

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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Updated on 1.3.22

GENERAL HEALTH & SAFETY MEASURES

GENERAL EXPECTATIONS & PURPOSE | These are a summary of expectations of all participants and staff in maintaining the safest environment for programs. The following expectations are required of ALL humans present in OK activities.

- Review and sign consent form covering the OK Sick Policy
- Review and sign consent form covering the current OK COVID 19 Health & Safety Guidelines
- Stay home if you are sick
- Be aware of current guidance on masking & distancing while indoors & outdoors at OK activities
- Exercise your best efforts in 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 as soon as possible if there has been a possible exposure to individuals while in programs (48 hours prior to symptom onset, for asymptomatic patients, 2 days prior to test specimen collection)

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 and lessons learned. 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 and IDPH 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
 - SYMPTOMS & RESPONSE
 - No person (staff or participant) shall report to OK if sick with any illness.
 - If experiencing symptoms of Coronavirus Disease (COVID-19), please stay home and contact your doctor.
 - People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
 - *If you are displaying symptoms of COVID-19 (see above), we ask that you immediately inform your supervisor if you have been in contact with anyone from OK in the past 48 hours.*

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- **GENERAL GUIDANCE (cont.)**

- **TESTING**

- For all scenarios of individuals showing symptoms suspected of COVID-19, it is expected that individuals will be tested to confirm the presence of infection.
- The preferred mode of testing will be molecular diagnostic tests (e.g. RT-PCR) vs. the antigen tests, which are much faster, but still proven to be somewhat less reliable than molecular tests in cases of a negative result
- If you receive a negative result from a rapid antigen test, we may require you to also produce a negative test result from a molecular test to have COVID-19 ruled out more completely and proceed with the return to work considerations -- if negative results, you would then move to the 'Other Diagnoses Guidance'
- **SHOULD GET TESTED:** The following people should get tested for COVID-19:
 - People who have [symptoms of COVID-19](#).
 - People who have come into close contact with someone with COVID-19 should be tested to check for infection:
 - a. [Fully vaccinated people](#) should be tested 5–7 days after their last exposure. Please follow the link for guidance on what qualifies as 'fully vaccinated'
 - b. People who are not fully vaccinated should get tested immediately when they find out they are a close contact. If their test result is negative, they should get tested again 5–7 days after their last exposure, or immediately if symptoms develop.
- **SHOULD NOT GET TESTED** | The following people who have been exposed to someone with COVID-19 do not need to get tested if they do not have COVID-19 symptoms: People who have [tested positive for COVID-19 within the past 3 months and recovered](#), as long as they do not develop new symptoms, do not need to get tested.
- Based on your COVID test results, you will be expected to then follow the 'Return to Work/Programs' protocol guidance below.
- Guidance Update Resources: [CDC Symptoms](#) | [IDPH Symptoms](#)

- **HEALTH SCREENS & SICKNESS RESPONSE PROCEDURE**

- PRE-PROGRAM, AT-HOME DAILY HEALTH SELF/FAMILY CERTIFICATION has been discontinued
- PRE-PROGRAM, ON-SITE HEALTH SCREENING has been discontinued
- All expectations as it relates to screening for health before coming to programs are detailed in the OK Sick Policy and are included in the registration form for each session. These are to be reviewed, with a consent form signed, prior to each session.

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- **SICK AT PROGRAMS GUIDANCE**

- This guidance applies to all, vaccinated and unvaccinated alike.
- 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 leader/staff as soon as possible & take care not to expose others.
 - OK Staff will assist with an exit strategy and coordinate pickups as needed.
 - Begin isolation period.
 - Monitor Your Symptoms:
 - Contact your health provider and follow their recommendations. If unable to contact a healthcare provider, please follow care instructions from the local health department.
 - Look for emergency warning signs* for COVID-19. If showing any of these signs, seek emergency medical care immediately:
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Bluish lips or face
 - This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.
 - Call 911 or call ahead to your local emergency facility & Notify the operator that you are seeking care for someone who has or may have COVID-19.
- Reference the 'Return to Programs' section of this policy to determine when you are eligible to return to programs.

- **SICK HOUSEMATE or CONFIRMED/SUSPECTED EXPOSURE - EXPECTATIONS**

- Fully vaccinated people **with no COVID-like symptoms** do not need to quarantine, be restricted from work, or be tested following exposure to someone with suspected or confirmed COVID-19.
- Unvaccinated employees are expected to inform their supervisor if they have a family member or housemate who is ill and showing signs of possible COVID, or if they have experienced what you believe to be exposure to someone with known COVID-19
- Please reference the section below titled: 'GUIDELINES & EXPECTATIONS IN CASE OF EXPOSURE TO SUSPECTED OR CONFIRMED COVID-19 INDIVIDUAL' for guidance on determining the occurrence of an exposure
 - OK will use CDC guidelines to assess exposure & determine the next-step response plan in regards to 'Return to Work/Programs'
 - [Community-related Exposure](#) & [Quarantine or Isolation Recommendations](#)
 - For your own knowledge, feel free to use the [CDC SELF CHECKER](#)

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GENERAL GUIDANCE (cont.)

● TRAVEL & RETURN TO WORK/PROGRAMS

- All travelers should be aware of ongoing recommendations
 - [CDC Travel Guidance](#)
 - [CCDPH Travel Guidance](#)
- The Return to Work/Programs After Travel survey will be discontinued

● GROUP SIZES & SPACE CAPACITY

- OK will adhere to the mitigation guidelines provided by the Office of the State of Illinois Governor and the Illinois Department of Public Health - [RESTORE ILLINOIS PLAN](#)
- As able, we will do our best to maintain social distance and utilize partnerships that will allow us to be outdoors when in programs where it makes sense to do so

● TRANSPORTATION

- All OK transportation can resume.
- Use general guidelines to inform masking and distancing requirements.

● PREVENTING INFECTION GUIDANCE

- TRANSMISSION
 - Human coronaviruses most commonly spread from an infected person to others through:
 - the air by coughing and sneezing
 - close personal contact, such as touching or shaking hands
 - touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands
 - rarely, fecal contamination
- PROTECT YOURSELF
 - Wash your hands as often as possible with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer.
 - Avoid touching your eyes, mouth, and nose with unwashed hands.
 - Cover your mouth and nose with a tissue when coughing or sneezing and immediately throw the tissue away. Wash hands immediately.
 - Clean and disinfect your workstation upon arrival and departure.
 - Do not use other employee's materials, including phones and workstations.
 - Familiarize yourself and follow the parameters of the [OK Cleaning & Disinfecting Plan](#)
- FACE COVERINGS
 - In observance of the mask mandates that have been issued by the [State of Illinois \(Executive Order 2021-20\)](#) and the [Cook County Department of Public Health](#), we will be bringing back certain masking measures while indoors during OK Programs. Please use these general guidelines for all indoor OK activities.

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- Individuals who are able to tolerate a face-covering shall be required to wear one when in an indoor public place and while interacting with others when social distancing is not possible.
- Individuals may remove masks while eating and drinking and while stationary and able to maintain a six-foot distance from others.
- OK Employees, Participants & Volunteers will acknowledge and adhere to guidelines of any secondary site where we operate and employ greater measures if required, but no less than our guidelines.
- VACCINE & INFECTION STATUS
 - OK will maintain records of vaccine status for participants, employees, and volunteers.
 - OK will also maintain records of confirmed COVID infection.
 - Records will be kept confidential and used consistently with HIPPA rules
 - Vaccine and infection status will be applied to contact tracing & quarantine measures, return to work guidance, misc. health and safety measures.

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

GENERAL OVERVIEW | If an employee, participant, or other community member coming in contact with employees 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.

- QUALIFICATIONS FOR CLOSE CONTACT

- You were within **6 feet** of someone who has COVID-19 for a **CUMULATIVE** total of **15 minutes** or more over the course of 24 hours.
- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

- QUARANTINE GUIDELINES

- If You Were Exposed to Someone with COVID-19, please follow one of the two below sets of IF-THEN guidelines:

| | |
|--|--|
| IF <ul style="list-style-type: none">● You have been boosted OR● You completed the primary series of Pfizer or Moderna vaccine within the last 6 months OR● You completed the primary series of J&J vaccine within the last 2 months | THEN <ul style="list-style-type: none">● Wear a mask around others for 10 days.● Test on (or after) day 5● <i>If you develop symptoms get a test and isolate.</i> |
| IF <ul style="list-style-type: none">● Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted OR● Completed the primary series of J&J over 2 months ago and are not boosted OR● Are unvaccinated | THEN <ul style="list-style-type: none">● Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.● Test on (or after) day 5● <i>If you develop symptoms get a test and isolate.</i> |

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GUIDELINES & EXPECTATIONS IN CASE OF EXPOSURE TO SUSPECTED OR CONFIRMED COVID-19 INDIVIDUAL – QUARANTINE GUIDELINES (cont.)

- **RELEASE FROM QUARANTINE OPTIONS**

- After day 10 without testing
- After day 7 after receiving a negative test result (test must occur on day 5 or later)

[CLICK HERE](#) for updated guidance from the CDC on ‘When to Quarantine’

[CLICK HERE](#) for updated guidance from IDPH on ‘Quarantine’

- **SCENARIO 1: Symptoms Revealed In Programs**
 - The site Supervisor or COVID Director will deploy the ‘Sick at Work’ protocol
 - Perform Contact Tracing for OK activities on day-of symptom presentation and 48 hours prior to the 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 tests can be performed and results of test timeline, assess the sequence of follow up with potentially exposed individuals
 - Inform fellow employees, participants, volunteers, and community members of their possible exposure to COVID-19 in the workplace but maintain confidentiality as required by all applicable federal, state, and local laws
 - Review the ‘Return to Work’ & ‘Return to Programs’ protocol to determine the next steps for any and all involved with illness and exposure
- **SCENARIO 2: Symptoms Revealed Off Duty or at Pre-Shift Health Screen**
 - **A person experiencing symptoms is expected to contact the site supervisor or designee as soon as possible after the presentation of symptoms suspected as COVID. Please do not wait for test results to reveal suspected symptoms.**
 - Perform Contact Tracing for OK activities on day-of symptom presentation and 48 hours prior to the 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 tests can be performed and the results of the test timeline, assess the sequence of follow-up with potentially exposed individuals.
 - Inform fellow employees, participants, volunteers, and community members of their possible exposure to COVID-19 in the workplace but maintain confidentiality as required by all applicable federal, state, and local laws.

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

- Review the 'Return to Work' & 'Return to Programs' protocol to determine the 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

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 A LINK TO THE SITE LISTING PAGE

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RETURN TO WORK/PROGRAMS GUIDANCE - CDC GUIDELINES

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

Following the guidance released by the CDC and adopted by IDPH on December 30, 2021:

People with a confirmed COVID-19 infection should isolate for 5 days. If they are asymptomatic or their symptoms are resolving (without fever for 24 hours), follow that by 5 days of wearing a mask when around others to minimize the risk of infecting people they encounter.

Isolation is used to separate people infected with COVID-19 from those who are not infected. People who are in isolation should stay home until it's safe for them to be around others. At home, anyone sick or infected should separate from others (IF POSSIBLE) stay in a specific "sick room" or area, and use a separate bathroom (if available).

To calculate your 10 full-day isolation period, day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms develop.

If you test positive for COVID-19 and never develop symptoms, day 0 is the day of your positive viral test (based on the date you were tested) and day 1 is the first full day after your positive test. If you develop symptoms after testing positive, your 10-day isolation period must start over. Day 0 is your first day of symptoms. Day 1 is the first full day after your symptoms develop.

****IDPH has adopted the Centers for Disease Control and Prevention (CDC) guidance on shortening isolation and quarantine periods for COVID-19 for the general public as of December 30, 2021. [CDC announced on December 27, 2021](#), a reduction in the isolation periods for individuals with COVID-19 and a reduction in the quarantine period for those who are in close contact with someone with COVID-19. The change is motivated by science demonstrating that the majority of SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days prior to the onset of symptoms and the 2-3 days after.**

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OTHER DIAGNOSES & CHRONIC MEDICAL CONDITIONS GUIDANCE

- Considerations for individuals with **Seasonal Allergies** - Because some of the symptoms of COVID-19 and seasonal allergies are similar, it may be difficult to tell the difference between them, and you may need to get a test to confirm your diagnosis. [CLICK HERE](#) for more from CDC.
- Considerations for individuals with other **Chronic Medical Conditions** - if you have other chronic medical conditions that present with symptoms that are common to those reported with COVID, you are expected to apply this policy to those diagnoses and use guidance from your healthcare provider.
- Any concern of symptoms being suspected of COVID-19 should lean toward a cautious approach that will rule out the probability by way of testing.
- Any chronic condition that has a communicable component should result in employees using sick leave or transition to remote work until safe to be around others.

ADDED CONSIDERATIONS | SEVERELY ILL or IMMUNOCOMPROMISED

People who are severely ill with COVID-19 might need to stay home longer. [Persons who are severely immunocompromised](#) may require testing to determine when they can be around others. Talk to your healthcare provider for more information. If testing is available in your community, it may be recommended by your healthcare provider. Your healthcare provider will let you know if you can resume being around other people based on the results of your testing your doctor may work with [an infectious disease expert or your local health department](#) to determine whether testing will be necessary before you can be around others.

Updates are based on CDC Guidance located [HERE](#) and [HERE](#)