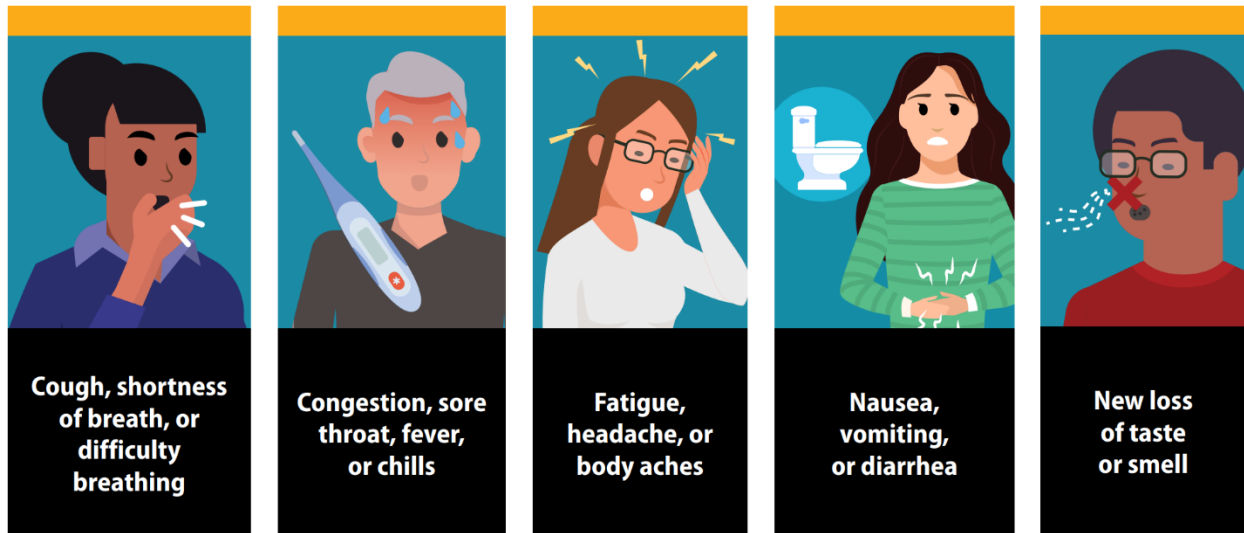


## Each day before campus entry

Self-assess: **Am I experiencing any cold or flu-like symptoms?** If yes, stay home. Students follow your classroom sick-callout procedures. Employees, follow your department's sick-callout procedures. **Do not come to campus for 5 days or until 24 hours after the fever is resolved, whichever is longer.**




The day symptoms first begin is day zero, the proceeding day is day one, and so forth. If symptoms have improved, you may return to campus on day six. **Do this regardless of whether you test positive for COVID19. Do this regardless of whether you are up to date on vaccines.**

**Get tested: If negative** – continue to isolate for the full duration.

**If positive**, continue to isolate yourself and do all the following:



- Notify those you contacted during the 48-hours before feeling ill. To learn more about COVID19 exposures, go to [COVID-19: Care and Support - King County](#). To anonymously notify, use [TellYourContacts.org](https://www.tellyourcontacts.org);
- Report rapid test results to Washington State Department of Health by going to [safercovid.org/mytest](https://safercovid.org/mytest) (or call 1.800.525.0127 and press #); and
- Notify Seattle Colleges District (to monitor and respond to potential outbreaks) using the attached QR-code or go to <https://forms.office.com/r/nDUB197X8c>. If you email the H&S (Health & Safety) team, you will receive an automatic reply with similar instructions to follow. 

**If you have been exposed to COVID19:** Current public health standards no longer require quarantine for exposures. While on-campus and in public settings, **you should wear a mask for 10 days (about 1 and a half weeks) after exposure** and – if symptoms develop – immediately isolate (as described above). For more information – and further updates to isolation/quarantine standards – go to [What to Do If You Were Exposed to COVID-19 | CDC \(Centers of Disease Control\)](#).

This means, if an instructor is notified of a covid case in class, do not announce any information that may help any person guess the identity of the individual. If you think your class may have been exposed, default to masks in class for 10 consecutive days after the student was in-class and remind students of the isolation, quarantine, testing, and reporting standards established by public health authorities. For guidance and support, you may contact your district health and safety team by emailing [healthandsafety@seattlecolleges.edu](mailto:healthandsafety@seattlecolleges.edu). Please do not use this team as a sounding board for opinions, complaints, or to express aggressive attitudes regarding public health policy.

All instructors and supervisors continue to be flexible in accommodating illness related absences. Send home any visibly ill student or employee who works/studies under your direct report. Have a plan, beforehand, for how they will accommodate COVID19 related absences. 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.

## While On-campus

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](#).

For all on-campus, public environments, masking is optional but encouraged. If you have been exposed, you should wear a mask for a minimum of 10 days (about 1 and a half weeks) afterward. Follow classroom standard for masking and be respectful to others who may choose to mask for their own personal precaution.

\* **Remember**, wash, or sanitize your hands frequently and 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. Practice good respiratory etiquette by coughing or sneezing into the inside of your elbow – not your hands – then immediately, wash or sanitize your hands. 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.

You are encouraged to disinfect 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 daily to clean and disinfect trafficked workspaces. 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 our community COVID19 experience.