

2022-2023

Kid's Corps, Inc. COVID-19 Mitigation Plan



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COVID Awareness and Prevention

About COVID-19

COVID-19 (coronavirus disease 2019) is a disease caused by a virus named SARS-CoV-2 and was discovered in December 2019 in Wuhan, China. It is very contagious and has quickly spread around the world.

COVID-19 most often causes respiratory symptoms that can feel much like a cold, a flu, or pneumonia. COVID-19 may attack more than your lungs and respiratory system. Other parts of your body may also be affected by the disease.

- Most people with COVID-19 have mild symptoms, but some people become severely ill.
- Some people including those with minor or no symptoms may suffer from post-COVID conditions — or “long COVID”.
- Older adults and people who have certain underlying medical conditions are at increased risk of severe illness from COVID-19.
- Hundreds of thousands of people have died from COVID-19 in the United States.
- Vaccines against COVID-19 are safe and effective. Vaccines teach our immune system to fight the virus that causes COVID-19.

Know how it Spreads

COVID-19 spreads when an infected person breathes out droplets and very small particles that contain the virus. These droplets and particles can be breathed in by other people or land on their eyes, noses, or mouth. In some circumstances, they may contaminate surfaces they touch. Anyone infected with COVID-19 can spread it, even if they do **NOT** have symptoms. The best way to prevent illness is to avoid being exposed to this virus.

Know who is at Higher Risk

Older adults (especially those ages 50 years and older, with risk increasing with older age) are more likely than younger people to get very sick if they get COVID-19. This means they are more likely to need hospitalization, intensive care, or a ventilator to help them breathe, or they could die. Most COVID-19 deaths occur in people older than 65.

Having a weakened immune system, also known as being immunocompromised, can make you more likely to get very sick if you get COVID-19. People who are immunocompromised, or who are taking medicines that weaken their immune system, may not be protected as well as others, even if they are up to date on their vaccines.

Certain underlying health conditions you have (for example, obesity or chronic obstructive pulmonary disorder) may affect your risk of becoming very sick if you get COVID-19. Often, the more health conditions you have, the higher your risk. Certain conditions increase your risk more than others. For example, severe heart disease increases your risk more than high blood pressure.

Any staff person who thinks they may be at high risk for severe illness from COVID-19 should speak with a health care provider to assess their risk and determine their need to stay home. Staff can also

contact the HR Manager with concerns, questions, and to explore possible workplace accommodations.

Prevent the Spread and Infection of COVID 19

The Centers for Disease Control and Prevention (CDC) recommends the following actions to help protect you, your household, and your community from severe illness from COVID-19.

- Staying up to date with COVID-19 Vaccines
- Using proper hand hygiene & respiratory etiquette
- Improving Ventilation & spending time outdoors
- Getting tested for COVID-19 if needed
- Following recommendations for what to do if you have been exposed
- Staying home if you have suspected or confirmed COVID-19
- Seeking treatment if you have COVID-19 and are at high risk of getting very sick
- Avoiding contact with people who have suspected or confirmed COVID-19

In certain circumstances or at medium or high COVID-19 community levels the CDC recommends:

- Wearing masks or respirators
- Increasing space and distance

COVID Monitoring & Communication

The Family Services Health and Home Visiting Manager or designee will monitor the CDC Covid-19 website (<https://www.cdc.gov/coronavirus/2019-ncov/index.html>) weekly to stay informed about updated recommendations and/or changes in community transmission rates. This mitigation plan will be reviewed no less than quarterly and updated as needed based community need and evidence-based recommendations. This plan is designed to be responsive to the level of COVID transmission and public health conditions in our community. Mitigation strategies may be increased or decreased based on the impacts and/or risks of COVID-19 in the community.

The CDC uses data on hospitalization and cases to determine COVID-19 community levels. The Anchorage community is currently at the low level as defined by the CDC (see risk categories and recommendations for each category below). If/when the community level changes the Family Services, Health & Home Visiting Manager will send out a notice informing staff and families of the level change and will include CDC recommendations for communities at the current level. The notice will also include any changes to KCI's mitigation plan and prevention strategies.

Individual-Level Prevention Steps You Can Take Based on Your COVID-19 Community Level

LOW, MEDIUM, AND HIGH

At all COVID-19 Community Levels:

- Stay up to date on vaccination, including recommended booster doses.
- Maintain ventilation improvements.
- Avoid contact with people who have suspected or confirmed COVID-19.
- Follow recommendations for isolation if you have suspected or confirmed COVID-19.
- Follow the recommendations for what to do if you are exposed to someone with COVID-19.

- If you are at high risk of getting very sick, talk with a healthcare provider about additional prevention actions.

MEDIUM AND HIGH



When the COVID-19 Community Level is Medium or High:

- If you are at high risk of getting very sick, wear a high-quality mask or respirator (e.g., N95) when indoors in public
- If you have household or social contact with someone at high risk for getting very sick, consider self-testing to detect infection before contact, and consider wearing a high-quality mask when indoors with them

HIGH



When the COVID-19 Community Level is High:

- Wear a high-quality mask or respirator.
- If you are at high risk of getting very sick, consider avoiding non-essential indoor activities in public where you could be exposed.

Science at CDC

Scientific evidence and studies behind specific COVID-19 guidance and recommendations

Science Brief: [Community Levels and Making Public Health Recommendations](#)

Call Out Procedures

Due to heightened procedures around illness, we encourage staff to play it safe in regard to their health. If you do not feel well, you should stay home. If you are ill or experiencing symptoms of an illness or are unable to report to work for any reason, you must notify your supervisor **as soon as possible, at least one hour prior to your scheduled start time.** The more notice the better. KCI needs as much time as possible to ensure adequate staffing for classroom services. No one will be penalized for calling out sick. If you are absent for three or more days, KCI may require a doctor's note for you to return to work.

If you are experiencing any symptoms of illness you cannot report to work on site. Staff calling out due to possible COVID-19 symptoms must obtain testing on the day they call out. KCI can provide staff with at-home test kits while supplies last.

Symptoms include but are not limited to:

- Fever defined as greater than 100.3 degrees Fahrenheit
- Cough or trouble breathing
- Congestion or Runny nose
- Sore throat
- Muscle aches

If you are seeking a COVID-19 test due to current or resolved symptoms, you are not allowed to work onsite until negative test results are received.

Exclusion Policies

If a child or staff exhibits symptoms of a COVID-19 (fever, cough, trouble breathing, congestion, runny nose, sore throat or muscle aches) and does not have medical documentation or a classroom health plan in place stating the symptoms are caused from a medical condition other than COVID-19 the child/staff will not be allowed to attend until the following conditions are met:

They provide Negative COVID test results (at-home or PCR) **or** it has been over 5 days since symptoms started **and**

They have been fever-free for at least 24 hours (without using a fever reducer)

and

Symptoms have improved*

*For the purposes of returning to work or class onsite, symptoms have improved means **all** the following are true:

- The child/staff no longer feels ill
- The child/staff can keep up with their daily routine just as they did before they were ill
- Any remaining, lingering symptoms are very mild and do not interfere with the child/staff's daily living

COVID-19 Exposure Response & Communication Plan

***Exposure:** A child or staff reports testing positive for the COVID-19 virus and was present in the program with symptoms or in the center 48 hours before symptoms developed (or if asymptomatic, in the 48 hours before the testing was done).*

In the event of a confirmed COVID-19 case (someone who has been in program or office) take the following steps:

A. If a parent/guardian notifies KCI that their child(ren) has tested positive for COVID-19 or a staff notifies KCI that they have tested positive for COVID-19:

1. The child/staff will not be allowed to return to program until it has been over 5 days since the onset of symptoms or the positive test was taken, there has been no fever for 24 hours and they are symptom free or their symptoms are improving.
2. KCI Leadership will contact all parents of children who were in class with the positive child/staff during the 48 hours before the they began showing symptoms (or were tested if asymptomatic) to notify them that their child may have been exposed to someone who tested positive for COVID-19. A notification letter that provides the last date of possible exposure will be provided by the Center Director when parents pick-up their children. **The child/staff's name and information must not be shared.**
 - a. We will inform families that they should monitor their children and household members for symptoms of COVID 19 and communicate to KCI if any symptoms appear.
3. HR/Program Leadership will notify all staff who worked at the program site during the during the 48 hours before the child/staff began showing symptoms (or was tested if asymptomatic) to notify them that a child/staff tested positive for COVID-19. The last

date of possible exposure will be shared. **Child/staff's name and information must not be shared.**

- a. We will inform staff that they should monitor themselves for symptoms and communicate to KCI if any symptoms appear.

B. Staff members who test positive for COVID-19 should immediately notify their supervisor or their supervising manager (if it is the weekend).

1. Staff (or HR Manager if staff cannot) will complete a Workplace Injury Report Form if the illness was a direct result of working at KCI.

C. Resources for staff and families:

If staff or families are in need of getting tested, the following resources can be of assistance:

- KCI can provide staff & families with free at-home test kits
- COVID-19 tests administered by healthcare professionals are available at locations in Anchorage. To find current testing sites visit: <https://anchoragecovidtest.org/>

Responding to Possible Illness and Child Isolation Procedure

If a child begins to exhibit symptoms of an illness during the school day the classroom staff should notify the Center Director immediately. Upon notification of an ill child, the Center Director should remove the child from the classroom if possible and supervise the child until they are picked up.

Step 1: Ask the child what hurts (stomach, headache, etc.)

Step 2: Take the child's temperature using the infrared thermometer.

Step 3: Look for visible symptoms:

- Rash/splotches/spots
- Red, swollen eye with discharge
- Pale
- Jaundice
- Lethargic

Step 4: note all signs and symptoms of illness to share with the parent/guardian and document in the family contact log when possible.

Any child who becomes ill with fever, cough, or difficulty breathing or is unable to participate in daily activities will be separated and isolated from other children to the extent possible while being comforted and supervised at all times.

Center Director should contact the parents to relay signs and symptoms identified and their severity. Arrangements must be made to have the child immediately picked up within one hour. Staff are to immediately wash their hands after contact with the child and any surfaces or items that the child has touched.

When the child is picked up, staff should inform the family that the child may not return to the program until they have tested negative for COVID-19 and have been fever free for 24 hours without the aid of fever reducing medication or (in the absence of a COVID test), they are symptom

free and it has been over 5 days since their symptoms started. COVID-19 at home test kits should be offered to all families picking up an ill child from the program.

Once the child has left the program, any potentially contaminated surfaces, toy, etc. will be thoroughly cleaned and disinfected with soapy water and a bleach solution. Staff should follow all KCI cleaning and Sanitizing Protocols.

What to do if you were exposed to COVID-19

If you were exposed to the virus that causes COVID-19, the CDC recommends you do the following:

- Wear a mask as soon as you find out you were exposed for 10 full days when you are around others inside your home or indoors in public
- Watch for symptoms such as fever, cough, shortness of breath or other COVID-19 symptoms
- Test immediately if symptoms develop
- Test at least 5 full days (on day 6 or later) after your last exposure, even if no symptoms have developed
 - If you test negative, continue taking precautions through day 10
 - If you test positive, isolate immediately

Returning after a COVID 19 Diagnosis

According to the CDC someone diagnosed with COVID-19 can safely be around others with all three of the following conditions have been satisfied:

24 hours with no fever (without using a fever reducer)

and

Symptoms have improved*

and

It's been at least 5 days since symptoms first appeared (if person was asymptomatic, it must be at least 5 days since the positive test was taken).

*For the purposes of returning to work or class onsite, symptoms have improved means **all** the following are true:

- The person no longer feels ill
- The person can keep up with their daily routine just as they did before they were ill
- Any remaining, lingering symptoms are mild and do not interfere with the person's daily living

The CDC recommends wearing a well-fitting mask while around others through day 10 after testing positive.