deeply appreciates your actions to help keep both students and staff 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:

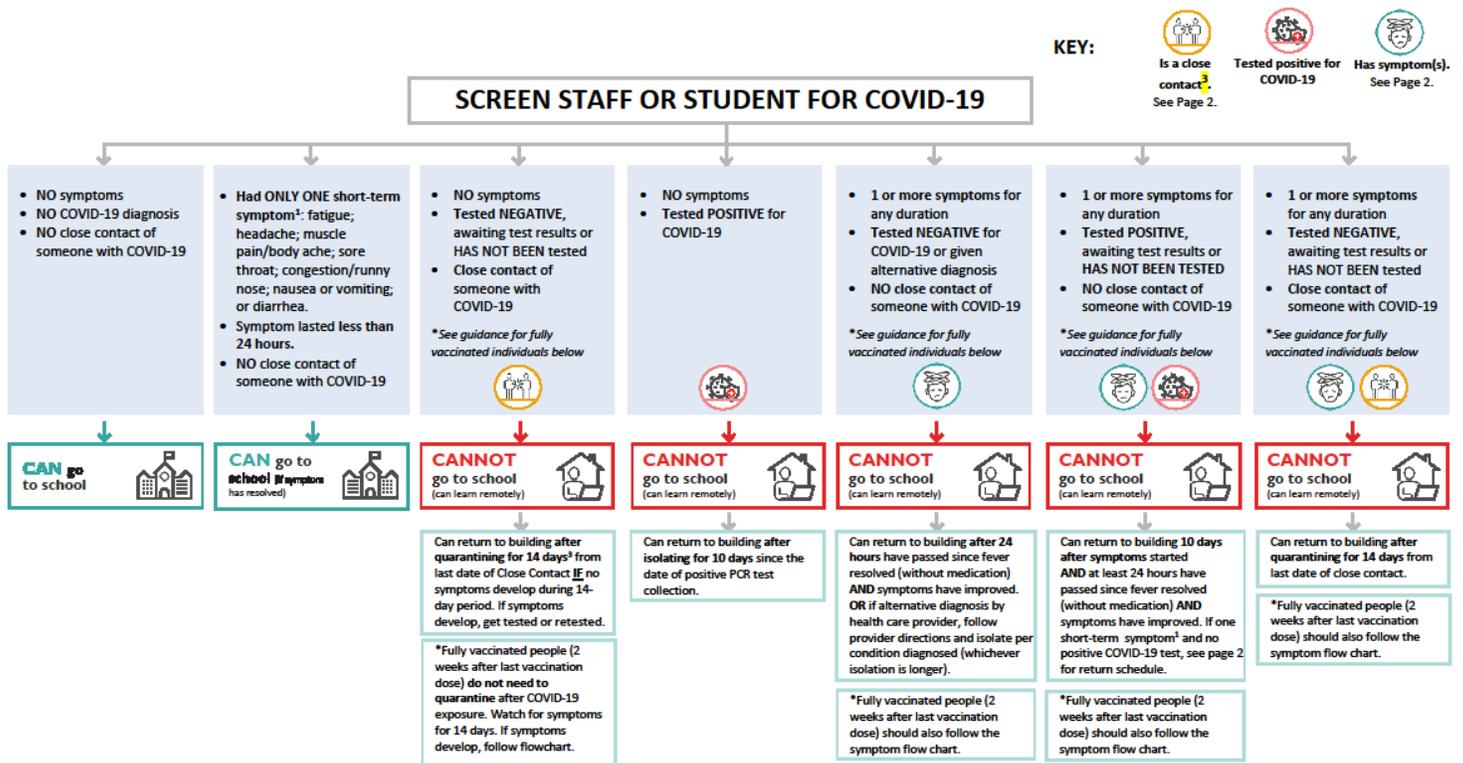


Please note: We DO NOT offer a hybrid program where students can choose to hop in and out between online and in-person program.

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

(May, 2021)

COVID-19 Return to Work/School Flow Chart



Updated May 16, 2021. Adapted from document of Health Officers in Clark, Cowlitz, Klickitat, Pacific, Skamania, and Wahkiakum Counties.

COVID-19 Return to Work/School Flow Chart

COVID-19 SYMPTOMS²

- Fever (100.4°F / 38°C or higher)
- Cough
- Loss of taste or smell
- Chills
- Shortness of breath or difficulty breathing
- Fatigue
- Headache
- Muscle pain or body aches
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

²That are not explained by a preexisting condition, such as asthma.

¹A short-term symptom is defined as: A person has **only one of the following symptoms** (fatigue; headache; muscle pain or body aches; sore throat; congestion or runny nose; nausea or vomiting; or diarrhea) **AND** the symptom begins and resolves in less than 24 hours **AND** no known COVID-19 exposure (close contact).
A person can return to school the next day if the short-term symptom resolves. A COVID-19 test is not required.

CLOSE CONTACT DEFINITION³

“Close Contact” includes anyone in one or more of the following categories:

- Been within 6 feet (2 meters) of a person with COVID-19 for a combined total of 15 minutes or more within a 24-hour period
- Live in the same household as a person with COVID-19
- Cared for a person with COVID-19
- Been in direct contact with saliva or other body secretions from a person with COVID-19 (for example: been coughed on, kissed, shared utensils, etc.)

Public Health will help identify close contacts.

If you’ve been exposed to someone with COVID-19 and you have no symptoms, Public Health recommends the following:

- Stay in quarantine for 14 days after your last contact. This is the safest option.
- If this is not possible, stay in quarantine for 10 days after your last contact, without additional testing.
- If the first two options are not possible, stay in quarantine for 7 full days beginning after your last contact **and** if you receive a negative test result (get tested no sooner than day 5 after your last contact). This option depends on availability of testing resources and may not be recommended in some settings.

**Fully vaccinated people (2 weeks after last vaccination dose) with no symptoms do not need to quarantine after COVID-19 exposure. Watch for symptoms for 14 days. If symptoms develop, follow flowchart.*

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