



## WHAT IF?

### Confirmed case of COVID 19 in a Junior Lifeguards site

Capitola Recreation may implement short-term closures of Junior Lifeguards if there has been an exposure to individual positive for COVID 19 at the Guards site or stable group.



#### **Coordinate with local health officials**

In the event of an exposure to COVID 19 at a Junior Lifeguards site or stable group, Capitola Recreation will work closely with local health officials to determine the best course of action for the Junior Lifeguards program that will mitigate spread and ensure the safety of the Guards participants. This will involve:



#### **Possible 2 - 5 days dismissal**

Short-term dismissals allow time for local health officials to gain a better understanding of the COVID 19 situation impacting the Guards site. Dismissals will be considered on a case by case basis and take into consideration most current guidance and spread specific to the community at the time of exposure.

Important considerations if Guards is dismissed:

- Local health official will investigate exposure. This will include:
  - Interview of positive case, or the guardians of the positive case
  - Close contact tracing & notification
  - Collaboration with Capitola Recreation to review daily symptom logs
- Please monitor for signs of COVID 19 for any exposed individuals and contact a physician if symptoms develop.
- In the event of a Guards closure, Capitola Recreation discourages staff, Guards participants and their families from gathering or socializing anywhere. This includes group childcare arrangements, as well as gathering at places like a friend's house, a favorite restaurant, or a local business. This helps to ensure containment of spread.
- Capitola Recreation will seek guidance from local health officials to determine when participants and staff can return to Guards and if additional steps maybe needed for the community.



## Communication with staff, parents, and students

Working with local health officials, Capitola Recreation will communicate dismissal decision and possible COVID 19 exposures. This communication will:

- Explain the symptoms of COVID 19 to monitor for.
- Describe what to do if symptoms of COVID 19 appear.
- Detail how to communicate with the local health officials for questions or concerns.
- List ways to counter stigma.
- Maintain the confidentiality of the positive case as required by Americans with Disabilities Act and the Family Education Rights and Privacy Act



## Clean and Disinfect thoroughly

- Close off areas used by the individuals with possible or confirmed COVID-19 infection and wait as long as practical before beginning cleaning and disinfection to minimize potential for exposure to respiratory droplets. Open outside doors and windows to increase air circulation in the area. If possible, wait up to 24 hours before beginning cleaning and disinfection.
- Cleaning staff should clean and disinfect all areas (e.g., offices, bathrooms, and common areas) used by the ill persons, focusing especially on frequently touched surfaces.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection most common EPA-registered household disinfectants should be effective.
  - A list of products that are EPA-approved for use against the virus that causes COVID-19 is available [here](#) . Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).
  - Additionally, diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted. Prepare a bleach solution by mixing:
    - 5 tablespoons (1/3<sup>rd</sup> cup) bleach per gallon of water or
    - 4 teaspoons bleach per quart of water
- Additional information on cleaning and disinfection of community facilities can be found on [CDC's Website](#).



## Returning to Guards

- Staff members or participants diagnosed with COVID 19 can return to Guards when:
- Capitola Recreation notifies participants that the site has reopened, and:
    - At least 3 days (72 hours) have passed since recovery – defined as no fever without the use of medications and improvement in respiratory signs like cough or shortness of breath;
    - AND**
    - At least 10 days have passed since signs first showed up.
  - Participants and staff should always consider the following questions, and remember to not come to Guards if the answer to any of these questions is “yes”:
    - Do you or your child live with, or have you had close contact with anyone with:
      - a prolonged cough?
      - fever or flu-like symptoms?
      - anyone who has been diagnosed with COVID-19 within the last 14 days?
    - Do you or your child have a fever, cough and/or shortness of breath? For children, fever is defined as 100.4 degrees Fahrenheit for forehead thermometer, 99 degrees Fahrenheit or higher with armpit thermometer or 99.5 degrees Fahrenheit with oral thermometer.
    - Do you or your child have any other signs of communicable illness such as a cold or flu?
    - Have you or your child experienced diarrhea or vomiting within the past 24 hours?