



OK COVID-19 PROGRAM POLICY

WARRIOR + FAMILY HEALTH & SAFETY GUIDELINES

PURPOSE: These guidelines will be applied to all OK program activities. Our purpose is to collect the most reliable and sensible public health guidance and apply that to our organizational operations with an aim to ensure the health and safety of our staff, participants, and community.

REVIEW: These policies will be reviewed and updated frequently as things continue to unfold. We will continue to receive guidance from the CDC, Illinois Department of Public Health, the Cook County Department of Public Health, and any other local municipal agencies where we may operate.

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GENERAL HEALTH & SAFETY MEASURES

PROTECT YOURSELF-PROTECT OTHERS PACT

This Pact was created to outline our expectations of all participants and staff in maintaining the safest environment for programs. The following expectations are required of ALL humans participating in OK activities.

- Stay home if you are sick
- Perform a pre-program health screen
- Wear a face covering that covers nose and mouth
- Maintain a safe social distance of 6 feet at all times
- Able to follow the recommended hygiene guidelines for handwashing & hand sanitizer
- Follow the isolation procedures and reporting requirements when illness onset is on-site
- Report all suspected or confirmed COVID illness if recent contact with programs
- Parent or guardian must review and sign the consent form for our OK's COVID-19 Health & Safety Protocol for Programs

OTHER SAFETY MEASURES

Opportunity Knocks will be committed to the following in compliance with the CDC and Illinois Department of Public Health and local public health agencies:

- **STAFF PROTOCOLS** - We will continue to develop our staff protocols for health, safety, and response. Our protocols have been in place since mid-March and continue to evolve based on public health guidance. All of our team members are required to perform a daily health screen. Training and review of our protocols will continue to be a high priority.
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OTHER SAFETY MEASURES (cont.)

- **CLEANING & DISINFECTING PLAN** - All program spaces will be routinely cleaned and disinfected before, during and after sessions
- **CONTACT TRACING** - If there is a suspected illness onsite or offsite, OK will execute a contact tracing protocol that will reach all staff, participants, and community members that may have been exposed. We will follow the CDC guidelines on this protocol (see below)
- **SITE SAFETY & HYGIENE SUPPLY** - OK will ensure that all program sites are sufficiently supplied with ample space per person, PPE for cases of potential exposure, handwashing & hand sanitizer. We will provide break areas for Warriors needing sensory breaks throughout the day
- **LIMITED SITE-PROGRAM ACCESS** - We will be limiting access to our programs as it relates to guests, volunteers, partners, etc. Programs hosted at the RFCC will be subject to RFCC building entry restrictions. We will be using alternative entry and exit points at the RFCC and families will be asked to adhere to our curbside pickup and drop off protocol.

GUIDANCE FOR WARRIORS & FAMILY OF WARRIORS

- **GENERAL GUIDANCE**
 - No warrior shall report to programs if sick with any illness.
 - If experiencing symptoms of Coronavirus Disease (COVID-19), including fever (100.4° or above), cough, shortness of breath, sore throat, chest tightness, extreme fatigue, loss of sense of taste or smell, diarrhea, muscle aches, or headaches, stay home and contact your doctor.
- **PRE-PROGRAM, ON-SITE HEALTH SCREENING**
 - Warriors shall be subject to a pre-session temperature check and symptom survey
 - Any warrior found to have symptoms of illness or exposure to COVID-19 will not be allowed to programs (see above).
 - Warriors found to have symptoms or exposure will be required to follow the 'Return to programs' protocol detailed below.
- **SICK AT PROGRAMS GUIDANCE**
 - If you are experiencing any symptoms of COVID-19 (see above) difficulty breathing, while you are at programs, please follow these steps:
 - Isolate yourself - isolation location will vary from site to site
 - Alert program director as soon as possible, but take care not to expose others
 - Exit the building while doing your best to remain a minimum of 6 feet away from each person.
 - Begin self-quarantine.
 - Contact your health provider and follow their recommendations.
 - Reference the 'Return to programs' section of this policy to determine when you are eligible to return to programs.



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GUIDANCE FOR WARRIORS & FAMILY OF WARRIORS (cont.)

- SICK FAMILY or HOUSEMATE GUIDANCE
 - Warriors or Guardian are expected to Inform their program director if they have a sick family member or housemate, or a family member/housemate that is working in a facility that is caring for COVID patients; or if you have experienced what you believe to be an exposure to someone with known COVID-19
 - Opportunity Knocks will use these CDC guidelines to assess the nature of the exposure & the next-steps response plan
 - [Public Health Recommendations for Community-Related Exposure](#)
 - [Quarantine or Isolation Recommendations](#)
 - For your own knowledge, you may use the [CDC SELF CHECKER LOCATED HERE](#)
- TRAVEL & RETURN TO WORK/PROGRAMS
 - All are welcome to travel on planned trips or otherwise w/o restrictions
 - All travelers who return home and expect to return to onsite work/programs before a 14-day window after arrival, will be required to submit a return to work/program survey before they will be cleared to return
 - If the outcome of the survey reveals significant prospect of risk of exposure to COVID 19, the returning traveler may be subject to a quarantine period prior to return to program
 - Public Health Guidelines Used in Assessment:
 - [CCDPH Travel Guidance](#)
 - [CDC Travel Guidance](#)
 - CLICK HERE for quick link to '[Return to Work/Programs - After Travel Survey](#)'

GUIDELINES & EXPECTATIONS IN CASE OF EXPOSURE TO CONFIRMED COVID-19

GENERAL OVERVIEW | If a participant, staff, or other community member coming in contact with Warriors or participants is confirmed or suspected to have COVID-19, OK's Designated COVID-19 Response Director, Phil Carmody or designee will take measured steps to trace all contacts and execute communications with all potentially exposed people.

CONTACT TRACING | According to the CDC, based on current knowledge, a close contact is someone who was within 6 feet of an infected person for at least 15 minutes starting from 48 hours before illness

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GUIDELINES & EXPECTATIONS IN CASE OF EXPOSURE TO CONFIRMED COVID-19 (cont.)

onset until the time the patient is isolated. They should stay home, maintain social distancing, and self-monitor until 14 days from the last date of exposure.

- Symptoms Revealed On Duty
 - The Site Supervisor or COVID Director will deploy the 'Sick at programs' protocol
 - Perform Contact Tracing for OK activities on day-of symptom presentation and 48 hours prior to presentation of symptoms
 - If multiple contacts, proceed with caution to cancel activities and maintain as much social distancing as possible while coordinating cancellation
 - Depending on how quick test can be performed and results of test timeline, assess the sequence of follow up with potentially exposed individuals
 - Inform fellow Warriors, participants, volunteers and community members of their possible exposure to COVID-19 during program activity but maintain confidentiality as required by all applicable federal, state and local laws
 - Review the 'Return to programs' & 'Return to Programs' protocol to determine next steps for any and all involved with illness and exposure
- Symptoms Revealed Off Duty or at Pre-Shift Health Screen
 - Perform Contact Tracing for OK activities on day-of symptom presentation and 48 hours prior to presentation of symptoms
 - If multiple contacts, proceed with caution to cancel activities and maintain as much social distancing as possible while coordinating cancellation
 - Depending on how quick test can be performed and results of test timeline, assess the sequence of follow up with potentially exposed individuals
 - Inform fellow Warriors, participants, volunteers and community members of their possible exposure to COVID-19 in the programs place but maintain confidentiality as required by all applicable federal, state and local laws
 - Review the 'Return to programs' & 'Return to Programs' protocol to determine next steps for any and all involved with illness and exposure
- Secondary Site Representatives
 - Take care to minimize any contact with site or site occupants while isolating OK's ill person -- All program sites should have a designated zone to isolate
 - Make contact with the designated secondary site representative and relay the nature of the situation and tracing of movements that may expose the site, staff, etc.
 - Follow up with this rep when test results are revealed



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GUIDELINES & EXPECTATIONS IN CASE OF EXPOSURE TO CONFIRMED COVID-19 CONT.

Opportunity Knocks will work to keep informed on the evolving science and guidelines that inform our protocol. The IDPH and the CDC will continue to be our key resource

- [CLICK HERE](#) for CDC guidance for how to conduct a risk assessment for potential exposure
- [CLICK HERE](#) for the link to CDC guidance on Quarantining if you Might be Sick
- [CLICK HERE](#) for the link to CDC guidance on Isolating if you are sick

IDPH TESTING SITES - [CLICK HERE](#) FOR LINK TO SITE LISTING PAGE

INTERIM RETURN TO WORK/PROGRAMS GUIDANCE - CDC GUIDELINES

FOR PERSONS WITH SUSPECTED OR CONFIRMED COVID-19 UNDER HOME ISOLATION

The decision to discontinue home isolation for persons with confirmed or suspected COVID-19 and return to work/programs should be made in the context of local circumstances. CDC Recommendations no longer include a test-based strategy, so we will be adhering to the symptom-based strategy (i.e., time-since-illness-onset and time-since-recovery strategy).

Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you are tested, you can be around others when your symptoms have improved and 10 days have passed since symptoms first appeared.

All instances of confirmed COVID-19 shall be communicated to the site supervisor. When you can be around others (end home isolation) depends on different factors for different situations. We will use the CDC's recommendations for the varying situations, located below and kept updated at [THIS LINK](#)

CONFIRMED COVID-19 with SYMPTOMS

You can return to work/programs i.e. be around others:

- 24 hours with no fever - without the use of fever-reducing medications **AND**
- Symptoms have improved **AND**
- 10 days since symptoms first appeared **AND**

CONFIRMED COVID-19 WITHOUT SYMPTOMS

If you continue to have no symptoms, you can return to work/programs i.e. be around others:

- After 10 days have passed since the positive test **AND**

If you develop symptoms after testing positive, follow the guidance above for COVID-19 with symptoms.

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INTERIM RETURN TO WORK/PROGRAMS GUIDANCE - CDC GUIDELINES (cont.)

NEGATIVE TEST RESULTS or COVID-19 RULED OUT BY CLINICIAN

For a person who was suspected of having COVID-19 and had it ruled out, either with at least one negative test or a clinical decision that COVID-19 is not suspected and testing is not indicated, then return to work decisions should be based on their other suspected or confirmed diagnoses.

ADDED CONSIDERATIONS

[People with conditions that weaken their immune system](#) might need to stay home for longer than 10 days. OK will ask you to speak with your healthcare provider to assess the risk of interactions at onsite OK activities. Other than the healthcare provider consult, the same 'Return to Work/Programs' protocol will apply.

Last updated on 8.31.20, based on CDC Guidance located [HERE](#) and [HERE](#)