



HACAP COVID Guidance

Updated 1/18/2022 - For Internal Staff Release

This guidance is based on information from Centers for Disease Control and Prevention (CDC), Iowa Department of Human Services (DHS), Iowa Department of Public Health (IDPH), and Office of Head Start (OHS). The purpose of this document is to provide guidance to HACAP employees on HACAP's continued COVID-19 mitigation efforts.

Masking

All HACAP employees are required to wear a mask that covers their mouth and nose while indoors at any HACAP facility and when there are two or more individuals in a vehicle being used for HACAP purposes. Clients, volunteers, and visitors who come into our facilities need to wear face masks. The only exception to this would be if a program or funder has made an allowance. Impacted programs/sites/team members would be notified by the program or agency leadership of such allowances if they were to occur.

Vaccine Information

CDC information on vaccine effectiveness:

COVID-19 vaccines are effective at protecting people from COVID-19 and help keep adults and children from getting seriously sick. COVID-19 vaccines can reduce the risk of people spreading the virus that causes COVID-19. Getting everyone ages 5 years and older vaccinated can help the entire family, including siblings who are not eligible for vaccination and family members who may be at risk of getting very sick if they are infected.

Visit [vaccines.gov](https://www.vaccines.gov) to find locations that are offering vaccines.

Fully Vaccinated: A person is considered fully vaccinated 2 weeks after the final vaccine dose of their primary series.

Up to date: A person is considered up to date when they have been fully vaccinated and received recommended boosters per CDC's COVID-19 vaccination schedule. The COVID-19 vaccination schedule can be found at <https://bit.ly/33q80VC>. Talk with your health care provider about the booster shot and schedule that is appropriate for you.

COVID Illness

People with COVID-19 have a wide range of reported symptoms-from mild to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Symptoms include fever, chills, new persistent cough, shortness of breath, fatigue, body aches, headache, new loss of taste or smell, sore throat, congestion, nausea or vomiting, diarrhea. **If you develop new symptoms that present as the potential for COVID, stay home and work with your healthcare provider.**

Travel

Guidelines for isolation after travel are dependent on vaccination status and travel destination, and can change abruptly. Be prepared for possible isolation after travel. Refer to CDC guidance when planning to travel.

Continue to Practice the 3 W's of COVID Mitigation:

1. **W**ear your mask
2. **W**atch your distance
3. **W**ash your hands

<p>If you are ill with COVID-19</p>	<p>Everyone, regardless of vaccination status:</p> <ul style="list-style-type: none">● Stay home for 5 days.● The day your symptoms began is day 0.● If your symptoms are improving and you are fever-free for 24 hours without the use of fever-reducing medication, you can return to work on day 6. If you have a fever, continue to stay home until your fever resolves.● For the 5 days after returning to work, monitor yourself daily for symptoms of illness. If symptoms develop, stay home and work with your health care provider for diagnosis.
<p>If you were exposed/had close contact to someone with COVID-19</p>	<p>Everyone, regardless of vaccination status:</p> <ul style="list-style-type: none">● Monitor yourself daily for symptoms● If you develop symptoms stay home and work with your health care provider for diagnosis or test for COVID-19.● Wear a mask at all times when around others.