

## 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](#) 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 essential 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 notify you quickly and directly if/when they discover you have 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

While the colleges **encourage students, faculty, and staff to continue to wear a mask** in crowded public spaces and areas where distancing may be difficult – those who are healthy and vaccinated may choose for themselves whether they wear a mask.

Masking will continue to be **required in some situations:**

- Clinical and other health-care settings and educational programs (dental hygiene, respiratory care, nursing, EMT, NA-C (Nursing Assistant Certified), etc.)
- Any individual who is **ill or tested positive for COVID19 must wear a KN95 for 10 days (about 1 and a half weeks)** after symptoms developed (or – if asymptomatic – 10 days (about 1 and a half weeks) after the test event) and follow designated isolation standards.
- Any individual who has been **exposed to someone infected with COVID19 must wear a KN95 for 10 days (about 1 and a half weeks)** after the exposure event and follow designated quarantine standards.

\* **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 do not live with.
- Practice good respiratory etiquette by coughing 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 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, for 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, direct them to complete [The COVID 19 \(+\) Positive or Symptoms Form](#). 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 given 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 [The COVID 19 \(+\) Positive or Symptoms Form](#).

**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 students 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** where an instructor or other college authority or representative can 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 (about 2 weeks) after exposure to the virus. Anyone can have mild to severe symptoms.

### Isolation

Isolation to prevent the spread of 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.
- Do not 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 [The COVID 19 \(+\) Positive or Symptoms Form](#).

## 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. Complete [The COVID 19 \(+\) Positive or Symptoms Form.](#)

## 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 (about 2 days) before or while they are experiencing symptoms. People who have close contact with 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 (about 2 days) 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 are direct-contact.

## Why gets 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 have 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 for up to 48 hours (about 2 days) before they develop symptoms. If you test positive, Complete [The COVID 19 \(+\) Positive or Symptoms Form.](#)

Situation	Steps to take	When can you return to campus?
<p>You have symptoms or have you 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</b> on day 5, 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>If you are <u>not up to date on your vaccines</u>, <a href="#">Quarantine for 5 days from the date of exposure</a>.</b></p> <ul style="list-style-type: none"> <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 (about 1 and a half weeks) from the date of exposure). Let us now if you test positive or have symptoms.</li> <li><a href="#">The COVID 19 (+) Positive or Symptoms Form.</a></li> <li>If you do not have symptoms or test positive on day 5, you can return on day 6, but monitor yourself for symptoms for 14 days (about 2 weeks). Continue to wear a KN95 mask on campus.</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> <p>You can return to campus if you are up to date on your vaccines if you were exposed immediately, but you must wear a KN95 mask for 10 days (about 1 and a half weeks) and monitor yourself for symptoms for 14 days (about 2 weeks). If you develop symptoms or test positive:</p> <p><a href="#">The COVID 19 (+) Positive or Symptoms Form.</a></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 for 5 days.</b></p> <ul style="list-style-type: none"> <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 (about 1 and a half weeks) from the date of exposure). COMPLETE if you test positive or have symptoms:</li> </ul>	<p>You can return on day 6 if you do not develop symptoms or test positive after being exposed</p>

	<ul style="list-style-type: none"> <li>• <a href="#">The COVID 19 (+) Positive or Symptoms Form.</a></li> <li>• If you do not have symptoms or test positive on day 5, you can return on day 6, but monitor yourself for symptoms for 14 days (about 2 weeks). Continue to wear a KN95 mask on campus.</li> </ul> <p>*<a href="#">click here</a> for what it means to quarantine</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 complete <a href="#">The COVID 19 (+) Positive or Symptoms Form.</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>	