

Dear school partners,

This week’s Public Health—Seattle & King County (PHSKC) Schools and Childcare Task Force sector email includes the following topics:

1. Key indicators of COVID-19 activity
2. REMINDER: Please share your COVID Coordinators’ contact info with PHSKC
3. Quarantine changes: <https://publichealthinsider.com/2020/12/03/king-county-following-new-cdc-quarantine-guidelines/>
4. Ventilation/disinfection webinar recording
5. New testing site - Enumclaw
6. Mental health resources

1. Key indicators of COVID-19 activity

The following chart includes King County data aligned with key indicators of COVID-19 activity outlined in the [Decision Tree for Provision of In Person Learning among K-12 Students at Public and Private Schools during the COVID-19 Pandemic](#) released by the Washington State Department of Health (DOH). The following are data as of **December 10, 2020**. These data are available and regularly updated on the PHSKC [COVID-19 data dashboard webpage](#).

Current King County COVID-19 Activity Level:		HIGH
Education Modality:	Strongly recommend distance learning with the option for limited in-person learning in small groups, or cohorts, of students for the highest need students, such as students with disabilities, students living homeless, those farthest from educational justice, and younger learners.	
Extracurricular:	Strongly recommend canceling or postponing most in person extracurricular activities, including sports, performances, clubs, events, etc. with the option to allow extracurricular activities in small groups of 6 or fewer students.	

Activity Level Key:	Low	Moderate	High
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Indicator	Target/Range		Current Status
	High	Moderate	
Cases/100K/14 days ¹	High	>75 cases/100K/14 days	419 cases/100K/14 days
	Moderate	25-75 cases/100K/14 days	
	Low	<25 cases/100K/14 days	
Trend in cases and hospitalizations ²	Flat or decreasing		Cases: Increasing Hospitalizations: Increasing
Test positivity ³	<5%		Unavailable ³

¹Total number of cases for the last 14 days per 100,000 residents.

²Total number of cases for the last 14 days per 100,000 residents AND Rate hospitalization per 100,000 residents in the past 14 days compared to the prior 14 days.

³Percent of COVID-19 tests with positive results over the past 14 days—On November 21, the WA State Department of

Health paused reporting on negative laboratory results. Data on test results, people tested, and test positivity has been frozen on our dashboard indefinitely.

2. REMINDER: Please share your COVID Coordinators' contact info with PHSKC

To ensure that we are reaching staff critical to your schools' COVID response efforts, [please respond to this survey](#) to provide their names and contact information. This will be helpful in our ongoing efforts to keep you and your staff informed and updated during the COVID-19 pandemic. It will also facilitate easier follow-up and collaboration when cases are reported in your buildings. Thank you for taking the time to respond!

3. Quarantine changes: <https://publichealthinsider.com/2020/12/03/king-county-following-new-cdc-quarantine-guidelines/>

As we learn more about the coronavirus and better science emerges, guidance on how best to slow the spread of the pandemic will continue to evolve. That is the case with the latest revisions to the [CDC guidance for how long to quarantine](#). The previous guidance was a significant burden on people that affected physical and mental health and caused economic hardship, while imposing impacts on public health systems and resources. The new guidance reduces some of this burden and may increase community compliance while still maintaining public health safety. Public Health – Seattle & King County is following the lead of CDC in providing other options for people who DO NOT develop symptoms. The three options are summarized here:

If you've been exposed to someone with COVID-19 and you have no symptoms, Public Health recommends the following:

- a. Stay in quarantine for 14 days after your last contact. **This is the safest option.**
- b. If this is not possible, stay in quarantine for 10 days after your last contact, without additional testing.
- c. If the first two options are not possible, it may be possible to end quarantine after 7 full days beginning after your last contact *and* after receiving a negative result from a test (get tested no sooner than day-5 after your last contact). *This will depend on availability of testing resources and may not be recommended in some settings.*

You can read more detail on the new guidelines at this [Public Health Insider blog post](#).

Please note that we are in the process of updating our school and child care guidance and tools to reflect this change.

4. Ventilation/disinfection webinar recording – December 7, 2020

In partnership with the Department of Health, PHSKC hosted a webinar for schools titled, "COVID-19 Disinfection & the New Ventilation/Filtration Guidance for K-12 Schools" on Monday. Given the demand for this information, this webinar was recorded and will be available on our web site along with the slide deck. We will send an update when it's available.

Special thanks to Nancy Bernard, manager of Washington State Department of Health's (DOH) Indoor Air Quality and School Environmental Health and Safety Programs, for leading this session!

5. New testing site in South King County now open - Enumclaw

Starting Thursday, December 10, communities in southeast King County will have a new option for COVID-19 testing at a free testing site in Enumclaw. The testing site is open to anyone, regardless of insurance or immigration status. This new site will be open three days a week and is located across the street from the Enumclaw Municipal Building. The address is 1512 Wells St., Enumclaw, offering both drive-through and walk-up testing. The testing site will be operated by Discovery Health with support from King County. Mutual of Enumclaw has donated the space for the testing site.

Visit [Public Health's COVID-19 testing locations page](#) for scheduling and registration information for the Enumclaw site and other testing locations in King County.

6. Mental health resources

- a. Mental Health America's (MHA's) new report, [Young People's Mental Health in 2020: Hope, Advocacy, and Action for the Future](#), shares the perspectives of 1,906 14-24-year-olds who completed their Young People's Mental Health Survey. The report highlights 5 exemplar programs across the US and the UK that are responding to youth mental health in innovative ways.
- b. Based on the success of the first event, the Public Health Community Well-Being team is hosting *Let's Talk. COVID: A conversation on Trauma, Stigma, and Grief (part II)* on December 16, 2020. Information about how to register is available via [Eventbrite](#).

In health,

The PHSKC Schools and Childcare Task Force