

COVID Update for San Juan County 8-18-2022



CDC COVID-19 Community Level: **Low**

Recommended actions based on current level:

- Stay [up to date](#) with COVID-19 vaccines.
- [Get tested](#) if you have symptoms.
- Wear a mask if you have symptoms, a positive test, or exposure to someone with COVID-19.
- Wear a mask on [public transportation](#). You may choose to wear a mask at any time as an additional precaution to protect yourself and others.

Weekly Metrics Used to Determine the COVID-19 Community Level (Updated Every Thursday)

Case Rate per 100,000 population	51.19
New COVID-19 admissions per 100,000 population	6.2
% Staffed inpatient beds in use by patients with confirmed COVID-19	5.7%

COVID Update for San Juan County 8-25-2022



CDC COVID-19 Community Level: **Low**

Recommended actions based on current level:

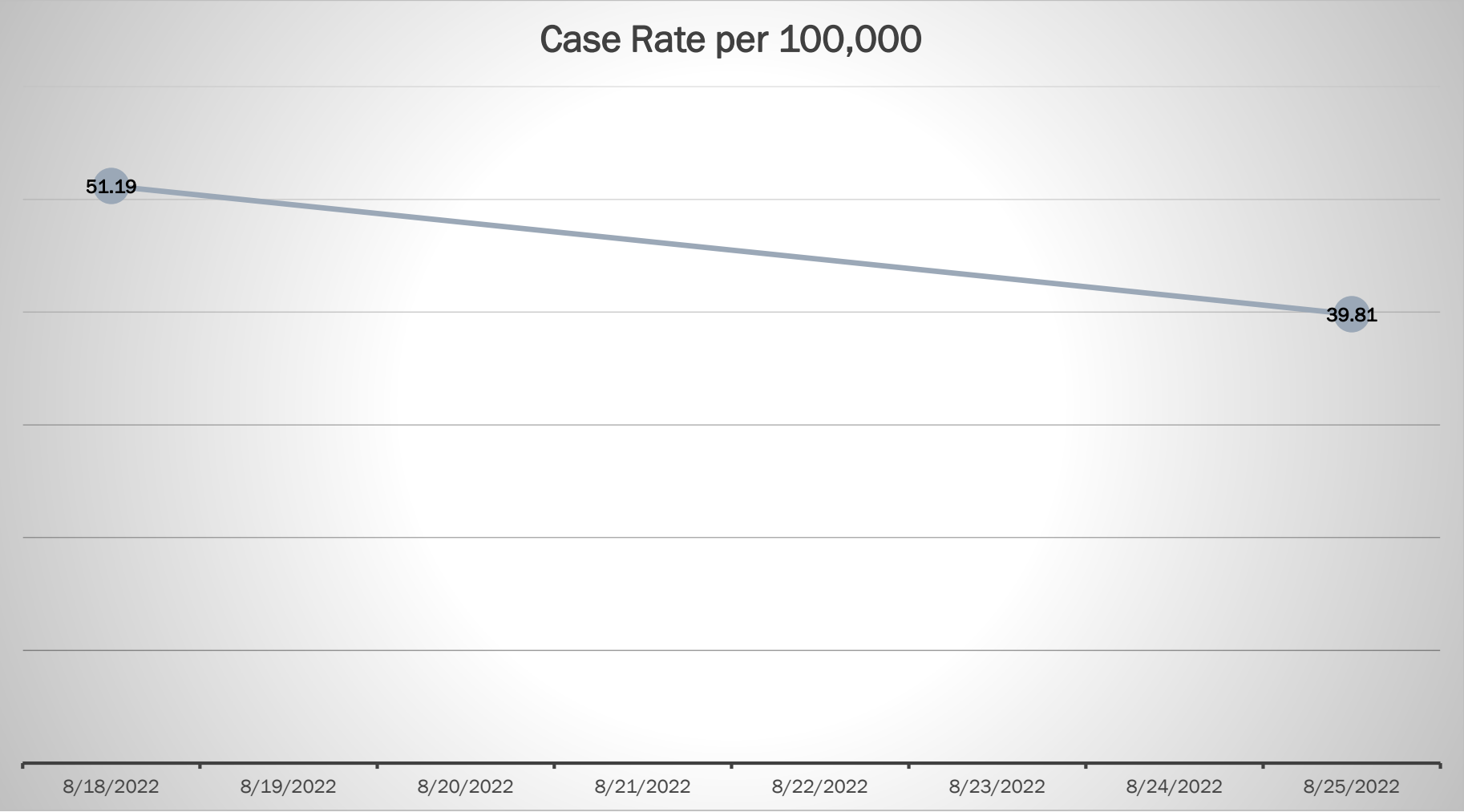
- Stay [up to date](#) with COVID-19 vaccines.
- [Get tested](#) if you have symptoms.
- Wear a mask if you have symptoms, a positive test, or exposure to someone with COVID-19.
- Wear a mask on [public transportation](#). You may choose to wear a mask at any time as an additional precaution to protect yourself and others.

Weekly Metrics Used to Determine the COVID-19 Community Level (Updated Every Thursday)

Case Rate per 100,000 population	39.81
New COVID-19 admissions per 100,000 population	6.6
% Staffed inpatient beds in use by patients with confirmed COVID-19	4.9%



Case Rate per 100,000





COVID Update

- ❖ Updated Guidance from DOH Received on August 5, 2022
 - ❖ All employees, volunteers, and indoor contractors are required to be fully vaccinated or have a medical or religious exemption
 - ❖ Definition of fully vaccinated is when an individual has received both doses in a two-dose COVID-19 vaccine primary series or one dose of a single-dose COVID-19 vaccine primary series
 - ❖ However, staying up-to-date with all recommended vaccinations and boosters is the best option to protect against severe disease and hospitalization.
 - ❖ Students and staff who have symptoms of COVID-19 are required to stay home and should get tested and follow return to school/work guidance.
 - ❖ Students and staff who test positive for COVID-19 are required to isolate regardless of vaccination status
 - ❖ May return after five full days of isolation if:
 - ❖ They are asymptomatic, or
 - ❖ Their symptoms are improving, and they have been fever free for at least 24 hours without the aid of fever-reducing medication

If a person has one or more of these symptoms:

- Fever ($\geq 100.4^{\circ}\text{F}$) or chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- New loss of taste or smell
- Cough (new, changed, or worsening)
- Nausea, vomiting, or diarrhea
- Fatigue
- Sore throat
- Congestion or runny nose*



Isolate at home and test for Covid-19

If the symptoms are not consistent with a diagnosed chronic illness

OR they do not receive an alternative named diagnosis from a health care provider

OR they do not get tested



Isolate at home

They can return to school, child care, and activities after five days have passed since symptoms first appeared if:

1. No fever within the past 24 hours (without medication) **AND**
2. Symptoms have significantly improved

Additionally, individuals should wear a mask when around others days 6–10.**



They test **POSITIVE** for COVID-19



They test **NEGATIVE** for COVID-19



Return to school, child care, and activities if:

1. No fever within the past 24 hours (without medication)

AND

2. Symptoms have significantly improved

If symptoms persist, retest every 24–48 hours through at least five days after symptoms started.



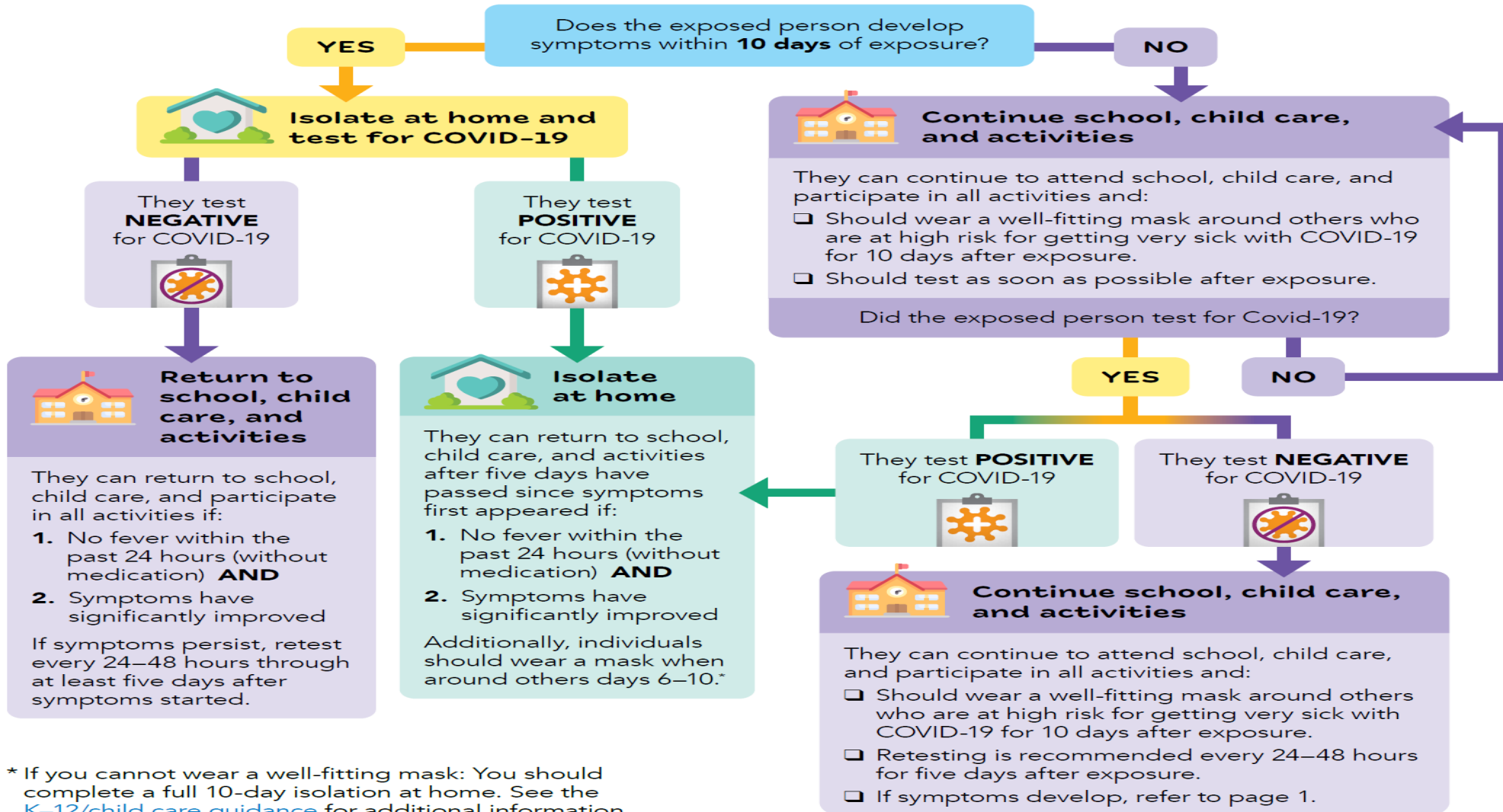
What to do if a person is symptomatic of COVID-19

Regardless of vaccination status, use the following guidelines:

- Continue to attend school, child care, and activities.
- Monitor for symptoms for 10 days after exposure.
- Should test as soon as possible after exposure.
- Should wear a well-fitting mask for 10 days after exposure.



What to do if you receive an exposure notification or think you have been exposed to COVID-19



* If you cannot wear a well-fitting mask: You should complete a full 10-day isolation at home. See the [K-12/child care guidance](#) for additional information.



COVID Update

- ❖ Masking
 - ❖ We will continue to make masks available for use by staff, students, volunteers, and visitors on a voluntary basis
 - ❖ Per the recommendation of San Juan County Health (LHJ)
 - ❖ We will request that all staff wear a mask for the first two weeks of school
 - ❖ We will highly recommend that students wear a mask for the same period of time
 - ❖ All visitors to the nurse/health room or a designated isolation area are required to wear masks (no exceptions)
 - ❖ Anyone returning from a case of COVID-19 after the 5-day isolation period must wear a mask for days 6-10 of the isolation period.
 - ❖ Masking may be required by the LHJ in the event of an outbreak



COVID Update

❖ Notification

- ❖ We will maintain a COVID Update Dashboard on the district website, which will be updated within 24 hours of any reported new cases of COVID-19
- ❖ We will provide a COVID Update in each Weekly Newsletter published
- ❖ When appropriate, we will provide group notifications (e.g., classes, sports teams, etc.) of cases or outbreaks via email or the school messenger system



COVID Update

❖ Testing

- ❖ We will continue to provide access to timely diagnostic testing for students and staff, including:
 - ❖ Those with symptoms, and
 - ❖ Those who were potentially exposed and want to test
- ❖ Timely testing of symptomatic students and staff helps reduce lost days of in-person instruction
- ❖ We will continue to require the receipt of permission from parents or guardians for students to receive school-based testing



COVID Update

❖ Reporting

- ❖ All COVID-19 cases, outbreaks, and suspected outbreaks will be reported to San Juan County Health

❖ Outbreaks

- ❖ At least 3 cases within a specified core group (e.g., classroom or athletic team); or,
- ❖ Multiple COVID-19 cases comprising at least 10% of students, teachers, or staff within a specified core group; and,
- ❖ Cases have a symptom onset or positive test result within 14 days of each other
- ❖ There is no evidence that transmission was more likely to have occurred in another setting



COVID Update

❖ Mitigation Strategies

- ❖ Vaccination is the most effective mitigation strategy
 - ❖ Stay up-to-date on all vaccines and boosters
 - ❖ Vaccination is now available for children 6 months and older, and they are recommended by the CDC and the American Academy of Pediatrics
 - ❖ New Novavax vaccine is now available for those aged 12 or older
- ❖ Continue Handwashing and Respiratory Etiquette
- ❖ Cleaning and Disinfecting High-Touch Surfaces once per day
- ❖ Maximize Ventilation (e.g., 2-front and 2-rear windows open a few inches on buses)
- ❖ Maintain awareness of CDC COVID-19 Community Levels



Vaccine Clinic

FREE BACK-TO-SCHOOL IMMUNIZATIONS!

Wednesday, August 31st, 2:30 pm–6:00 pm,
Lopez Island School District Multipurpose Room,
86 School Rd., Lopez Island, WA 98261

San Juan County Health & Community Services will provide all childhood immunizations for students in K-12 for FREE at the Lopez Island School District. Immunizations will be on a first-come, first-served basis.

No appointment necessary.



San Juan County Health & Community Services

national
IMMUNIZATION
awareness month



READY FOR SCHOOL?
Check those vaccine records.