

Summary of Changes (as of 1/31/22)

Changes include new format/banner. Areas with revisions are in green throughout the document.

- Adoption of CDC changes with isolation and quarantine times.

This guidance serves as a process flow for schools so that a response to COVID-19 cases can be expedited. Schools should notify Spokane Regional Health District (SRHD) when cases are identified, and when Level 2 is implemented. Schools are expected to work through this process independently of SRHD:

1. Identification of confirmed/probable case who was infectious while in school.
2. General notification about case(s) in school to parents [Use General Notification Letter template].
3. Specific notification about case(s) in cohort(s) to advise of quarantine and/or symptom watch and/or testing recommendations [Use Class Notification Letter template].
4. Identification of close contacts and/or exposed students as outlined below, and quarantines exposed students/staff (School COVID-19 response team). School COVID-19 response team is responsible for drafting quarantine letters for students and their families [Use Quarantine Letter template].

Up To Date Requirements For COVID-19 Immunizations:

People who are 18 years or older are considered to be up to date if:

- They are eligible for a booster and have received their booster shot; OR
- They have two doses of an mRNA vaccine or a single dose of J&J but are not yet eligible for a booster shot based on the date of their last vaccine dose; OR
- They have had a positive COVID-19 test in the last 90 days

People who are 5-17 years of age are considered to be up to date if:

- They have two doses of an mRNA vaccine or a single dose of J&J
- They have had a positive COVID-19 test in the last 90 days
- Currently a booster is not required to be up to date in this age group even if eligible.

Baseline Isolation Recommendations:

SRHD is adopting the DOH/CDC guidance on reduced home isolation of COVID-19 positive individuals to 5 days, provided that persons coming back to school at day 6 can meet the following criteria:

- No symptoms are present, or symptoms are resolving; AND
- They have been fever-free for the past 24 hours without the use of fever reducing medications; AND
- That the person continues to wear a well-fitting mask around others until day 10.
- **Testing can be done at day 5 or later, but if that test is positive, then the individual must isolate until day 10.**

Baseline Quarantine Recommendations:

SRHD recommends quarantine (or Test to Stay) of close contacts, including the case's household members. **Close contacts outside of the classroom** are defined as someone within 6 feet of a case for a cumulative total of 15 minutes or more over a 24-hour period. **In a classroom**, quarantine and testing depends on the number of cases in a classroom and the COVID level of the school. Per *CDC guidance*, close contacts who are up to date for their COVID-19 immunizations or who had a confirmed COVID-19 infection less than 90 days before exposure only need to quarantine if they experience symptoms.

However, up to date close contacts should get tested 5 days after their exposure and wear a mask indoors in public for 10 days following exposure or until their test result is negative.

All exposures, both within school and out in the community, are eligible for Test to Stay for students and staff who are not up to date. Test to Stay involves a baseline test when the exposure is identified and then another test 5 days later.

An exception is made with household exposures because of the high risk of transmission. In this setting, all persons without a history of recent infection in the last 90 days are required to quarantine at home until day 5, do a test on return (day 6), and then a second test on day 10. If there are staffing shortages, staff who are up to date on their vaccines may continue working while wearing a KN95.

Classroom and Team Closures:

Criteria for a classroom or team closure:

- 5 cases over a 14-day period results in a classroom/team closure. When a class/team reopens, the count towards the team closure is reset to 0 cases for the 14-day period.

Duration of a classroom or team closure:

- Students not up to date on their COVID-19 vaccinations and without a documented COVID-19 infection in the past 90 days must quarantine at home for 5 days and can return to classes on day 6 with a negative test, provided they are asymptomatic and continue to wear a well-fitting mask throughout the next 5 days. If they are unable to mask or test, then they are to stay home for 10 days. Coaches may continue to teach and coach if they are enrolled in Test-to-Stay.
- Student athletes who were required to quarantine at home because of a team closure can stay in academic classes and participate in Test to Stay.

- Students who are up to date on their vaccine or have a documented COVID-19 infection in the past 90 days may continue participating in classes and extracurriculars. They should get tested on day 5, if vaccinated. If they have a history of an infection in the last 90 days, then they only need to test if they have a new onset of symptoms.

High Incidence Guidance

High Incidence is determined by school-age incidence rates being over 300 cases per 100K (can be viewed on SRHD's Public Tableau Dashboard: [Covid School Age | Tableau Public](#)). When the rolling 14-day incidence rate is below this threshold for 2 calendar weeks, the measures listed here be re-evaluated.

The goal is to keep in-person instruction as normalized as possible while enhancing mitigation efforts during the virus surge, particularly in the presence of more infectious variants. In addition to the above, schools can implement further precautions and best practices.

Recommendations include:

- Move to universal masking of students and staff if that is not current practice.
- Have staff wear more protective masks, such as KN95s or N95s.
- Universal masking during athletics and recess.
- Minimize indoor gatherings by deferring large assemblies, offering more remote options, or moving events outdoors as feasible.
- Increase spacing at lunch or meals by offering more lunch periods, having lunches in classrooms as appropriate or offering outdoor seating options for lunches.
- Offer pre-event testing for events that are challenging to reschedule such as homecoming, proms or other extracurricular events.

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Implementing Test to Stay in Schools:

Increasing case counts in the school may require a move to a **phased approach** based on the number of cases in classrooms or cohorts:

Test to Stay		
	With Universal Masking	Without Universal Masking
Single case in a cohort	Test for Signs & Symptoms Family Notification of Exposure	Test for Signs & Symptoms Family Notification of Exposure
Single case on a sports team	Test for Signs & Symptoms Family Notification of Exposure	Test for Signs & Symptoms Family Notification of Exposure
3 cases in cohort (over 14-day period)	Test to Stay the entire class or cohort	Test to Stay the entire class or cohort
5 cases in cohort (over 14-day period)	Quarantine of cohort	Quarantine of cohort

Test to Stay allows students with lower-risk exposures to remain in school as an alternative to quarantine, if they are tested two separate times:

1. Baseline: after the positive case identified, and again
2. 5 days after exposure
 - a. If parents/students do not want to participate in Test to Stay, then they can participate in school in a remote format, and should be excused for the full quarantine time of the cohort.
 - b. If schools are short-staffed or are overwhelmed with responding to cases with limited testing resources, consider opting for a 5-day quarantine without the Test to Stay option for higher-risk close contacts:
 - i. Household contacts
 - ii. Extracurricular contacts

Please refer to ***K-12 School Testing Procedures & FAQs*** for additional guidance

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