

Dear school partners,

In addition to weekly updates, this week’s email reminds you of the central resources that Public Health—Seattle & King County (PHSKC) offers King County K-12 schools during the COVID-19 pandemic. We implore you and your staff to review these in-depth.

This week’s PHSKC Schools and Childcare Task Force sector email includes the following topics:

1. Key indicators of COVID-19 activity
2. Key PHSKC resources for K-12 Schools
3. Holiday advisories
4. Mental health resources for educators and families
5. Flu vaccine community 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 is data as of **November 11, 2020**. This data is 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
Cases/100K/14 days ¹	High	>75 cases/100K/14 days	212 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: Flat/small increase
Test positivity ³	<5%		4.8%

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

2. Key PHSKC resources for K-12 Schools

In addition to resources from the [Washington State DOH, Office of Superintendent of Public Instruction \(OSPI\)](#), and the [Centers for Disease Control and Prevention \(CDC\)](#), PHSKC has also published local resources for King County K-12 Schools during the COVID-19 pandemic. It is an expectation that districts/organizations and schools assign [COVID Coordinator\(s\)](#) and review the [King County Schools COVID-19 Response Toolkit](#). There is a brief 7 minute [training video](#) and [slides](#) to support use of the toolkit. Please distribute this widely to staff involved in your COVID-19 response.

3. Holiday advisories

Be aware that COVID-19 cases are [increasing rapidly](#) in King County. Hospitalizations are rising as well and are expected to further increase as cases continue at high levels more high-risk people become infected.

Please share the following [key messages](#) with your communities to reduce their risk of getting COVID-19 and spreading it to others.

- Avoid unnecessary activities, gatherings and travel
- Limit the number, size and duration of contacts with others. Avoid crowded indoor spaces and keep visits short in duration. If visiting indoors, open windows and doors to increase air flow.
- Wear a well-made and well-fitting face mask whenever around others who are not part of the household, especially indoors and even if 6 feet of distance can be maintained.
- Stay at least 6 feet apart from others who are not part of your household.
- [Current guidance](#) is to limit gatherings to 5 people outside of the household per week. [Holiday celebrations](#) ideally should be household members only.
- Cover coughs and sneezes and wash your hands with soap and water for 20 seconds or use hand sanitizer with at least 60% alcohol often.
- Stay home and away from others if you are sick except to get medical care.
- Get a flu shot to prevent influenza infection (see section 5 below).

We also encourage schools to review the PHSKC schools and childcare [Frequently Asked Questions](#). Note that there is no recommendation from PHSKC, the DOH, nor CDC for schools to require a COVID-19 test for children or staff. [Anyone who has COVID-19 symptoms or close contact with someone who has COVID-19 should be tested right away](#). Schools are not disallowed from implementing more stringent health and safety requirements than those outlined by PHSKC, DOH, or CDC. However, we caution schools to consider the potential equity impacts of additional requirements such as requiring testing for students, staff, and families who may struggle to access health care.

Details about how to determine the duration of isolation and quarantine periods are available in our [King County Schools COVID-19 Response Toolkit](#) (page 9, section B.) This information is also available in the [Return to School Following Illness Exposure Guidance](#) in the toolkit and in our [Guidance for child care administrators](#).

4. Mental health resources for educators and families

We continue to hear about and empathize with the incredible mental health challenges experienced by school staff and students during this pandemic. We see and appreciate all the work you are doing to support not only the physical wellbeing of your staff and students, but their emotional wellbeing as well. We will continue to share resources to support mental health during the pandemic.

- The Northwest Mental Health Technology Transfer Center and the Northwest PBIS Network have produced a [free series of webinars](#). Information for their next webinar is listed below. [Click here](#) for more information and resources from previous webinars.
 - **Title:** Build Educator Resilience Through Self-Compassion and Gratitude
 - **Date and Time:** December 11, 2020 -- 3-4pm (Pacific Time)
 - [Learn more & register here!](#)
- [Free mental health support](#) from BIPOC (Black, Indigenous, People of Color) therapists for BIPOC individuals and communities most impacted by the pandemic and racism will be available on Saturday 11/14 and Saturday 12/12 from 1-6pm.
- Mental health first aid training is free until the end of the year for groups and organizations! **See attached flyers (in [English](#) and [Spanish](#)) for more information.** PHSKC acknowledges times are tough and our colleagues, partners, friends, and loved ones may not be ready for traditional therapy or counseling. But, we all need someone to count on when things get tough. Maybe today that someone is you. If you have a group of 10 or more please contact Anthony Rivers at arivers@kingcounty.gov.

5. Flu vaccine community resources

Flu vaccine is more important than ever. Below is a list of key information and vaccine resources to share with your communities.

Information on flu vaccine:

- [“Why flu vaccine is more important during COVID-19”](#) (fact sheet available in 9 languages)
- [“Flu vaccine is more important for older adults this year”](#) (fact sheet available in 18 languages)
- [PHSKC’s immunizations program manager talks about the importance of flu vaccine](#) (3-minute video in plain language)

Upcoming flu vaccine events:

- This week! PHSKC is partnering with the YMCA of Greater Seattle and Seattle Visiting Nurses Association (SVNA) to host drive-through flu vaccine clinics in **Newcastle, Kent, and SeaTac November 12, 13 and 14**. [Reserve a spot here](#) and [retweet this information to your networks!](#) Health insurance enrollment will be provided at these events, with support in English and Spanish.
- Coming soon! Please check www.kingcounty.gov/findaclinic for details, and share widely.
 - Drive-through flu vaccine will be offered at one or more schools in the Highline School District, serving communities Southwest of the city in November.
 - Flu vaccine will be offered at 10 or more health insurance enrollment events in South King County and elsewhere in November and December.

*In health,
The PHSKC Schools and Childcare Task Force*