



# Health Guidelines 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).
- Requested vaccines for Homestay students: COVID-19, 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.
- If student would like to become vaccinated for COVID-19 (or other vaccinations), they can 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.

## Preparation & Travel

- Please refer to the **CDC website** for details on traveling, what to do if the student becomes sick prior to travel, how to prevent getting sick during travel, and details on any current travel restrictions.
- 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.

## Health Guidelines for 2023-24 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 the Procedures for Isolation for the Homestay Program. 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.

# Procedures for Isolation for the Homestay Program

*Use these guidelines when a student or host tests positive for COVID-19.*

- If student has been exposed to or tested positive for COVID-19, they should refer to the [CCS website](#) for current protocol, and contact their instructors to let them know.
- Students/hosts who test positive for COVID-19 should also notify the Homestay Office.
- Please use and reference the updated guidance from the [Washington State Department of Health](#) and the [Isolation and Quarantine Calculator](#) for assistance in determining when to return to work/school.
- Host/student with exposure or a positive test should isolate, wash hands frequently, and wear a mask when coming out of isolation is necessary.
- If possible, student should be the sole user of a bathroom during quarantine and will empty the trash and clean their bathroom once the isolation period is over.
- When feasible, host is encouraged to **increase ventilation**.
- Laundry facilities shall not be used by the student during the quarantine period.
- Student and host need to agree on kitchen usage and a plan for meals while the student/host is in isolation. Meals should be eaten at separate times or in separate locations.
- 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.
- Students may not leave the home, and may not allow visitors, and will only leave for medical care if needed during the 5 day isolation period.