

Lynden Christian Wellness Protocols Spring 2022

The following is a summary of the changes made to the [DOH K-12 guidance](#). Many of the previous requirements have now changed to recommendations. However, the Whatcom County Health Department has the authority to make these guidelines more restrictive if necessary.

Masks (DOH K-12 Guidance P.7):

- Masks are no longer universally required inside or outside at school.

Future possibilities:

- o Per the DOH guidance - there may be instances where we need to temporarily wear a mask:
 - o Days 6-10 after a positive COVID test
 - o During an outbreak
 - o If a student becomes symptomatic at school

When Sick:

- If students or staff are ill and/or experiencing symptoms consistent with COVID-19 infection, are required to stay home and should test. Please also notify school by emailing wellness@lynchs.org or calling the school office
- Symptoms to monitor consistent specifically with COVID-19 infection (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>):
 - o Fever of 100.4 degrees or higher
 - o New Loss of taste or smell
 - o Chills
 - o Cough
 - o Shortness of breath
 - o Fatigue
 - o Muscle or body aches
 - o Headache
 - o Sore throat
 - o Congestion or runny nose
 - o Nausea or vomiting
 - o Diarrhea

Positive Cases (DOH K-12 guidance P.3):

- If a person tests positive with a molecular (PCR) test or antigen (Rapid) test, they can return to school when the following criteria are met:
 - o After **5 full days of isolation** from symptom onset, or since positive test specimen collection date if no symptoms present, AND

- 24 hours after fever resolves without medication, AND
- Symptoms have improved or asymptomatic
- It is strongly recommended that students or staff wear a well-fitted mask during days 6-10 of their isolation period. Whatcom County Health Department will likely make this a requirement in the next week or so because people are still contagious during days 6-10.
- Test negative with a rapid antigen test on day 6 or after. If positive the student/staff will need to isolate until day 10. Testing beyond day 10 is not necessary.
- **For positive cases, this isolation guidance applies regardless of vaccination status. (DOH K-12 guidance P.3)**

Contact Tracing and Isolation:

- Contact tracing is no longer a requirement.
- Quarantine is no longer required.
- Isolation
 - Individuals need to isolate:
 - Positive test result
 - Symptomatic and waiting for test results
 - 10- day isolation
 - Individuals who test positive after day 5 of isolation
 - Individuals who decline to test or mask following a 5-day isolation

Testing:

- Lynden Christian School has both PCR testing and Rapid Antigen testing for staff and students. Please contact Wellness to schedule any testing, wellness@lynchs.org
- When to test
 - Symptomatic
 - COVID positive staff/students returning on day 6 without a mask.
 - Test to Stay in outbreak situations.

Employee Vaccination:

- **Employee Vaccination** – All employees in educational settings are required to be fully vaccinated or have a medical or religious exemption per Governor’s proclamation 21-14.3.