HACAP COVID Guidance

Updated 07/22/2022 - 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

HACAP employees may choose to wear a mask at any HACAP facility as the individual employee sees fit. Clients, volunteers, and visitors who come into our facilities also have the option to wear a mask.

Any HACAP employee working at a non-HACAP owned facility will follow the masking guidance set forth by the owner of the building. Additionally, HACAP employees will follow any specific masking requirements set for by specific programs or funders.

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 eligible, 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 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.

If you are ill with COVID-19	**Everyone, regardless of vaccination status:** ● Stay home for 5 days. ● The day your symptoms begin 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, you need to mask and monitor yourself daily for symptoms of illness. If symptoms develop, stay home and work with your health care provider for diagnosis.
If you were exposed/had close contact to someone with COVID-19	**Everyone, regardless of vaccination status:** ● 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.