

## Each day before campus entry

The following requirements are infection control measures implemented to prevent campus access by individuals confirmed or suspected to be infected with COVID19. Each day (ideally before you come to campus) fill out the [Daily Wellness Screening](https://forms.office.com/r/7UvrsHYY02) Form available at <https://forms.office.com/r/7UvrsHYY02>.

**A QR-code to access the Daily Wellness Screening is available here:**

This form serves not only to educate people on the colleges' isolation/quarantine requirements, but also to collect important information necessary for contact-tracers to effectively respond to an on-campus COVID19 case report. By providing your own personal-phone number and contact information, the contact-tracers will be able to quickly and directly notify you if/when they discover you've been potentially-exposed. The collected data is available – only – to trained public health professionals. The information is held to ADA/FERPA confidentiality standards and will not be shared with any other parties.



## While On-campus

The following requirements are infection control measures implemented to protect against the potential asymptomatic COVID19 case.

- **In all indoor, public settings, wear a face covering** that fully covers the mouth-and-nose.
  - The **only exceptions** are if an individual is working alone (with no chance of human interaction); they must have a face covering on-hand to put on at any time another person may enter their space.
  - **Exceptions DO NOT include**
    - Situations that would result in repeated putting-on and taking-off the face covering several times a day.
    - Face shields without a face covering<sup>1</sup>.

---

<sup>1</sup> For communication with people speaking English as a second language or those who are hearing impaired and communicate via face and body language, contact [healthandsafety@seattlecolleges.edu](mailto:healthandsafety@seattlecolleges.edu) for planning and support.

\* **Remember**, wash or sanitize your hands after putting-on, taking-off, or adjusting the face covering. Wash your hands with soap and water after using the toilet and before eating, drinking, smoking, or vaping.

- Physical-distancing is no longer mandated but in all practical cases and as much as possible, please continue to maintain at least 3-feet of physical-distance from those you don't live with.
- Practice good respiratory etiquette by cough or sneezing into the inside of your elbow – not your hands. Do not remove your mask to cough or sneeze. Immediately, wash or sanitize your hands.
- Please take a few minutes to familiarize yourself with your position roles and responsibilities, as detailed in Seattle Colleges' District health and safety policies & [procedure #209](#).

**Instructors and Supervisors must** plan to be flexible in accommodating for COVID19 related absenteeism

- Send home any visibly ill student or employee who works/studies under your direct report.
- Students are not to be penalized for COVID19 related isolation/quarantine. Instructors are to have a plan, beforehand, on how they will accommodate COVID19 related absences.
- Maintain flexible policies that permit students to stay home to care for a sick family member.
- Ensure students (and employees) are aware of the accommodations process for those at [increased-risk for severe illness from COVID19](#) and how to apply. A student handout is available here: <https://www.seattlecolleges.edu/sites/seattlecolleges.southseattle.edu/files/inline-files/disability-resource-flyer.pdf>.

**Other important things to note:**

- If someone tells you they have COVID19 or been exposed, direct them to contact [healthandsafety@seattlecolleges.edu](mailto:healthandsafety@seattlecolleges.edu). **And report** the situation to H&S (not others) so that, if they do not report, contact-tracers can rapidly respond in a confidential and professional manner.
- Faculty, staff, and students are not to be making announcements about someone else's personal health situation (even if the information is volunteered to you). Communications of that kind are managed by trained and authorized officials, only.
- Faculty, staff, and students do not have the right to ask for diagnostic information – such as COVID19 test results – especially, if you are in a position of authority.
- If instructors want validation on a COVID19 related absence, they can direct the student to obtain and provide a written declaration from H&S by reporting their situation to [healthandsafety@seattlecolleges.edu](mailto:healthandsafety@seattlecolleges.edu).

**Cleaning & Disinfection**

All campus entrants are encouraged to take part in cleaning up after oneself – to prevent the spread of infection of your germs to other on-campus occupants and visa-versa. This includes:

- Disinfecting the horizontal surfaces and high-touch points within your workspace before & after working in the space.
- Read the label and precautionary statements and follow all instructions and trained disinfection procedure (remember: spray-wipe-spray and wipe-discard-wipe).
- Do not allow student access to college provided chemical disinfectants without direct supervision and instruction on the appropriate procedures.
- Your campus' custodial team works hard to daily clean & disinfect all occupied spaces, according to [district COVID19 hygiene standards](#). As you see them throughout the school day, please help us in expressing appreciation and gratitude for these essential workers who have been onsite throughout the entire duration of this pandemic.

## COVID19 Related Isolation & Quarantine Standards for Seattle Colleges

**There are no cases** that an instructor or other college authority or representative is able to grant new exceptions to masking or absenteeism policies for their own division. Here are the procedures for [how to manage mask non-compliance](#). Below is a summary of various scenarios that a student or employee might have a COVID19 related absence from school and work.

### COVID19-like Symptoms

People with any of the following symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath (difficulty breathing)
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore (or scratchy) throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

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. Anyone can have mild to severe symptoms.

### Isolation

Isolation to prevent spreading infectious disease, is when a sick person is separated from others for the full-duration of their potentially contagious period. The date that symptoms develop is considered day 0 (zero). The first full day after symptoms develop is **day 1 of isolation**.

**Isolation means** to stay home. Do not come to campus.

- Monitor your symptoms. If you have an [emergency warning signs](#) (including trouble breathing), seek emergency medical care immediately.
- Stay in a separate room from other household members, if possible. Do not have visitors.
- Use a separate bathroom, if possible.
- Avoid contact with other members of the household and pets.
- Wear a well-fitting mask when you need to be around other people in the household.
- Don't share personal household items, like cups, towels, and utensils.
- Take steps to improve ventilation at home, if possible.

Learn more about [what to do if you are sick](#) and how to [notify your contacts](#). Notify [healthandsafety@seattlecolleges.edu](mailto:healthandsafety@seattlecolleges.edu) for confidential, contact-tracing support.

## Quarantine

**Quarantine is** when a health person isolates for the period that they might become contagious due to an exposure event. The date of your exposure is considered day 0. Day 1 is the first full day after your last contact with a person who is infected with COVID19. Stay home and away from other people for the full duration of the prescribed quarantine period. Contact [healthandsafety@seattlecolleges.edu](mailto:healthandsafety@seattlecolleges.edu) for support in evaluating the situation, risk, and date for a safe exit from quarantine.

## Exposure Events

**An exposure event is** having close-contact with a person confirmed (by a positive test result) to be infected with COVID19 within 48 hours before or while they are experiencing symptoms. People who have close contact to someone with COVID-19 after they completed at least 5 days of isolation are not considered exposed. If the person confirmed to be infected with COVID19 did not experience symptoms, the exposure event would be having close-contact within 48 hours before and/or 5 days after the positive test was sampled. An exposure event does include receiving a text-based notification from Washington State Department of Health (via WA Notify) or contact-tracer notifications.

**Close-contact is** directly touching, being intimate with, or being closer than 6 feet away from a person for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute contacts for a total of 15 minutes is direct-contact.

## Why get tested?

Seattle Colleges does not practice a test-based strategy for returning to school/work from isolation. Anyone who experiences the COVID19-like symptoms must isolate for the full duration of the isolation period – regardless of test results – especially if you’ve had an exposure event. Any person experiencing [COVID19-like symptoms](#) should get a rapid antigen test, as soon as possible. This is because infected people can be contagious up to 48 hours before they develop symptoms. If you test positive, notify [healthandsafety@seattlecolleges.edu](mailto:healthandsafety@seattlecolleges.edu) that contact-tracers can immediately respond to confidentially notify those who might have been exposed.

Situation	Steps to take	When can you return to campus?
<p>You have symptoms or tested positive for COVID19?</p> <p>*<a href="#">click here</a> for symptoms of COVID19.</p>	<p><b>Isolate for 5 days</b> after your symptoms began.</p> <p>If you have no symptoms, isolate for 5 days from when positive test was sampled.</p> <ul style="list-style-type: none"> <li>Do this no matter what your vaccination status may be.</li> <li>Do this no matter what your COVID19 test results may be. *<a href="#">click here</a> for why you should get tested.</li> </ul> <p>*<a href="#">click here</a> for what it means to isolate</p> <p>*<a href="#">click here</a> for COVID19 emergency warning signs</p>	<p><b>If symptoms are still present on day 5</b>, do not exit isolation until symptoms have improved and you have not had a fever for 24 hours.</p> <ul style="list-style-type: none"> <li>Taking medicine to reduce a fever does not count as being fever free.</li> <li>Taking medicine to alleviate symptoms does not count as improved symptoms.</li> </ul> <p><b>If you have no symptoms on day 5</b>, you may return to campus and must <b>wear a KN95 mask</b> on campus <b>for 5 additional days</b>.</p>
<p>You have been exposed to someone infected with COVID19.</p> <p>*<a href="#">click here</a> for the definition of exposure.</p>	<p><b>Quarantine for 5 days</b> from the date of exposure.</p> <ul style="list-style-type: none"> <li>Do this no matter what your vaccination status may be.</li> <li>Take a <b>rapid antigen test on day 5</b> (before exiting quarantine). If positive, continue to quarantine for an additional 5 days (total of 10 days from the date of exposure).</li> </ul> <p>*<a href="#">click here</a> for what it means to quarantine</p>	<p>If you test negative or do not have symptoms, you can return to campus <b>after five days</b> from the exposure event. You must <b>wear a KN95 mask</b> on campus <b>for 5 additional days</b>.</p>
<ul style="list-style-type: none"> <li>You are living with someone who has COVID19.</li> <li>You are living with someone who has symptoms but unable to get tested for COVID19.</li> </ul>	<p><b>Quarantine.</b> Do not come to campus until you have clearance from H&amp;S.</p>	<p>Contact <a href="mailto:healthandsafety@seattlecolleges.edu">healthandsafety@seattlecolleges.edu</a> for a situation specific evaluation and declaration of a safe campus return date.</p>
<ul style="list-style-type: none"> <li>You live with someone who has been exposed (in quarantine) but they have no symptoms and have not yet been tested for COVID19 (or they tested negative).</li> <li>You are living with someone who has symptoms but tested negative for COVID19.</li> </ul>	<p>You are <b>not required to quarantine</b> but if they develop symptoms, immediately go/stay home and contact <a href="mailto:healthandsafety@seattlecolleges.edu">healthandsafety@seattlecolleges.edu</a>.</p> <p><b>If they develop symptoms or test positive</b> for COVID19, follow instructions for the above situation of "living with someone who has COVID19."</p>	<p>Contact <a href="mailto:healthandsafety@seattlecolleges.edu">healthandsafety@seattlecolleges.edu</a> for a situation specific evaluation and declaration of a safe campus return date.</p>