

General Health Guidelines for Homestay

For families and students



Community Colleges of Spokane

Global Education

Spokane Community College
Spokane Falls Community College

- Students in Homestay will follow the **General Health Guidelines for Homestay** once out of the self-quarantine. Students and families are asked to follow the **CDC “Protect Yourself”** guidelines. These include wearing masks in public settings, maintaining social distancing of 6 feet/2 meters, washing hands regularly for 20 seconds with soap and water.
- Students are requested to comply with family virus safety requests, such as: driving students instead of having them ride public transportation, requesting masks to be worn in shared spaces of the home, limiting rooms which can be shared, restrictions on visitors in the home, staggered meal times, disinfecting commonly touched items after use (bathrooms, handles, refrigerator, laundry facility, light switches, countertops, tables, handrails, etc.), frequency of washing hands, or avoiding public places.
- Students should wash or use sanitizer when they leave their room and enter the rest of the home.
- Students and families are asked to follow the **CDC guidelines “Cleaning Your Home”** to protect everyone in the home.
- Students are encouraged to get takeout food and avoid eating in restaurants. Students are encouraged to avoid large gatherings and busy public places, except to get essential supplies.
- Students or families who develop any symptoms of illness (COVID-19 or other) during the schoolyear are asked to return to quarantine-like practices in order to isolate, follow the **CDC guidance** document, and to notify their Homestay family/student immediately. If COVID-19 seems likely, the **Spokane Regional Health District** and medical clinics should advise student/family regarding getting a COVID-19 test and any further medical recommendations. If the test is positive, student/family must return to **Safe Arrival Protocol’s** quarantine guidelines (including \$25.00/day or \$35/ day fee depending on full or shared Homestay) and notify CCS staff immediately. Anyone who becomes ill should be ready to provide a log of their recent locations and interactions for contract tracing purposes.
- For information on all CCS guidance, and when to return to campus, please consult the **CCS COVID-19 Resources** page.
- Students and families are asked to follow any local, state or federal orders.
- Families are encouraged to evaluate air circulation systems in the home and understand how air re-circulates between the rooms, and to mitigate the spread of air if possible. A medical grade filter is one option to consider.
- 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. Fully vaccinated students are asked to follow CDC guidance **When You’ve Been Fully Vaccinated**.