



COVID-19 Requirements and Guidelines

Reviewed and Updated 5/1/2022

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.

Employee COVID-19 Vaccination

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

Exclusion of People with 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.

Symptoms:

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

We can't know if symptoms listed in the screening are COVID-19, the flu, or a cold because COVID symptoms mimic so many other typical childhood illnesses, it's very hard to tell. That's why we are being diligent with our screening process. If your child has any of the symptoms listed, please test your child for COVID-19.

Keeping children home when they are sick helps prevent the spread of all illness at PMCCP.

When to Keep Your Child Home From School

If your child has any of the above COVID 19 symptoms, even if symptoms are mild, they need to stay home and be tested for COVID-19 before they can return to school.

Your child can return to school when:

- ◇ Your child tests negative for COVID-19 (please provide test results to the office), **AND**
- ◇ At least 24 hours since fever has resolved (without use of fever-reducing medication), **AND**
- ◇ Symptoms have significantly improved

Returning to PMCCP after Exposure to COVID-19 (Quarantine)

1. **Unvaccinated students** who have been exposed to a positive COVID-19 case are required to quarantine at home. The quarantine period is 10 full days from the exposure. ***If the exposure happened in the household**, then Day 0 is the day that the positive case developed symptoms or tested positive for COVID-19.

Blue Sky, Moon Beam and Rainbow Bird Students and all staff may return to PMCCP on days 1-10 of the 10-day quarantine period **IF**:

- ◇ They are asymptomatic, **AND**
- ◇ They are without a fever for the past 24 hours without use of fever-reducing medications, **AND**
- ◇ Provide PMCCP staff proof of a Negative test result with an at-home test on days 1-10 before coming into school, **AND**
- ◇ Be able to wear a well-fitted mask throughout the school day.

Alternatively, a quarantine period for the full 10-days from the exposure is required. The date of exposure is day 0. PMCCP will determine the exposure periods in writing.

Busy Bee students will need to quarantine for 10-days from the exposure date because they are unable to wear a well-fitted mask throughout the school day.

2. **Vaccinated students and staff** who come into close contact with someone with COVID-19 do not need to quarantine or TEST-to-STAY if they:
 - ◇ have completed the primary series of COVID-19 vaccines & are symptom-free, **OR**
 - ◇ had confirmed COVID-19 case within the last 90 days and are symptom-free, **AND**
 - ◇ are asymptomatic, **AND**
 - ◇ wear a well-fitted mask throughout the school day.

Returning to PMCCP after confirmed COVID-19 illness (Isolation)

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

Blue Sky, Moon Beam and Rainbow Bird Students and all 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, **AND**
- ◇ Be able to wear a well-fitted mask throughout the school day

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

Busy Bee students will need to isolate for the full 10-days from the onset of symptoms or a positive COVID test because they are unvaccinated and unable to wear a well-fitted mask throughout the school day.

Access to Free Diagnostic Testing for COVID-19

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.

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://sayyescovidhometest.org>

COVID.GOV

You can order 2 boxes (4 tests total) from the US Government by visiting the website below. Every home in the U.S. is eligible to order 2 sets of 4 free at-home tests. If you already ordered your first set, order a second today.

https://www.covid.gov/tests?utm_source=standalone&utm_medium=email_free&utm_campaign=&utm_content=

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.

Most customers can receive a maximum of 8 no-cost COVID-19 tests per insured person per month. Other at-home tests may be covered by insurance as a reimbursable expense if you save your receipt. Reach out to your health insurance plan for details.

Each person covered by a health insurance plan is eligible to receive no-cost tests, including dependents of the insured person. As of April 2022, customers covered by Medicare Part B are also now eligible for this program.

Under most insurance plans, each person covered can receive up to 8 no-cost tests per month.

PMCCP Office Has Tests Available

We have a limited supply of tests available for families who are in need. Be sure to stop by and ask Lesa, Kelly, or Erika for tests if you have a need.

Free Testing Sites

- CURATIVE: <https://curative.com/#9/47.5431/-122.3786>
- TESTING LOCATIONS in KING COUNTY: <https://kingcounty.gov/depts/health/covid-19/testing.aspx>
- UW MEDICINE: <https://www.uwmedicine.org/coronavirus/testing>

TEST to STAY

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. Test-to-Stay is a modified quarantine and isolation protocol.

Staff and students may return to PMCCP using a TEST-to-STAY protocol if they:

- ◇ Are tested serially over mornings 6-10 of the 10-day quarantine or isolation period , **AND**
- ◇ Are asymptomatic, **AND**
- ◇ Have been fever free for at least 24 hours without fever reducing medication, **AND**
- ◇ Negative test results are shared with the PMCCP office prior to being dropped off at school.

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.
- ◇ The child's ability to wear a well-fitted mask for most of the school day (except meals and naps).
- ◇ Busy Bee age and younger are not eligible for a TEST-to-STAY protocol.

Returning to PMCCP after Travel

After travel by plane, ship, or train: You or your child might have been exposed to COVID-19 on your travels. You might feel well and not have any symptoms, but you can still be infected and spread the virus to others. People who are not fully vaccinated are more likely to get COVID-19 and spread it to others.

For this reason, **PMCCP is requiring that unvaccinated students either**

- test to return to school after traveling by plane, train, or cruise ship for 5 days after travel. Negative test results must be provided prior to coming to school, **OR**
- stay home and self-quarantine for a full 5 days after travel.

For example, if I traveled by plane with my unvaccinated child and we returned from travel on a Sunday:

- I would monitor for symptoms and provide a negative Antigen or PCR test result to PMCCP on Monday morning (day 1), Tuesday morning (day 2), Wednesday morning (day 3), Thursday morning (day 4), and Friday morning (day 5) before dropping my child off to school each of these days.
- If there was a positive test result, I would need to have my child isolate, and follow the guidance provided by the [CDC](#).

Alternatively, I could keep my child home and self-quarantine for 5 days following air, train, or ship travel.

Follow additional recommendations by the [CDC](#) for vaccinated and unvaccinated travelers.

Masks Required

All staff, families, youth, and children 5 years of age or older are *required* to wear a mask that covers their nose and mouth while inside PMCCP, regardless of vaccination status unless sleeping, eating, or drinking. Face masks will be available for both children and adults, if needed.

Indoors: CDC *recommends* universal masking in ECE programs for everyone two years of age and older, regardless of vaccination status.

PMCCP is asking students in the Blue Sky, Moon Beam, and Rainbow Bird rooms all practice mask-wearing with well-fitted masks while indoors.

Outdoors: Masks are optional on the outdoor playground, regardless of vaccination status.

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.

Section 2: Strategies for Layered Protections

Vaccination

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 5+
- ◇ Booster doses are free, available, and recommended for everyone 12+, 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>

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 are of the building.
- ◇ All classrooms have ceiling fans and windows that open to allow fresh air to circulate. Ceiling fans are able to 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 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 precleaned 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.

Access to Free Tests

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Most customers can receive a maximum of 8 no-cost COVID-19 tests per insured person per month. Other at-home tests may be covered by insurance as a reimbursable expense if you save your receipt. Reach out to your health insurance plan for details.

Each person covered by a health insurance plan is eligible to receive no-cost tests, including dependents of the insured person. As of April 2022, customers covered by Medicare Part B are also now eligible for this program.

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

SECTION 3: Additional Resources

Financial Help:

- PMCCP COVID Classroom Closure Emergency Fund for Families. Contact Kelly for more information: kelly@pikemarketkids.org
- Department of Revenue, taxes support [Business Relief During COVID-19 Pandemic | Washington Department of Revenue](#)
- Overview of various 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 non-citizens 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](#).
- [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-rent-assistance.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) [Energy assistance programs for King County residents - King County](#)

- 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.
- **LIHEAP assistance is now available year-round! You may now be eligible to receive assistance once every 12 months**
- City of Seattle customers can call 800-756-5437 (Public Health — Seattle & King County CHAP Line) 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 425-658-2592, www.hopelink.org/need-help/energy

Access & Outreach Program:

Connecting you to medical providers, health insurance options, and many essential services from food and energy assistance to breast cancer and dental care options in King County. [Access and outreach program - King County](#)