



Safe Arrival Protocol for Homestay Students

NOTE: This protocol reflects CCS, Washington DOH, and CDC guidelines.
Please refer to these sites for the most up to date guidelines.

Vaccination Guidelines

- Students are encouraged, but not required to have COVID-19 vaccinations and boosters. SCC and SFCC students can attend in-person classes and seek on-campus support services regardless of their COVID-19 vaccination status, except where otherwise directed (some healthcare programs).
- Students who do not have an approved vaccination, or who are not up-to-date with eligible vaccination boosters, must follow the Safe Arrival Protocol's 5-day self-quarantine, when they arrive to their host home.
- Requested vaccines for Homestay students: MMR (measles, mumps, rubella), Pertussis, Varicella, Influenza. Suggested vaccines for student's personal safety: Meningococcal, Hep B, Tetanus, Diphtheria, Polio, Hib, Pneumococcal, Meningococcal, Hep A, Rotavirus, HPV and a U.S. based TB test upon arrival.
- All non-U.S. citizens and non-U.S. immigrants must follow CDC's international travel requirements. Use the Travel Assessment tool to view the requirements to board a flight to the United States. Students need proof of vaccination among their travel documents.

Preparation & Travel

- Recommended for 10 days prior to departure from home country—self isolate; take temperature daily; notify Homestay Office if student is exposed to COVID-19 or to anyone with symptoms.
- CDC recommends getting tested for current infection with a viral test as close to the time of departure as possible (no more than 3 days) before travel.
- Follow the CDC recommendations for "Non-U.S. Citizen, Non-U.S. Immigrants: Travel to and from the United States" and "How to Protect Yourself and Others" guidelines during travel. Travel supplies should include at least 2 masks, several pairs of gloves, travel-sized hand sanitizer and disinfecting wipes.
- Prior to departure, student's who are not fully vaccinated should consider what social support they will need during quarantine and make necessary arrangements. This may include forming a relationship with the host family, preparing some activities to do during quarantine, purchasing needed items including medicines (no shopping upon arrival), purchasing a cell phone/plan or a computer if needed. Self-isolating can be physically and mentally challenging and students should have a well thought-out plan.
- Students should get tested for the virus 3-5 days after arrival, following the CDC guidance "After Travel to the United States." If student tests positive, begin a 5-day full isolation from the date of symptom onset/positive test, and then wear a mask for the following 5 days. If the student tests positive, they will follow the Isolation Procedures below.

Guidelines for Unvaccinated Students

- Students will be transported from the airport by the host family. Students leaving the airport should put on a clean mask covering nose/mouth, wash hands, and disinfect suitcase/personal belongings prior to riding to the host home. Host and student should follow CDC guidelines in the car, such as wearing masks in the car, opening the windows for ventilation, physically distancing (student and driver should sit as far apart as possible), wearing eye protection, washing hands, and other similar measures. Vehicle should be disinfected after travel or allowed to sit idle for 3 days. Public transportation should not be used.
- Students who are not up-to-date with vaccinations (including boosters if eligible), according to the CDC definition, will undertake a 5-day U.S. based self-quarantine in full isolation, and then 5 days masked and distanced. Student will stay in one location, monitor for symptoms, avoid physical contact with other people and pets, and interact only as necessary.
- If student has a negative COVID test, student may begin their vaccination series. Locate a vaccination appointment through the **Washington Dept. of Health** or call 1-800-525-0127, then press #. Language assistance is available. Students may also use on campus vaccines sites, when available. See the **Spokane Regional Health District** for information on the vaccines.
- If a student tests positive, or develops COVID-19 symptoms, student should isolate to protect others from getting infected. Begin a 5 day isolation from the date of symptom onset/positive test, followed by 5 days masked.

Procedures for Quarantine or Isolation for the Homestay Program

Use these guidelines when a student or host tests positive for COVID-19, or for the first 5 days after arrival of a student who is not up-to-date on vaccinations.

- Host home mandatory quarantine supplies include face masks, disposable paper towels, a thermometer (for family), alcohol-based sanitizer of 60%+, qualifying hard surface disinfectant.
- Student will supply face masks, a box of disposable gloves, and their own thermometer.
- If the test is positive, student/family must be notified and then return to **Safe Arrival Protocol's** quarantine guidelines and notify CCS staff immediately.
- Host and students should wash hands for at least 20 seconds and dry with paper towels, followed by hand sanitizer, prior to any interactions.
- If possible, student should be the sole user of a bathroom during quarantine.
- When feasible, host is encouraged to increase ventilation, such as by opening windows and doors.
- Cloths, linens, masks, dishes, utensils, electronic devices (gaming, TV, phone, etc.) and rooms may not be shared during quarantine.
- Any surface touched by the student in quarantine (doorknob, handrail, etc.) should be immediately disinfected after use.
- Minimize touching of eyes, nose & mouth; cough or sneeze into a throw away tissue—and hands must be washed after tissue use.
- Students are responsible to regularly empty their trash and will disinfect and clean their bathroom after the quarantine period is over.
- Laundry facilities shall not be used by the student during the quarantine period.

- Meals should be eaten in separate locations, and student will not be allowed to enter or use the kitchen during the quarantine period. Host will be responsible to provide three meals per day (regardless if shared or full Homestay). Dishes should be disposable, or be sanitized in a dishwasher, or should be handwashed using gloves, in soap and hot water. Student eating in their room will be a short-term requirement—host may revert to their usual rule of “no food in student bedrooms” after the quarantine period is over.
- Only one household member should interact with the quarantining student, to minimize exposure.
- Students will be required to take and record their temperature twice daily, and must report any fever over 103° F or 40°C, or any common COVID-19 symptoms (see [cdc.gov](https://www.cdc.gov) for a list of symptoms) immediately by calling their healthcare provider for further instructions.
- Students who have any emergency warning signs (**CDC emergency warning signs**), including trouble breathing or a high fever over 103°F/40°C, should have their host call 911 or get emergency medical care immediately.
- If a host or student tests positive for COVID-19, they are asked to notify CCS staff.
- Please use and reference the updated guidance from the **Washington State Department of Health** to help decide when someone who has tested positive for COVID-19 or has been exposed or potentially exposed to COVID-19 can return to on site school or work. Please use the **Isolation and Quarantine Calculator** for assistance
- Students may not leave the home, and may not allow visitors, and will only leave for medical care if needed during the 5 day period.
- Students are encouraged to spend time outside each day, in a private location (yard, or walking in a private area).
- Students are encouraged to stay connected via text, email, FaceTime, etc. Monitoring emotional well-being in addition to physical health is important!
- Host family and student will use the daily checklist to track all of the above items. Minors will need additional supervision to assure that they are able to comply with the guidelines and are monitored for symptoms.

Health Guidelines for 2022-23 Academic Year

- Students are encouraged to follow the CDC **“Protect Yourself”** guidelines.
- Students are requested to comply with all host family virus safety requests.
- Students who develop any symptoms of illness (COVID-19 or other) during the school year are asked to return to quarantine-like practices, and get tested immediately. Begin the CDC recommended isolation period from the date of symptom onset. If the test is positive, student must notify their host, and then return to Safe Arrival Protocol’s Procedures for Quarantine or Isolation. For information on all CCS guidance, and when to return to campus, please consult the **CCS COVID-19 Resources** page.
- Students are asked to follow any local, state or federal orders.
- For more information, call the **Spokane Regional Health District** at 509-324-1409 or the **Washington Department of Health** (interpretive services available) at 1-800-525-0127.