

2022/2023 School year Wellness summary and update:

When Sick:

- If students and staff are ill and/or experiencing symptoms consistent with the COVID-19 virus they are required to stay home and should test before coming back to school. Please also notify school by emailing wellness@lynchs.org or calling the school office.
 - Home tests are acceptable. Please email any results to wellness@lynchs.org
 - This flow sheet from the DOH outlines what to do if symptomatic or exposed or you can contact LC's wellness officer (wellness@lynchs.org) with any questions. [COVID-19 Symptom and Exposure Flowchart for Schools and Child Care \(wa.gov\)](#)

Positive Cases or Decline to Test:

- If a student or staff member has a positive COVID-19 test or declines to test, they must isolate at home for 5 full days from symptom onset (symptom onset is day zero). The individual may return to school:
 - After 5 full days of isolation, if they are asymptomatic or their symptoms have improved
 - No fever for the past 24 hours without the use of fever-reducing medications.
- Repeat testing will not bring students or staff back to school sooner, and if a student or staff member tests during the end of their isolation and is still positive, they may need to isolate for the full 10 days. **Additional testing is not required to return to school and not necessary after the initial positive test.**
- Outbreaks – We are required to report classroom outbreaks (3 or more students or staff) or more than 10% of a group or grade to the Health Department. We will then need to follow any of their guidance which will likely involve test to stay and indoor masking for the affected classroom or group.

Close contact/Exposure:

- Close contact and exposures – This has not changed from the last update. **There is no need to isolate if exposed and asymptomatic.** It is recommended to test every 1-2 days after exposure until 5 days after the positive person's symptom onset. If a student or staff member is exposed and develops symptoms, they need to isolate and test right away.

Masks:

- Masking is not required for the new school year. This could change, but we will watch this closely.

Testing:

- Lynden Christian will have both rapid antigen and PCR tests available for students and staff if needed. Please contact wellness to obtain a test, wellness@lynchs.org
- We don't anticipate any screening testing for athletes, drama, or music to be required this year.

Employee Vaccination:

- All employees in educational setting are required to be fully vaccinated or have a medical or religious exemption per the Governor's proclamation 21-14.3

Lynden Christian will continue to follow DOH requirements but will not do more than what is required.

We will also continue to monitor other viruses along with COVID-19 such as the flu, norovirus, and monkeypox.

If you are interested, here is the updated DOH Guidelines for schools, issued August 5, 2022:

[Requirements and Guidance to Mitigate COVID-19 Transmission in K-12 Schools and Child Care \(wa.gov\)](#)

If you have any questions regarding wellness, please contact Colleen Stremmer at wellness@lynchs.org