

Protocols for Presumptive, Positive and Negative COVID-19 Cases

February 2021

Lake Stevens School District, in consultation with the Snohomish Health District, has established protocols to respond to suspected and positive cases of COVID-19 to maintain the health and safety of the school community.

All staff and parents/guardians of students are required to notify the appropriate District designee (as outlined in the Pre-screening/Symptom Monitoring/Mandatory Reporting section below) **immediately** if a student or district employee experiences symptoms of COVID-19, has a positive COVID-19 test, or has been exposed to an individual with a confirmed COVID-19 diagnosis.

PLEASE NOTE: The details in this document are subject to change as directives from governing authorities, health officials, or public health conditions determine.

GENERAL GUIDANCE

Personal Illness

All individuals who are sick or not feeling well are expected to stay home, and any student, staff member, or approved visitor becomes sick while in a District building will be sent home immediately. Symptomatic staff who become sick while in our building will have the option to consent to a COVID-19 rapid test before they go home.



What is the difference between isolation and quarantine?

Isolation is what you do if you have COVID-19 symptoms, or have tested positive for COVID-19. Isolation means you stay home and away from others (including household members) for the recommended period of time to avoid spreading illness.

Quarantine is what you do if you have been exposed to COVID-19. Quarantine means you stay home and away from others for the recommended period of time in case you are infected and are contagious. Quarantine becomes isolation if you later test positive for COVID-19 or develop COVID-19 symptoms.

As of February 12, 2021, the CDC and the Snohomish Health District have modified their guidance on quarantine to the following, of which the District will follow:

Fully vaccinated people do not need to quarantine at home if they are a close contact of a confirmed or suspected COVID-19 case if **all three of these items apply**:

- Fully vaccinated. This means it has been at least 14 days have passed since they received both doses in a two-dose series. If a single-dose vaccine is authorized by the FDA, this would also include people who received that single-dose series vaccine at least 14 days prior; AND
- Recent vaccination. This means those who received the last vaccine dose within 3 months of the possible COVID-19 exposure; AND
- Asymptomatic. This means that Individuals have remained asymptomatic since the current COVID-19 exposure. If people do not meet all three of the above criteria, then they must continue to follow current quarantine guidance after exposure to someone with suspected or confirmed COVID-19.

Though DOH notes that quarantine may end sooner than the 14 days based on specific scenarios or hardships, the District is still applying the recommended full 14 day quarantine period except when the vaccination falls within the updated period noted in the Health District's 2/12/21 press release.

Pre-Screening/Symptom Monitoring/Mandatory Reporting

Parents/guardians, students, and staff are required to conduct a daily self-screen at home before reporting to school or work. If they answer yes to **any** of the screening questions, they must refrain from going to a school district building.

- **Employees.** All employees will be required to affirm they are symptom-free and have not had recent exposure to someone suspected or confirmed with COVID-19 by completing the online Pre-Entry Screening Form ([QR Code](#)) or the [weekly COVID-19 Screening Form](#), which inquires about physical symptoms and exposure or suspected exposure to COVID-19. Employees are required to report to their building COVID site supervisor if they test positive for COVID-19 or if they develop symptoms associated with COVID-19. Employees also must take their temperature every morning and attest that it is not 100.4 degrees or higher.
- **Parents/Students:** All parents/guardians will be required to conduct a daily Pre-Arrival Screening of their children at home before their children leave for school, which involves taking temperatures daily and monitoring for the symptoms identified below. If *any* of the following are true, the parent/guardian must keep the student at home and contact the school nurse for further instructions.
 - Does the student have any of the following symptoms that are **not** attributable to another condition currently or within the last 24 hours (1 day):
 - a fever of 100.4 degrees or higher or the sense of having a fever, which includes chills, loss of appetite, sore eyes, headache, muscle ache, feeling flushed or hot, weakness, sweating, or dehydration,
 - cough
 - new loss of taste or smell
 - shortness of breath or difficulty breathing
 - unusual fatigue
 - muscle or body aches
 - headache
 - sore throat
 - congestion or running nose (not related to seasonal allergies)
 - nausea/vomiting
 - diarrhea (at least 2 loose stools in 24 hours)
 - Has your student been in close contact* with anyone with confirmed COVID-19?
 - Has your student had a positive COVID-19 test for active virus in the past 10 days?
 - Within the last 14 days, has a public health or medical professional told you to self-monitor, self-isolate or self-quarantine because of concerns about COVID-19 infection?
 - Has your student had any medication to reduce fever before coming to school?



**Close contact is defined as being within 6 ft. for 15 or more cumulative minutes within a 24 hr. period to a confirmed or probable COVID-19 positive person.*

EMPLOYEE WHO DEVELOPS SYMPTOMS WHILE AT WORK

If an employee develops the following symptoms (not attributable to another condition) while at work, they will be sent home immediately:

- a fever of 100.4 degrees or higher or the sense of having a fever which includes: loss of appetite, sore eyes, headache, feeling flushed or hot, weakness, sweating or dehydration
- chills
- cough
- new loss of taste or smell
- shortness of breath or difficulty breathing
- unusual fatigue
- headache
- sore throat
- muscle or body aches
- nausea/vomiting/diarrhea
- congestion or running nose (not related to seasonal allergies)
- If an employee needs to be picked up, they will wait in a designated area for their ride.

Employees will have the option to consent to receiving a [COVID-19 rapid antigen test](#) performed by our District Nurse, [Ernette Visitacion](#) or a building nurse designee.

EMPLOYEE WHO TESTS POSITIVE FOR COVID-19

An employee who tests positive for COVID-19 must:

- Notify their supervisor the day of receipt, who will immediately notify the building's COVID-19 Site Supervisor on the day of receipt via email.
- The COVID Site Supervisor will immediately notify the District RN & COVID Supervisor, Ernie Visitacion via email, Ernette_Visitacion@lkstevens.wednet.edu or cell phone 425-293-8096.
- If Ernie is out of office, the supervisor will notify, Teresa Main, Assistant Superintendent at Teresa_Main@lkstevens.wednet.edu or cell phone 425-754-5402.

The building or District nurse (after hours) will:

- Log the information into the Snohomish Health District [Template](#). The template will be emailed to schools@snohd.org via a secure portal provided by the Health District.
- Notify Snohomish Health District (425-339-5278) and provide the following information: employee's name, date of birth, group, position, contact information (phone, email, and address), gender, status, when the individual became symptomatic, and when they were last at the facility.
- Collaborate with Snohomish Health District to identify all employees and close contacts (i.e., visitors, students, contractors, etc.) who spent 15 or more cumulative minutes in a 24 hr. period within 6 feet of the infected employee during the 48 hours before the onset of symptoms.
- Snohomish Health District will conduct a case investigation, assisting in determining which individuals identified should quarantine at home for 14 days. Anyone who develops symptoms during that time should contact their healthcare provider to request

testing.

The building COVID supervisor or administrator will:

- Send to staff and/or families the exposure letter from the District or the Snohomish Health District.
- Notify the Facilities Department to initiate cleaning protocols as per District COVID Safety Plan guidelines.

STUDENT WHO DEVELOPS SYMPTOMS WHILE AT SCHOOL

If a student develops the following symptoms (not attributable to another condition) while at school:

- a fever of 100.4 degrees or higher or the sense of having a fever which includes loss of appetite, sore eyes, headache, feeling flushed or hot, weakness, sweating or dehydration
 - chills
 - cough
 - new loss of taste or smell
 - shortness of breath or difficulty breathing
 - unusual fatigue
 - headache
 - muscle or body aches
 - a sore throat
 - nausea/vomiting/diarrhea
 - congestion or running nose (not related to seasonal allergies)
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- The teacher will inform the school nurse/health room staff or (COVID site supervisor if no school nurse on campus) by telephone before sending the child to the Sick Room.
 - The student will be escorted by an adult (no student escorts) to the Sick Room.
 - The health staff will perform appropriate assessment and documentation in the student information system.
 - The health staff will notify the parent/guardian to pick up the student.
 - The student will be escorted to the designated entrance to meet parent/guardian.
 - Parents/guardians will be given instructions to contact their medical provider.
 - If a student receives transportation services and must be transported home via bus because a parent is unable to pick up their student, the transportation office will be notified of the student's condition and they will arrange to safely transport the student home.
 - The nurse will follow up with family and document interaction.

STUDENT WHO TESTS POSITIVE FOR COVID-19

When a student tests **positive for COVID-19**, the parent/guardian must notify the school nurse. The student will:

- remain home until all the following are true:
 - at least 10 days since the onset of symptoms AND
 - fever-free without anti-fever medications for 24 hours AND

- symptoms are improving.

The building or District nurse (after hours) will:

- Log the information into the Snohomish Health District [Template](#). The template will be emailed to schools@snohd.org via a secure portal provided by the Health District.
- Notify Snohomish Health District (425-339-5278) and provide the following information: student's name, date of birth, group, parent name and contact information (phone, email and address), gender, status, when the individual became symptomatic, and when they were last at the facility.
- Collaborate with Snohomish Health District to identify all students, teachers, and other close contacts who spent 15 or more cumulative minutes in a 24 hr. period within 6 feet of the infected student during the 48 hours before the onset of symptoms.
 - Snohomish Health District will conduct a case investigation, assisting in determining which individuals identified should quarantine at home for 14 days. Anyone who develops symptoms during that time should contact their healthcare provider to request testing.

The building COVID supervisor or administrator will:

- Send to staff and/or families the exposure letter from the District or the Snohomish Health District.
- Notify the Facilities Department to initiate cleaning protocols as per District COVID safety plan guidelines.

Additionally, consistent with both notification requirements for other infectious diseases and legal confidentiality, the School District will follow District regulations for exposure to an infectious disease. See COVID-19 Exposure Notification section.

RETURN TO WORK SITE OR SCHOOL BUILDING GUIDELINES FOR EMPLOYEES AND STUDENTS

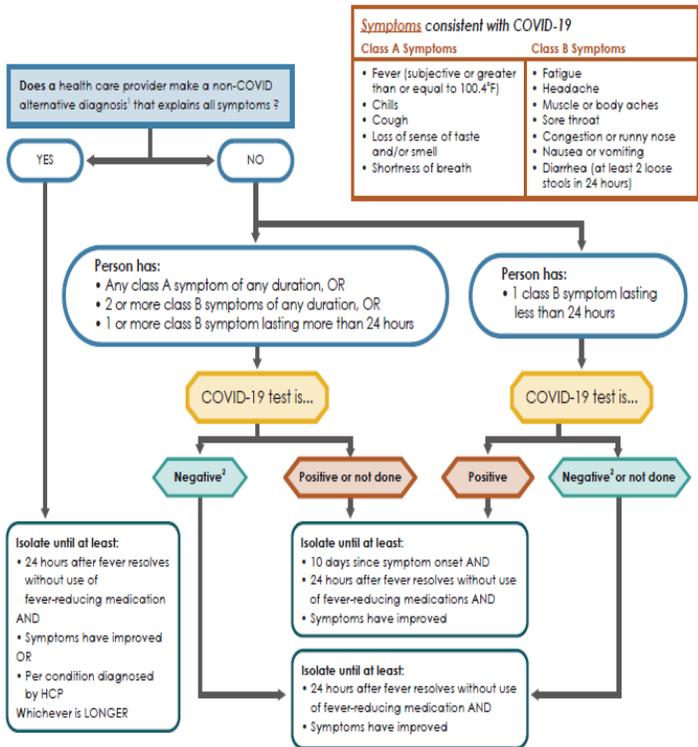
Link to [NO KNOWN EXPOSURE](#) chart

Link to [SUSPECTED OR KNOWN EXPOSURE](#)

EVALUATION AND MANAGEMENT OF PERSONS WITH NEW UNEXPLAINED SYMPTOMS OF COVID-19 AND NO KNOWN EXPOSURE TO COVID-19

This guidance can be used by staff in schools, childcare facilities, and non-health care workplaces to make decisions about excluding ill persons and readmitting them. Health care providers can also use it to guide evaluation and testing decision-making for ill persons from these settings.

- If testing is available, anyone with symptoms consistent with COVID-19 should be tested.
- Ill persons should be sent home.
- Facilities with testing resources may initiate COVID-19 testing before sending the ill person home and use test results in conjunction with the diagram below to guide isolation recommendations.
- Public health recommendations from the local health jurisdiction supersedes this guidance and should be sought in the context of a COVID-19 outbreak.
- Ill persons should consider seeking evaluation by a health care provider.
- Critical infrastructure essential workers should not work if having symptoms of COVID-19; consult with local public health for any questions.



Visit [DOH.WA.GOV/Coronavirus](https://doh.wa.gov/coronavirus) for more information.

¹Examples of alternative diagnosis made by health care provider include childhood rash illness, acute otitis media, or a lab confirmed diagnosis such as strep throat or non-COVID-19 viral pathogen. If testing for other viral pathogens, strongly recommend testing for COVID-19 as well.

²In symptomatic persons and when community transmission rate is moderate-high, a negative rapid test should ideally be confirmed with a PCR test performed in a clinical laboratory. For community COVID-19 rate, see [State of Washington COVID-19 Risk Assessment Dashboard](#).

chart

EVALUATION AND MANAGEMENT OF PERSONS WITH NEW UNEXPLAINED SYMPTOMS OF COVID-19 AND SUSPECTED OR KNOWN EXPOSURE TO COVID-19

This guidance can be used by staff in schools, childcare facilities, and non-health care workplaces to make decisions about excluding ill persons and readmitting them. Health care providers can also use it to guide evaluation and testing decision-making for ill persons from these settings.

- Persons without symptoms who have an exposure to COVID-19 should be quarantined at home away from others until 14 days after last contact to COVID-19. They should not be at school, childcare or work until the quarantine ends (exception to quarantine may be made for critical infrastructure essential workers, however they should not work if having symptoms consistent with COVID-19; consult with local public health for any questions).
- Persons with exposure to COVID-19 and symptoms consistent with COVID-19 should isolate at home away from others.
- If testing is available, anyone with symptoms consistent with COVID-19 should be tested.

See the list of symptoms consistent with COVID-19 and the table below for recommendations for isolation or quarantine for ill persons who had close contact with a person with COVID-19 in the 14 days prior to symptom onset.

Symptoms consistent with COVID-19

Class A Symptoms	Class B Symptoms
<ul style="list-style-type: none"> • Fever (subjective or greater than or equal to 100.4°F) • Chills • Cough • Loss of sense of taste and/or smell • Shortness of breath 	<ul style="list-style-type: none"> • Fatigue • Headache • Muscle or body aches • Sore throat • Congestion or runny nose • Nausea or vomiting • Diarrhea (at least 2 loose stools in 24 hours)

COVID-19 test result	Recommendation
Positive	Isolate until at least: <ul style="list-style-type: none"> • 10 days since symptom onset (longer for those who are severely ill or severely immunocompromised), AND • 24 hours after fever resolves without use of fever-reducing medications, AND • Symptoms have improved
Negative	Quarantine at home away from others until: <ul style="list-style-type: none"> • 14 days after last exposure OR Isolate until at least: <ul style="list-style-type: none"> • 10 days since symptom onset (longer for those who are severely ill or severely immunocompromised), AND • 24 hours after fever resolves without use of fever-reducing medications, AND • Symptoms have improved Whichever is LONGER
No test performed	Isolate until at least: <ul style="list-style-type: none"> • 10 days since symptom onset (longer for those who are severely ill or severely immunocompromised), AND • 24 hours after fever resolves without use of fever-reducing medications, AND • Symptoms have improved

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COVID-19 EXPOSURE NOTIFICATION

Should a positive COVID-19 case occur at a school or in an office building, consistent with both notification requirements for other infectious diseases and legal confidentiality the District will follow regulations for exposure to a communicable disease; the school nurse will notify the Snohomish Health District (425-339-5278). All District students, staff, and families who have been potentially exposed as a close contact to a positive COVID-19 case will be notified.

- If known, the date of potential exposure (using logs for school entry during building closure, staff reports, etc.)
- Information on self-monitoring for symptoms, and safety protocols that help to limit exposure (handwashing, face coverings, physical distancing)
- Local testing site information to schedule an appointment for testing.

Students will receive:

- Contact information for the school nurse
- Return to school protocols when applicable

Staff will receive:

- Contact information for Lake Stevens SD Benefits, and Health Services Department
- Contact information for Lake Stevens Human Resources for Employee Leave information.

COVID-19 TESTING

Current guidance from the CDC and Snohomish Health District does not recommend testing of all students and staff before their initial return to school or work. Therefore, the District is not currently planning to offer or require COVID-19 testing of its students and employees before school opening.

Snohomish Health District recommends testing in the presence of symptoms, and/or when an individual has been exposed to someone with COVID-19. At this time, the School District may conduct [on-site COVID-19 testing](#) for those with symptoms or exposure to COVID-19. Staff and students' families should consult with health care providers concerning further details on testing.

The District will focus its efforts on a comprehensive strategy to reduce the spread of COVID-19 that includes promoting good hygiene practices, maintaining healthy environments and operations, and providing and activating a plan when someone gets sick.

To determine if you require testing for COVID-19, call your healthcare provider. If you do not have a healthcare provider, visit Snohomish County's map of testing sites to find a location that will not require an order from a healthcare provider at the following link:

<https://www.snohd.org/503/Drive-Thru-Testing-Available-by-Appointm>

As an employee, if you have healthcare through the District, your healthcare plan may cover testing for COVID-19 at no cost. The plan will cover and reimburse member cost-sharing (such as co-pays, deductibles, and coinsurance) for the COVID-19 test when performed at an in-network physician's office, urgent care center, or emergency room, or by a home health agency. The plan also covers COVID-19 antibody testing with no member cost-share in accordance with federal guidelines for the duration of the COVID-19 pandemic.

CONTACT TRACING

Contact tracing is an essential strategy used by health departments to prevent the further spread of infectious diseases. It involves identifying people who have the virus, determining who they have been in contact with, and notifying the contacts for further recommendations concerning potential quarantining to interrupt disease transmission. Snohomish Health District is implementing a contact tracing program to help mitigate the spread of COVID-19 in our county. When notified of a staff member, student, or approved visitor with a confirmed case of COVID-19, the District will coordinate with Snohomish Health District on COVID-19 reporting and response efforts.

COVID-19 OUTBREAKS IN SCHOOL

According to the Washington State Department of Health ([K-12 Schools – Fall 2020-2021 Guidance, January 25, 2021](#)), a COVID-19 outbreak may be when the following have been met:

- There are two or more laboratory-confirmed positive COVID-19 cases among students or staff.
- The cases have a symptom onset within a 14-day period of each other.
- The cases are epidemiologically linked.
- The cases do not share a household.
- The cases are not identified as close contacts of each other in another setting during standard case investigation or contact tracing.

If the school is grouping or cohorting students:

Transition the entire classroom to distance learning during home quarantine for 14 days if two or more laboratory positive COVID-19 cases occur within the group or cohort within a 14-day period.

Close a school and switch to distance learning for 14 days when:

- 2 or more classrooms are dismissed due to outbreaks (in schools with 10 or fewer classrooms)
- 10% or more of classrooms are dismissed due to outbreaks (in schools with > 10 classrooms)
- School cannot function due to insufficient teaching or support staff.

SCHOOL CLOSURE AND SCHOOL DISMISSAL

Snohomish Health District will provide guidance regarding the closure or dismissal of a classroom, school and/or other District facility due to COVID-19. The decision to close or dismiss students and/or staff from any District facility does not rest solely with the District. Snohomish Health District will work closely with the Superintendent and appointed designee(s) to make the determination that best addresses the specific circumstances. Decisions about closures will be made carefully and with the health, safety, and needs of our students and families in mind. As a situation evolves and decisions are made, communications will be sent out to all necessary stakeholders.