

# Bellevue College Parent Education Program, Winter 2021

## Coronavirus Protocols for In-Person Classes

**Vaccinations Required.** All parents and caregivers who participate in the classroom must be registered students of Bellevue College. All adults in the classroom are required to be fully vaccinated – the immunization series must be completed two weeks before attending class. At this time, we are not requiring that children age 5 and up be vaccinated, but it is recommended.

Documentation: all adults will be required to provide proof of vaccination to Bellevue College, via their [attestation process](#). The only exemptions are medical or sincerely held religious beliefs. Documentation requirements will be provided by Bellevue College.

No visitors are allowed in classes.

**Masks.** Indoors, masks are required for all adults and all children over the age of 5. Children ages 2 to 4 will be strongly encouraged to wear a mask. Outdoors, masking is recommended for unvaccinated people over age 2 who can't reliably maintain distance from others.

Masks should fit well, without gaps, and be worn so they cover the nose, mouth, and chin. If children need adult assistance with a mask, the adult should wash their hands after adjusting the child's mask. Families should pack an extra mask for children each day.

We recommend N-95, KN-95 or equivalent masks. If not possible, we recommend a medical mask with a cloth mask over it to help it fit well. Cloth masks should be washed after use. Disposable masks can be placed in a paper bag in a ventilated area at home for five days, then be re-used.

**Physical Distancing.** Maintain 3 feet between adults. Take steps to maximize distance between children. (For example, spread activities out around the space, choose games where children are not likely to cluster tightly together, mark spaces for where to sit during group time.)

Some sites may choose to stagger arrival and departure time to minimize bottlenecks, utilize one-way paths to avoid bottlenecks, or place distancing markers on walkways.

**Ventilation.** Increase ventilation through techniques like opening windows, increasing time spent outdoors, or adding HEPA filters. Increase distancing and ventilation if singing.

**Capacity:** Indoor space recommendations are 35 square feet per "family group" (e.g. parent/child dyad). For programs with a drop-off component for ages 30 months to 6 years (co-ops, CAL, FIL), recommended maximum is 18 children. For DSL, maximum is 25.

Some classes may choose to separate children into smaller cohorts to reduce exposures.

**Handwashing.** Handwashing for 20 seconds upon arrival. Handwashing or sanitizing at other times, such as before and after: snacks, replacing a mask, using shared equipment or sensory materials, using the restroom, after outdoor play. Hand sanitizer should be at least 60% alcohol.

**Health Checks.** Students and staff should evaluate their health and their children's health before coming to class.

Per [King County Public Health](#) and the [Decision Tree](#) from the Washington Department of Health: Students should not come to class:

- if they, or their child, have any of the following symptoms that can't be attributed to another cause: fever over 100.4, chills, cough, shortness of breath, sore throat, new loss of taste or smell, muscle or body aches, diarrhea or vomiting

If they had *only one mild symptom* (i.e. runny nose, sore throat, headache, diarrhea or vomiting) and it resolved in 24 hours, they can return to class 24 hours after symptoms resolved.

If they have any symptom for more than 24 hours, or have multiple symptoms, or have more severe symptoms (i.e. fever >100.4, shortness of breath, muscle pain, loss of taste or smell, or coughing that is new or worsening), they should refer to the Decision Tree regarding testing and quarantine:

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/820-229-SymptomDecisionTreeCTChecklistSchools.pdf>

If anyone develops symptoms of COVID-19 at class, they should be separated from the rest of the group until they can leave the class.

After travel: Travelers who are not fully vaccinated should get tested 3 – 5 days after domestic travel, and quarantine for 5 days, even if the test was negative. Fully vaccinated people can travel within the US and not need testing or quarantine as long as they took precautions such as wearing a mask and avoiding crowds, though they should monitor for symptoms and test if needed.

**Signage and Education.** Educate students on COVID, prevention, and that if they or anyone in their home has COVID symptoms or had a COVID diagnosis in the past 14 days, they should not attend. Post signs on site on topics such as [symptoms](#), [distancing](#), [handwashing](#), and covering coughs.

**Contact Tracing.** Create attendance logs for sign-in/sign-out to track who attends.

**Minimize sharing of community supplies**, such as glue or scissors. Choose items that are easily cleaned. Note: Books and other paper-based materials are not high risk for spreading the virus.

Have bins for mouthed toys so they can be cleaned and disinfected before returning to use.

### **Cleaning and Disinfecting**

Clean, sanitize and disinfect high touch surfaces and shared objects after every class. Infant toys should be cleaned and sanitized daily. Preschool toys cleaned and sanitized weekly.

Clean with soap and water, then sanitize with bleach solution (4 tsp of 6% bleach per quart of cool water.) Leave bleach solution on surface to air dry for at least one minute.

Outdoor areas – clean high touch surfaces made of plastic or metal, such as grab bars and railings. No need to spray disinfectant on outdoor playgrounds or disinfect wooden surfaces. Outdoor sandboxes can be used if hands are washed after outdoor play.

**Snacks.** No family style sharing of food is allowed. An adult should serve food onto individual dishes. Children should be 6 feet distanced when they remove masks, unless eating outdoors. Clean and sanitize tables between use. Dishes and utensils should be cleaned and sanitized.

## **Responding to a Confirmed Case**

If a staff member, child, or parent is diagnosed with COVID after attending class, they should notify the instructor immediately upon receipt of test results. Staff follow the protocols here for contact tracing and notifying public health: <https://kingcounty.gov/~media/depts/health/communicable-diseases/documents/C19/covid-19-checklist-childcare-positive-cases.ashx?la=en>

If attending class on-campus, anyone who tests positive for COVID-19 or has close contact with someone who tests positive for COVID-19 should immediately fill out a [COVID-19 report](#) so the College can take steps to protect the safety of our campus and community.

If you will close your facility due to an exposure, consider offering an alternative online program.

## Returning to Class after COVID

We follow CDC [guidelines](#) for childcare.

If a staff member, child, or parent has tested [positive](#) for COVID: Day 0 of isolation is the first day of symptoms, or for someone who is asymptomatic, the date the test specimen was collected.

- People without symptoms can return to class after 5 days if they are older than 2 and able to consistently wear a mask in class
- People who once had symptoms can return after 5 full days AND they've had 24 hours without fever (without using fever reducing medications) AND symptoms have improved
- For children under 2 years of age and anyone who is unable to consistently wear a mask, the safest option is to isolate for a full 10 days

## Returning to Class after Close Contact

If a staff member, child, or parent has a close contact with a person who has tested positive (close contact is defined as within 6 feet of for a cumulative total of 15 minutes in a 24 hour period)

- for someone who is fully vaccinated and has no symptoms: they do not need to quarantine, but should test at day 5 – 7 after exposure and continue to monitor for 10 full days
- for someone who is not fully vaccinated and has no symptoms: they should quarantine for five full days after last exposure, they should get tested on day 5 – 7. They can return after 5 days if they are older than age 2 and able to consistently and correctly wear a mask. If they are under 2, the safest option is to quarantine for 10 days
- for someone with symptoms, regardless of vaccine status: full household should get tested; they should not return to class while experiencing symptoms

## More Details

Risk Management Guidelines from the Organization of Parenting Education Programs, available upon request.

King County Public Health: Guidance for Childcare Administrators: <https://kingcounty.gov/depts/health/covid-19/schools-childcare/positive-cases.aspx>

Washington Department of Health: Childcare... During COVID-19: <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/DOH-OSPI-DYCF-SchoolsChildCareGuidance.pdf>

Decision Tree <https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/820-229-SymptomDecisionTreeCTChecklistSchools.pdf>

CDC: Guidance for Operating Child Care Programs During COVID-19. <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/child-care-guidance.html>

[Guidelines from the American Academy of Pediatrics.](#)