

COVID-19 Vaccine and
Quarantine



Brighter Horizon Academy

COVID-19 Clinical
Update

de Beaumont pro-vaccine talking points

- “Imagine the day you can stop wearing a mask, or when you can gather indoors at your favorite restaurant again with friends and family for a celebratory meal. That day is coming ... but only if we do what needs to be done today to keep ourselves, our families, our communities, and our country healthy and safe.
- “The groundbreaking cooperation between leading medical experts here in America and pharmaceutical companies globally has made a return to normal possible thanks to the COVID-19 vaccine. The speed of development was due to the sharing of research on a scale never attempted before – and every study, and every phase of every trial, was carefully reviewed and approved by a safety board and the FDA. The process was transparent and rigorous throughout, with continual oversight and expert approval. Data will continue to be collected two years after each vaccine is first administered to ensure that the long-term effects are safe.
- “If you’re skeptical or concerned about side effects, we hear you. The likelihood of a severe side effect is less than 0.5%. When mild side effects occur, they are a normal sign your body is building protection to the virus, and most go away in a few days.
- “Getting vaccinated will help keep you, your family, and your community healthy and safe. At 95% efficacy, the vaccine is extraordinarily effective at protecting you from the virus. By getting vaccinated, you can end the damage to the economy, prevent more illnesses and deaths in America, and eliminate and eradicate COVID-19.”

mRNA vaccines available



- Phase 1A first tier and 1A second tier.
 - Medical professional, health care workers and staff and emergency personnel.
 - “Those who provide direct patient care to students and employees.”
- Phase 1B:
 - People 16 years of age and older with at least one chronic medical condition that puts them at increased risk for severe illness from the virus that causes COVID-19
 - People 65 years of age and older.

Phase 1B

- People 65 years of age and older
- People 16 years of age and older with at least one chronic medical condition that puts them at increased risk for severe illness from the virus that causes COVID-19, such as but not limited to:
 - Cancer
 - Chronic kidney disease
 - COPD (chronic obstructive pulmonary disease)
 - Heart conditions, such as heart failure, coronary artery disease or cardiomyopathies
 - Solid organ transplantation
 - Obesity and severe obesity (body mass index of 30 kg/m² or higher)
 - Pregnancy
 - Sickle cell disease
 - Type 2 diabetes mellitus

mRNA vaccines

The vaccines will illicit your body to make neutralizing antibodies to SARS-CoV-2. This is intended to prevent pulmonary disease and the need for hospitalization.

We DO NOT KNOW if it will prevent transmission from person to person.
We DO NOT KNOW how long the vaccine will remain effective.

As of now there will be no changes to contact tracing protocols until further guidance is published.

Everyone should continue with PPE, distancing, handwashing, etc. even after vaccination!

mRNA vaccine side effects per CDC

Dose #1 side effects will most likely be quite mild. Dose #2 will likely be more significant.

Common post-vaccination expected side effects: fever, fatigue, headache, chills, myalgia (muscle pain), arthralgia (joint pain.) Most occur in first three days of vaccination and resolve within 1-2 days. Also, reasonable to expect pain at the injection site.

Post-vaccination symptoms obviously mimic active infection symptoms. Patients are advised to schedule their vaccination on a date with 1-2 days off work following injection. Stagger employee vaccinations so staff are not all experiencing anticipated side effects at the same time impairing staffing. Have COVID testing available for employees with post-vaccination symptoms who are capable of returning to work.

A very small unlucky number of people who receive the vaccine will have an extreme inflammatory immune response when exposed to COVID-19. Besides anaphylaxis (severe allergic reaction), this is the most dangerous side effect to be expected.

CDC/DCHHS/DSHS updates to Quarantine

- The CDC released modified quarantine guidelines for critical infrastructure workers in our country. This was a decision driven by economic factors and justified by public health data. It is not a recommendation for best practice in public health.
- The DCHHS declined to adopt the CDC changes citing safety concerns, and instead approved compromised guidelines for critical infrastructure workers in line with the state of California.
- Dr. Wendy Chung (DCHHS chief epidemiologist) is choosing modify the CDC guidelines further for the safety of our school communities.
- **Students are not critical infrastructure workers.** They are not eligible for shortened quarantine orders.
- School employees are essential workers are are eligible for a reduced quarantine timeline following specific criteria.
- Employees returning to campus following 7 days of quarantine must attest to remaining asymptomatic throughout the duration of the quarantine, provide a negative PCR lab result swabbed on day 5 or later of their quarantine, and continue to self-assess twice daily on the 14-day symptom tracker and limit their community engagement to home and work for the duration of the 14 days.

Travel and scheduled gatherings

The risks associated with swapping air with others during public transit and indoor gatherings is quite similar and both activities have shown to be high risk and primary modes of virus transmission. With the increase of available and affordable testing options, medical experts have made the following recommendations to provide citizens with more information for personal decision making.

- TEST 1-3 days BEFORE travel/gathering
 - Cancel all travel/gathering plans if PCR positive and contact a COVID response team and/or county health department for information and resources
- Staff stay home for 7 days after travel/gathering and TEST 5 days AFTER travel/gathering
 - Return to school/work/community once PCR negative lab result received
 - If a PCR positive lab result is received, individuals should contact the campus COVID response team
 - Students stay home for 10 days

We obviously cannot mandate these recommendations for our employees and families, but we can offer information on this effective mitigation tactic to aide in the protection of our campuses for safe in-person learning.

Test! Test! Test!

- Community resources for testing still leave a lot to be desired, but are the **critical 5th layer of mitigation** and are encouraged by the CDC, DCHHS, and DSHS.
- **Please familiarize yourself with the testing sites and services most convenient for your school population and share those resources with all COVID-19 related communications.**
- Families and employees are to report all positive cases to the campus contact tracing team for a **return to campus timeline** and **case report** for all employees and students.
- With testing we expect to identify more asymptomatic cases who have converted during quarantine or from unknown community exposure.

COVID-19 FACTS review

- The SARS-CoV-2 virus has an incubation period of 2-14 days.
- Most (85%) of persons present with symptoms on days 4-6 from their exposure inoculation.
- Infected persons are most contagious the 2 days before symptoms present.
- Infected persons remain contagious for up to 10 days.
- Any positive lab result from rapid antigen, molecular PCR, or RT-PCR is a valid positive result and should immediately initiate patient isolation, household quarantine, case reporting, and contact tracing.
- Infected persons may continue to test positive for up to 120 days following infection due the PCR lab technology identifying virus fragments in the sample. Recovered persons do not need a negative lab result before returning to campus.
- Infected persons are thought to have 90 days of functional immunity following lab-confirmed infection and are exempt from quarantine if identified as a close contact within 90 days of their positive swab date.
- Infected persons must isolate in their home, away from household members, and not leaving the house except to seek medical care for 10 days from either the onset of symptoms, or if asymptomatic, the positive swab date.
- Infected persons on home isolation should remain in an isolated bedroom with access to their own bathroom, with meals delivered to them by well household members and left at the door. The priority nursing intervention for infected persons is to rest and treat symptoms as needed with the advice of their physician.
- Infected persons who are unable to isolate may seek available community resources for isolation or accept the risks of likely virus transmission to household members and the inability for well household members to concurrently quarantine.
- Household members or close contacts of an infected person are ordered to quarantine for 7-14 days. The timeline for quarantine begins on the last date of contact with the infected individual and its completion is determined by symptom presentation, PCR lab results, and the status of other household members.
- All quarantined persons should pause for self-reflection and document symptoms twice daily for 14 days. If/When symptoms present the quarantined individual should seek testing. If positive, the individual should report the lab result to the school COVID response team and transition to isolation protocols. If negative, the quarantine continues as originally ordered.
- Individuals on ordered quarantine should remain home except to seek medical testing, and not invite non-household members to their home.
- If the infected household member is unable to truly isolate for their ordered duration, the household members are to quarantine during the infected individuals isolation period, but may not initiate their return to public timeline until the infected individuals isolation has been completed.

- Please contact the health office with any questions or concerns
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 - health@bhaprep.org
 - Neda Ahamed, ECE Campus
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