



COVID HEALTH & SAFETY PLAN

NOVEMBER 2022

As WA Governor's emergency COVID mandates come to an end on October 31st, Interlake Childcare and Learning Center is taking controlled measures to return to "normal" operations. As a private business, Interlake Child Care & Learning Center can enact more stringent guidelines than those proposed by local or federal agencies. This policy is focused on protecting our community as we move towards normal operations.

Please note:

- *ICC's policies are subject to change at any time, and will stay in accordance with the [King County Public Health guidelines for childcare](#).*
- *Interlake Childcare and Learning Center will maintain some flexibility in how layers of mitigation practices are applied. **Interlake's COVID-19 health and safety policies may shift in response to COVID-19 prevalence in our community, including potentially implementing or reinstating additional prevention and mitigation measures such as universal masking, quarantine policies, classroom closure, and/or testing requirements.***
- *We continue to be informed by our Public Health nurse, King County COVID dashboard and local public health agencies to ensure the safety of children, staff and families.*
- *We are doing everything we can to ensure our community's safety, but we cannot guarantee that your child will not contract COVID-19 while in our center. All questions, concerns and suggestions must be emailed to the admin team at Interlake at admin@interlakechildcare.org*

We follow King County's "Keep-me-home-if" guidance to exclude sick children from care. We understand that our COVID and illness preventative policies may cause hardship to our families in the short-term, but appreciate everyone's support to protect our community as a whole and avoid complete program closures.

Vaccination Requirements at Interlake:

Based on community feedback, **Interlake will require children above 6 months to be fully vaccinated against COVID or have the first two shots of the vaccine manufacturer's series no later than December 15th, 2022.** This measure is being adopted to protect children from severe symptoms and to prevent loss of care for our families. Families can request a medical and religious exemption for their child and such an exemption will NOT jeopardize care agreement at Interlake. New children joining Interlake must start their vaccine regime within 1 month of joining the program.

Families are required to inform the admin team when their child is fully vaccinated for COVID and we will update your child's paperwork with records from the Washington Immunization Information System or submit your child's vaccine card. *This can be done through an email or a BrightWheel Admin↔Parents message.*

Interlake will continue to require COVID vaccination as a condition of employment for all its staff and volunteers.

Define Fully Vaccinated:

An individual is fully vaccinated 2 weeks after their completed COVID vaccine regimen. The regime may be a single, two-dose or three-dose series as defined by your vaccine manufacturer. Boosters are not required to be considered fully vaccinated but Interlake strongly recommends getting the booster due to emergence of COVID-19 variants.

Masking at Interlake:

1. **Starting December 15th, masks are optional at Interlake Child Care and Learning Center for all children and staff.**
2. All families are still required to wear a mask at drop off/ pick up and when on premises since we are not tracking vaccination status for our families.
3. Families can send in masks for their children if they desire them to continue masking indoors and outdoors.
4. **Masks are required for children and staff on day 6-10 after a positive COVID test.** If a child cannot wear a well-fitting mask- they should complete a full 10-day isolation at home.

What are COVID-19 symptoms?

<ul style="list-style-type: none">● Runny nose*● Congestion● Headache and Nausea● Sore throat● Cough (new, changed, worsening)	<ul style="list-style-type: none">● Fever ($\geq 100.4^{\circ}\text{F}$) or chills● Shortness of breath or difficulty breathing● Muscle or body aches and Fatigue● New loss of taste or smell● Vomiting, or diarrhea (2 or more instances)
---	--

* If the child is under the age of two and **ONLY** has congestion/runny nose with no other symptoms, testing and isolation is not required. If the child's symptoms worsen or persist longer than five days, follow the flowchart for children over two and it is highly recommended to contact a healthcare provider. Please refer to the DOH flowchart for more information.

Confirmed Case vs Exposure:

An individual with COVID-19 (a confirmed case) may return to child care when it has been:

- 10 days since symptoms began or **date of first positive test result**, if unvaccinated
- 5 days since symptoms began or date of first positive test results, if vaccinated and can wear a well fitting mask properly, is symptom free AND tests negative on a home test.
- If someone has a confirmed exposure to COVID-19, Interlake will notify ALL families and staff about the exposure through electronic media and if requested, through hardcopy notices.

Exposure:

In the event of an exposure, a quarantine is not required after exposure. Children should be closely monitored for symptoms and:

- Should test as soon as possible after exposure.
- Testing is recommended every 24–48 hours for five days after exposure.
- Should be excluded from care if symptoms develop.

Please refer to the following table for more details:

	Isolation Individuals testing POSITIVE for COVID-19	
	Return early after Day 5 if symptom free and able to wear mask correctly days 6-10	Return after Day 10
VACCINATED Individuals	Yes	Yes
UNVACCINATED Individuals	No	Yes

COVID-19 symptoms: **Antigen vs PCR test**

- Antigen and at-home test results are acceptable after an exposure and in the absence of any symptoms for children above 2 years of age
- **Children displaying a single symptom of COVID-19** will be excluded from care and can return:
 - **after a negative PCR COVID-19** test result AND
 - No other symptoms have developed since being excluded from care.

*A single symptom no longer needs to be completely resolved if the PCR test is negative. However, per our regular illness policy, a child can return after 24 hours of being excluded from care AND if the symptom has significantly improved. **Children below 2 years must get a PCR test as at-home tests are not recommended for infants and toddlers.***

- If a child has a pre-existing condition that causes COVID-19 symptoms, such as seasonal allergies, please provide documentation from a medical provider stating the existence of the condition.

In the absence of documentation, your child will be excluded from care each time symptoms are observed.

Define “significantly improved”

It has been 24 hours since the last symptom.

Cough should not produce phlegm.

The child is able to eat, drink and participate in program activities.

You had COVID-19 in the past 90 days, now what?

Anyone who has had COVID-19 in the past 90 days may continue to test positive even after they are no longer contagious. In the event of an exposure, you must take an at-home test each time.

Children who develop COVID like symptoms will be excluded each time and can return with a negative at-home test, at least 24 hours have passed since the last instance of illness and symptoms have significantly improved. Anyone experiencing new COVID-19 symptoms after a previous exposure, will require additional testing and quarantine.
