

Jan. 12, 2022

Following the CDC, the state Department of Health and the Tacoma-Pierce County Health Department recently recommended changes to COVID-19 guidelines, including reducing the number of isolation and quarantine days.

Changes in isolation

Students who test positive for COVID-19 must isolate at home for at least five full days, regardless of their vaccination status. They can return when the following criteria are met:

- Five full days since symptom onset or the positive test sample was collected; and
- No symptoms are present, or symptoms are improving; and
- No fever without the use of fever-reducing medications within 24 hours of returning

Changes in quarantine

Students who are close contacts may or may not have to quarantine. Close contacts don't have to quarantine if:

- They are fully vaccinated and do not have symptoms. They are still encouraged to get tested 5-7 days after exposure.
- Or they tested positive for COVID-19 in the last 90 days and do not have symptoms.

Recently, 11 students and three staff members were diagnosed with COVID-19. Their anonymity is protected by HIPPA guidelines.

Upon contact tracing, the students and staff followed all protocols while on campus and are at home under quarantine with their family.

Additionally, as per protocols:

- Social distancing and mask wearing was always followed while on campus.
- Unless your family has been contacted directly, we do not believe you or your child was directly exposed
- We have notified the Tacoma Pierce County Health Department
- All buildings have been thoroughly and properly cleaned

The purpose of this letter is to notify you of the situation and to remind everyone of preventative measures.

For further information about how to decide if you should keep your student at home or if they can return to school, please see this updated Department of Health [Symptom Decision Tree Checklist](#).

The symptoms of COVID-19 include but are not limited to fever, cough, headache, body aches, diarrhea, nausea, and vomiting. Some people have no symptoms at all, or the symptoms are so mild that they are not noticed. Some experience serious illness. If symptoms develop, the average time after exposure is about 5 days, but symptoms can appear anywhere between 2 and 14 days after exposure (the incubation period).

If you or your child develop any of the symptoms above, please contact your healthcare provider for further instruction.

Please do everything you can when you are in public to keep a physical distance of at least 6 feet, properly wear masks in public and sanitize and wash hands frequently (adults and children).

How can you help keep our students in school?

Everyone has a role. As we partner together, please follow the steps provided by the Tacoma Pierce County Health Department:

- Stay close to home.
- [Wear a mask](#) when you leave home.
- [Limit your interactions](#) to a small circle of friends and family.
- [Keep gatherings small](#), and outside if possible where fresh air circulates.
- [Stay 6 feet apart](#) from others. Wear a mask when you cannot maintain 6 feet of space.
- Wash your hands, cover your cough, and keep up your best hygiene and sanitation.
- Get tested for COVID-19 if you are experiencing symptoms — or have participated in any gatherings — social, civic, business, political, athletic or otherwise.

We are following the latest guidelines from the [Department of Health](#) and [Gov. Jay Inslee](#) in regard to masks on campus.

For more information about COVID-19, visit tpchd.org/coronavirus.

We are so thankful that we have been able to keep our doors open to students being on campus since our re-opening this past fall. Please keep Sound Christian Academy in prayer as we continue with our in-person learning this fall.

Let's praise God for His protection and petition for His continued providence.

Sincerely,

SCA Administrative Leadership Team