



LIVING AND LEARNING THROUGH A PANDEMIC

Resources for K-12 families in Kittitas County

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WE'RE (STILL) HERE TO HELP

This packet has information to help Kittitas County families navigate school and health as the coronavirus pandemic continues.

School districts throughout our county have created their own plans for teaching and learning during the pandemic. This packet from the Kittitas County Public Health Department complements those plans with a focus on health — so you know what to expect if the coronavirus affects your child's school.

It answers questions such as:

- How would I be notified of a case?
- When would my child need to quarantine?
- Where can I learn the latest about vaccines?

This packet also includes resources to help Kittitas County families stay healthy — physically, emotionally, and mentally — as the pandemic continues to disrupt our lives:

- Suggestions for talking with kids about the pandemic.
- Guidance for those considering travel or family gatherings.
- Kid-friendly, printable posters encouraging healthy habits.

The Kittitas County Public Health Department works to protect residents against health threats, including the coronavirus. We're also your resource for reliable health information, so you can make the best decisions for yourself, your family, and our community.

If you have questions about the information in this packet or other topics related to the coronavirus, please **call 509.962.7515** or **[visit our COVID-19 information page.](#)**

KITTITAS COUNTY SCHOOL DISTRICTS' REOPENING PLANS

FOR THE 2020-'21 SCHOOL YEAR

The 2020-2021 school year is unlike any other. While schools are operating differently, they remain committed to students' education, health, and safety.

In partnership with the Kittitas County Public Health Department and the Washington State Department of Health, districts throughout Kittitas County created reopening plans to guide our children, families, and educators through the transitions and phases of the coronavirus pandemic and, eventually, recovery.

While the districts' plans vary according to their families' and schools' needs, each district's plan provides information about its reopening plan and contingency plans for various potential scenarios. The reopening plans also include information about meals, resources for students experiencing homelessness, schools' plans to support and remove barriers for students with disabilities during the pandemic, and other helpful resources.

You'll find links to Kittitas County districts' reopening plans below. To ask about accessing a physical copy of your district's plan, please contact your district office.

ELLENSBURG SCHOOL DISTRICT

- [Reopening plan](#)

CLE ELUM-ROSLYN SCHOOL DISTRICT

- [Return to Learn Reopening Guide for Families](#)
- [COVID-19 Update Center](#)

EASTON SCHOOL DISTRICT

- [COVID-19 reopening page](#)

THORP SCHOOL DISTRICT

- [Reopening plan](#)
- [COVID-19 information and resources](#)

KITTITAS SCHOOL DISTRICT

- [Reopening Plan](#)

DAILY HOME SCREENING CHECKLIST FOR STUDENTS

Please complete this short checklist every morning before school.
Your child should stay home from school if they have:

- Any possible symptoms of COVID-19.
- Been in close contact with someone diagnosed with COVID-19. (Close contact means they've been within 6 feet of the person for a total of 15 minutes or more in a 24-hour period.)
- Been notified that they've been exposed to someone with COVID-19.
- Or been diagnosed with COVID-19.

Please see the ["When to stay home — and how long to stay there"](#) chart for information about when it's safe for your child to return to school.

Symptoms

CLASS A

Yes No

- | | | |
|-----------------------|-----------------------|---|
| <input type="radio"/> | <input type="radio"/> | Temperature of 100.4 degrees Fahrenheit or higher when taken by mouth |
| <input type="radio"/> | <input type="radio"/> | Chills |
| <input type="radio"/> | <input type="radio"/> | Cough |
| <input type="radio"/> | <input type="radio"/> | Shortness of breath or difficulty breathing |
| <input type="radio"/> | <input type="radio"/> | Loss of taste or smell |

CLASS B

Yes No

- | | | |
|-----------------------|-----------------------|--------------------------|
| <input type="radio"/> | <input type="radio"/> | Fatigue |
| <input type="radio"/> | <input type="radio"/> | Muscle or body aches |
| <input type="radio"/> | <input type="radio"/> | Headache |
| <input type="radio"/> | <input type="radio"/> | Sore throat |
| <input type="radio"/> | <input type="radio"/> | Congestion or runny nose |
| <input type="radio"/> | <input type="radio"/> | Nausea or vomiting |
| <input type="radio"/> | <input type="radio"/> | Diarrhea |

Potential exposure

Has your child had close contact with a person diagnosed with COVID-19? (Close contact means they've been within 6 feet of an infected person for at least 15 minutes during a 24-hour period.) Or have you been notified that your child has been exposed to the coronavirus?

- Yes No

WHEN TO STAY HOME — AND HOW LONG TO STAY THERE

You have screened your child for COVID-19. What's Next?

YOUR CHILD HAS:	THEN:	FOR HOW LONG?
<ul style="list-style-type: none"> <input type="checkbox"/> No symptoms <input type="checkbox"/> No known exposure to COVID-19 <input type="checkbox"/> No COVID-19 diagnosis 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> The child can go to school. 	
<ul style="list-style-type: none"> <input type="checkbox"/> Any Class A symptoms <input type="checkbox"/> Or two or more Class B symptoms <input type="checkbox"/> Or one or more Class B symptoms lasting more than 24 hours <input type="checkbox"/> Or has not been tested for the coronavirus 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> The child must stay home. 	<ul style="list-style-type: none"> • At least 10 days after their symptoms began • And at least 24 hours after their fever ends without fever-reducing medicine • And until their symptoms improve.
<ul style="list-style-type: none"> <input type="checkbox"/> Only one Class B symptom and it resolves in 24 hours <input type="checkbox"/> Or a negative COVID-19 test result <input type="checkbox"/> Or been diagnosed by their health provider with an illness other than COVID-19 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> The child must stay home. 	<ul style="list-style-type: none"> • At least 24 hours after their fever ends without fever-reducing medicine and their symptoms improve. • Or as directed by their health care provider.
<ul style="list-style-type: none"> <input type="checkbox"/> No symptoms <input type="checkbox"/> And had close contact with someone diagnosed with COVID-19 (meaning they were within 6 feet of the person for at least 15 minutes in a 24-hour period) <input type="checkbox"/> Or been informed of exposure to someone with COVID-19 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> The child must stay home. 	<ul style="list-style-type: none"> • For 14 days from the date of their last exposure to the diagnosed person. • Stay home for seven days and receive a negative COVID-19 test result.
<ul style="list-style-type: none"> <input type="checkbox"/> COVID-19 symptoms <input type="checkbox"/> And known exposure <input type="checkbox"/> And either has not received a COVID-19 test or has tested negative 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> The child must stay home. 	<ul style="list-style-type: none"> • At least 10 days after their symptoms began • And at least 24 hours after their fever ends without fever-reducing medicine • And until their symptoms improve.
<ul style="list-style-type: none"> <input type="checkbox"/> Tested positive 	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> The child must stay home. 	<ul style="list-style-type: none"> • No symptoms: They can go back to school 10 days after their test. • Has symptoms: They must stay home at least 10 days after their symptoms began and at least 24 hours after their fever ends without fever-reducing medicine. Their symptoms also must improve before they can return to school.

WHAT TO EXPECT WHEN YOUR SCHOOL CALLS ABOUT COVID-19

And what might happen next

If someone at your child's school is diagnosed with COVID-19 or if your child is showing signs of the illness, the school will contact you by phone, letter, or both. What happens next depends on a number of factors, as schools follow their plans to prevent the virus from spreading.

Watching for symptoms. In some cases, you'll be asked to watch your student for symptoms but won't need to do anything else. That's likely to happen if it's determined your student had no close contact with the person with COVID-19. Symptoms can include fever, fatigue, nausea, shortness of breath, difficulty breathing, headaches, or sudden loss of smell and taste.

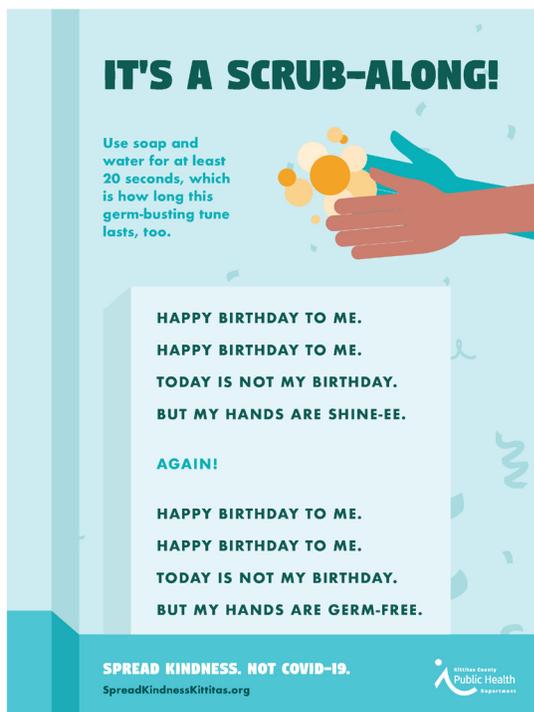
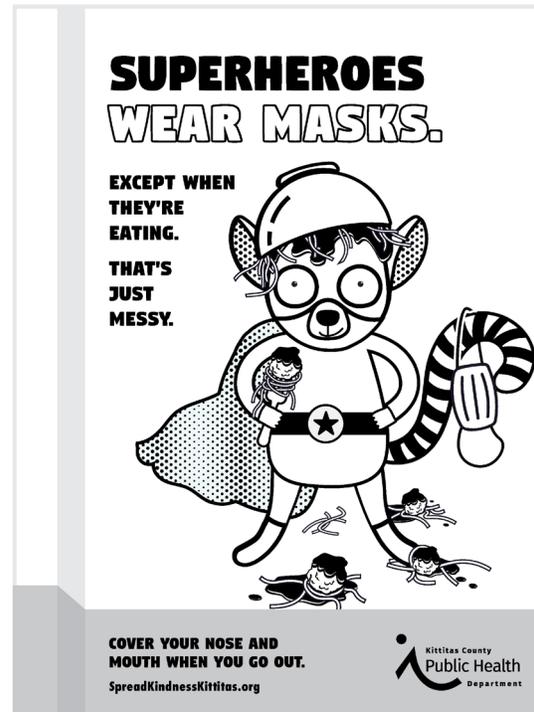
What is "close contact," or exposure? When there's a confirmed case, the school district will work with the health department to determine whether your child had close contact with the infected person. "Close contact" means spending at least 15 minutes during a 24-hour period within 6 feet of the person. If your child is diagnosed with COVID-19 or had close contact with (or exposure to) a diagnosed person, the school will provide your contact information to the Kittitas County Public Health Department. The health department or school district staff will contact you to track the spread and help prevent more infection. Neither the school nor the health department shares the names of diagnosed people or their close contacts with anyone else.

Quarantine prevents the spread. In some cases, such as when your child has had close contact with someone diagnosed with COVID-19, your child will be asked to quarantine at home. Quarantine helps prevent the virus from potentially spreading, regardless of whether your child shows symptoms. Students in quarantine will be asked to stay home for seven to 14 days past the date of exposure. They should not go to school or participate in any activities during this time.

Schools may need to go online-only. In some cases, depending on the number of cases at the school and how many classrooms are directly affected, big changes might need to happen right away. Everyone in your child's classroom may be temporarily sent home, or the entire school may need to temporarily switch to online learning. Schools make these decisions in partnership with the health department based on guidance from state and federal health officials. Everyone's goal is to prevent further spread of the coronavirus — to protect students, teachers and staff members, and the larger community.

KID-FRIENDLY, PRINTABLE SAFETY POSTERS

Scroll down or click on a poster thumbnail to view and print.



SPREAD KINDNESS. NOT COVID-19.

**WE'RE
STAYING
SAFE FOR
ALL OF US.**



[SpreadKindnessKittitas.org](https://www.spreadkindnesskittitas.org)

SUPERHEROES WEAR MASKS.

**EXCEPT WHEN
THEY'RE
EATING.**

**THAT'S
JUST
MESSY.**



**COVER YOUR NOSE AND
MOUTH WHEN YOU GO OUT.**

SpreadKindnessKittitas.org



IT'S A SCRUB-ALONG!

Use soap and water for at least 20 seconds, which is how long this germ-busting tune lasts, too.



**HAPPY BIRTHDAY TO ME.
HAPPY BIRTHDAY TO ME.
TODAY IS NOT MY BIRTHDAY.
BUT MY HANDS ARE SHINE-EE.**

AGAIN!

**HAPPY BIRTHDAY TO ME.
HAPPY BIRTHDAY TO ME.
TODAY IS NOT MY BIRTHDAY.
BUT MY HANDS ARE GERM-FREE.**

SPREAD KINDNESS. NOT COVID-19.

SpreadKindnessKittitas.org



GOING-OUT SAFETY CHECK.

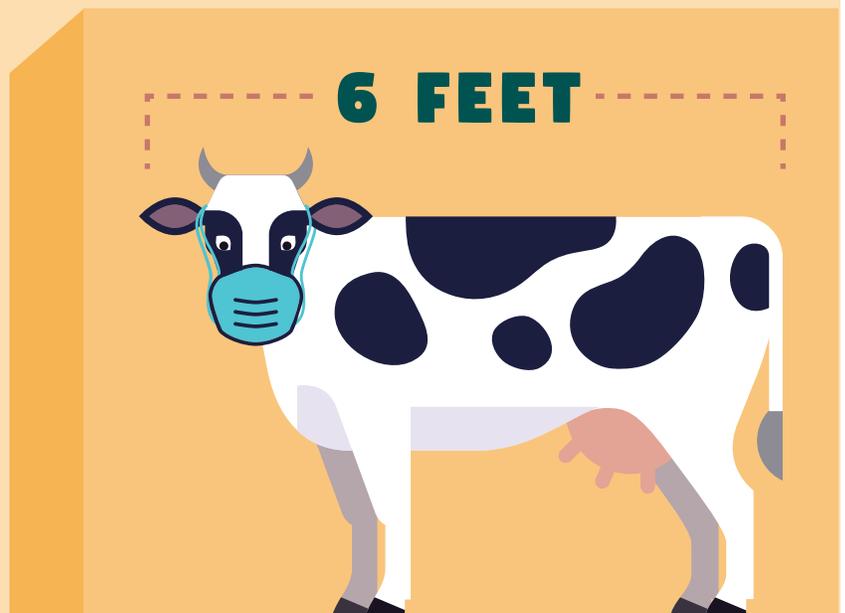
HEY, KIDS! DO YOU HAVE:

- Clean hands?
- A mask for your nose and mouth?
- A 6-foot ruler?

Wait, what? You don't have your ruler?

OK, THEN REMEMBER:

6 feet is as long as a cow. If you're closer than that to someone, **MOOOOOVE** away from them.



SPREAD KINDNESS. NOT COVID-19.

SpreadKindnessKittitas.org



HEALTHY CONVERSATIONS ABOUT COVID-19

To help kids, keep talking with them.

We're all tired of the coronavirus. But the changes the pandemic has imposed on our family, school, and social lives may be affecting your kids more than you know.

Honest discussions with children about COVID-19 can help them understand what's happening, ease their fears, and help them cope. Let them know that they're safe — and that they'll be cared for no matter what.

Here are a few important ideas to convey to kids.

THE BASICS: WHAT WE DO TO KEEP OURSELVES AND OTHERS SAFE AND WHY.

People have learned a lot about how coronavirus spreads since the start of the pandemic. But the latest information might not have reached your kids.

We know that staying home when we can, wearing a mask, and staying at least 6 feet from people we don't live with are the best ways to not get the coronavirus.

The virus is a tiny germ that spreads from one person to another when the infected person talks, sings, coughs, or sneezes. When you keep your distance, the little droplets that the virus lives in fall to the ground before they reach you. When you wear your mask over your nose and mouth, you make it harder for the droplets to get into your body (or for your droplets to get into the air when you talk).

Hand washing is important, too. That's because you also can catch the virus by touching something that has the virus on it and then touching your eyes, nose, or mouth. When you wash your hands, you wash away the germs before they can get inside.

TALK IT OUT. TELL AN ADULT WHEN YOU'RE UPSET.

Maybe the pandemic has your kids feeling scared, sad, or angry. They would not be alone — but kids don't necessarily know that these feelings are normal or what to do about them.

Remind them: They can and should let you or another trusted adult know if they're having a hard time. Just the act of talking about it often helps relieve those feelings. And families can figure out ways to feel better. Is your son worried about his friend's sick mom? Maybe you can spend time together making get-well cards. Is your daughter missing her basketball teammates? Set up a Zoom so they can catch up.

IT'S NORMAL TO WORRY ABOUT GETTING SICK.

Remind your child that life looks different because we're trying to prevent illness. But it's possible that we or someone we know still could get COVID-19 — and it's normal to worry about that.

Let them know that if they get sick, you or another caregiver will take good care of them and talk with their doctor about the best ways to get better. The same goes for loved ones who might get sick. They will be well cared for.

WHAT WE SHOULD DO IF SOMEONE WE KNOW GETS COVID-19.

Let kids know that if we've been close to someone with COVID-19 at school or anywhere else, we should stay in quarantine. That means we stay home and away from places where anyone other than our family is spending time. We don't want to spread the infection — and if we've been exposed to the coronavirus, we might be infected even if we don't feel sick.

If anyone in your family got COVID-19, they'd need to be isolated at home for the same reason: They wouldn't want to spread the virus through the air to other people. Doctors and nurses would work hard to take care of your family member, wearing special masks and other equipment so they wouldn't get infected, too.

You might be able to stay in contact with your sick loved ones, whether that's by drawing them "get well" pictures to send in the mail or by talking online.

TALKING WITH OUR FRIENDS AND FAMILY ABOUT BEING SAFE.

When some families are working hard to stay safe — and making sacrifices — it might be hard and confusing for kids to see others behaving differently.

Remind kids that they're in charge of their own behaviors and boundaries. When their friends behave in ways that could spread germs — such as getting too close or forgetting to properly wear their masks — your kids have options.

Maybe they can politely ask their friends to keep their distance or put on their mask. Maybe they can leave the situation. Talk with your child about situations they've experienced where others were being unsafe — and how they can respond to protect themselves against exposure.

THIS WILL END. VACCINES ARE COMING.

The pandemic has been dragging on and on. But it's helpful to remind kids that we protect one another by wearing masks, keeping a safe distance apart, and washing our hands. And there's a light at the end of the tunnel! Safe and effective vaccines are being delivered.

Explain to kids that Washington state has a plan so the people at highest risk of getting sick and dying from the virus, such as health care workers and old folks living in care facilities, can get it first. Kids under 16 will not be able to get a vaccine until scientists do more research to make sure it's safe for them. (Find updates on the Washington State Department of Health coronavirus [vaccine page](#).)

Scientists worked hard to create the vaccines, which work like flu vaccine and other vaccines that kids and adults already get. Vaccines teach our immune systems to make antibodies, which are "fighter cells" in our blood that protect us against getting sick even if the virus gets in your body. If a person feels a little sore or even has a little fever after their vaccine shots, that's normal. It's not COVID-19 — it's just those "fighter cells" doing their job. There is no way to get the disease from the vaccine.

When enough people are vaccinated, the virus will have no place to go — and the pandemic will be over.

ANYTHING ELSE THAT'S ON THEIR MIND.

You never know what your child is thinking about. Ask them what they make of the pandemic — or try one of these open-ended questions.

- Can you think of ways our family can adapt for now to have fun in new ways?
- What can we do to help the doctors and nurses who are helping people who have COVID-19?
- What can we do to help anyone we know who's in quarantine or been diagnosed with COVID-19?
- Is there anything you like about the way our lives have changed since the pandemic started? What is it?
- What are you looking forward to after the pandemic is over?

TRAVELING AND GATHERING DURING COVID-19

Travel makes it more likely that you or someone in your family will get and spread the coronavirus, even if you don't feel sick. If you get infected during a trip, you will bring the virus home with you. While COVID-19 can make anyone very sick, older adults and people with certain medical conditions face more risk for severe illness.

Staying home is the best way to protect your family and the community. But if you decide to go, families should:

- Wear masks for your entire trip.
- Stay at least 6 feet from anyone not in your travel group.
- Wash hands or use hand sanitizer often.
- Avoid contact with anyone who is sick.
- Avoid touching eyes, noses, and mouths.
- Get flu shots for everyone before you go.
- Stay home if they feel sick.

As our state restrictions on social gatherings and celebrations change to prevent the spread of the coronavirus, you can find [updates online](#). No matter what, make it a priority to keep everyone in your family healthy and safe.

- Look at your guest list. You might need to shrink your list to meet state guidelines.
- Think about guests who might be in **high-risk risk groups**, and start talking to your friends and family now about expectations.
- **Gather outside**, which is always better than inside. Can you sit around the fire pit instead of sitting around the fireplace? Maybe set up a patio heater?
- **Self-quarantine**. Even when it's not required, you can reduce risk by staying home before you get together. A 14-day quarantine is the safest option. A good alternative is to quarantine for seven days and then receive a negative COVID-19 test result within 48 hours of your gathering.
- **Do health checks**. Ask guests to monitor their health two weeks before you get together. Agree that anyone who shows symptoms — even if the symptoms appear the morning of your planned gathering — should stay home.
- **Clean** thoroughly before, during, and after each visit.