



MVCC Covid & Safety Response Plan for Senior Programs

MVCC encourages everyone to evaluate their personal risk prior to attending any in person activities and to make conservative decisions that protect the health and safety of our community and themselves.

MVCC will implement a vaccination honor system for all activities and programs.

All participants and volunteers must agree to complete the MVCC Waiver.

MVCC is committed to the wellbeing of our staff, and community. MVCC will provide safe and clean facilities and adhere to the experts' advice following guidelines and regulations of the CDC and local health officials.

****All MVCC guidance is subject to change as the guidelines set forth by the state and local government officials and public health departments continue to evolve.****

Statement of Intent

Our guidance encourages participants and volunteers to adhere to public health and CDC recommendations.

- **Face Masks are required for ALL participants, guests and MVCC Staff, regardless of vaccination status, in accordance and compliance with WA Sate Governors face mask mandate put in place on August 23, 2021.**
- The CDC recommends a minimum of 6 feet of physical distance be maintained between staff and clients where possible.

Safety and Health Protocols:

Staff and participants should stay home if they feel unwell, show any signs of COVID-19, or are a close contact of a confirmed case.

Any person with symptoms of COVID-19 or who is a close contact of someone with confirmed COVID-19 should not be allowed to participate and should contact his or her primary care provider or other appropriate health-care professional.

Sign in:

- Keep a daily entry log with contact information for all staff and participants.
- All participants will sign a daily waiver agreeing that they are not experiencing COVID-like symptoms and assuming all liability for risk of exposure while participating in programming at MVCC

Hygiene:

- Staff and participants should practice good hygiene including washing their hands and covering their sneezes and coughs.
- Restrooms on site will have soap and water readily available.
- Hand sanitizer that contains the appropriate alcohol content will be readily available.

Cleaning and Sanitizing:

- High touch surfaces will be cleaned and disinfected. Additionally, MVCC staff will assist with shared equipment cleaning before and after each use.

Signs and Messages:

- MVCC will post signs in highly visible locations that promote everyday protective measures for both employees and customers and describe how to stop the spread of germs.
- MVCC will also include messages about behaviors that prevent spread of COVID-19.

Senior Exercise:

- Onsite sessions of SAIL aerobics and seated classes will follow safe conservative recommendations for older adults and set up class allowing designated spacing for each participant.
- SAIL aerobics and seated class participants must wear a face mask during the fitness classes.
- MVCC will require seniors to sign up in advance for all exercise classes.
- MVCC will provide an option for online SAIL class/ and or link to recorded SAIL video for any members wanting to safely exercise from home.

Senior Dining and Meals:

- MVCC will require seniors to sign up in advance for lunch/meals.
- Seniors can sign up for dining/meals using the electronic digital sign up form.
- If individuals are not comfortable with in-person dining a to-go option will be provided.
- MVCC staff and trained volunteers will be responsible for the food preparation.
- All food preparations will have at least one supervisor present.
- All MVCC staff and volunteers must wear a face mask while preparing, serving and cleaning up food service.

Alerting MVCC and Response**Responding to Cases or Suspected Cases of COVID-19**

To prepare for the potential of participants, volunteers, and or staff experiencing COVID-19, MVCC programs will have a response and communication plan in place that includes communication with staff, families, and the local health jurisdiction.

Staff, volunteers, and or participants who test positive for COVID-19 should notify MVCC immediately upon receipt of test results.

MVCC will follow all proper reporting procedures as required by the local health department.

Alerting MVCC - What to do if you contract COVID-19?

If you have confirmed COVID-19 or are worried that you may have COVID-19, please follow this protocol.

- Review the latest CDC Public Health Guidance for Community-Related Exposure and follow their guidance
- If you have tested positive for COVID-19 and have been at the MVCC facility or participated in a MVCC in-person activity in the past 14 days, please notify staff so that we can take quick and thoughtful action to protect you and our community. Contact us at 253-826-4329
- Please DO NOT notify other participants from your MVCC program/activity. By allowing MVCC staff to streamline communications, we can ensure the right people have the information they need, and to protect confidentiality as much as possible. Depending on the activity, staff may need your help understanding who from the roster might have been in close contact.
- Staff will then notify participants from the program rosters of the activities that they may have been exposed to COVID-19, and that they should take extra precautions for 14 days.

Our goal is to support you, protect your privacy, and reduce the risk to our community. It will be helpful for us to know things like when you started feeling sick, when you tested positive, and what MVCC activities you participated in over the past 14 days.

What to do if you have close contact with someone who tests positive for COVID-19?

If you have close contact (within 6 feet for a total of 15 minutes or more) with someone who tests positive for COVID-19, please follow this protocol:

- Review the latest CDC Public Health Guidance for Community-Related Exposure and follow their guidance.
- **MVCC In-Person Programming:** If you participated in MVCC in-person programming during the exposure period, as defined by the CDC, **contact us at 253-826-4329** or contact a member of staff you feel most comfortable with. Staff will then notify others from those program(s) and let them know that if they were in the exposure range, they should follow the CDC's recommendations for self-quarantine.
- **MVCC Facilities:** If you were in the MVCC facility during the exposure period, as defined by the CDC, **contact us at 253-826-4329** Or, contact a member of staff you feel most comfortable with. Staff will then notify others who were in the facility and let them know that if they were in the exposure range, they should follow the CDC's recommendations for self-quarantine.

Note that the CDC's definition of "exposure" is irrespective of whether the person with COVID-19 or the contact was wearing a face mask, whether the contact was wearing respiratory PPE, and/or whether the exposure was indoors or outdoors.

Policies for if someone develops symptoms of COVID-19 while at MVCC

If any person(s) develops symptoms or signs of COVID-19, MVCC staff will separate the person(s) and supervise them from a safe distance until the ill person can return home or seek medical care. Staff caring for ill persons should use appropriate medical grade PPE. While waiting to leave, the individual with symptoms should wear a cloth face covering or mask if tolerated. Air out, clean, and disinfect the area after the ill person leaves.

For all programming there will be an identified space for isolating ill persons until they can be sent home. Person(s) with COVID-19 symptoms should be isolated and tested for COVID-19 regardless of COVID-19 vaccination status.

After waiting several hours MVCC or a paid commercial cleaning company will:

- Close off areas used by the person who is sick.
- Open outside doors and windows to increase air circulation.
- Increase ventilation and wear a mask (in addition to other protection needed for safe use of cleaning and disinfection products) while cleaning and disinfecting.
- Clean and disinfect all areas used by the person who is sick, such as offices, bathrooms, and common areas.

For questions or concerns please contact MVCC directly as 253-826-8329 or contact@mtviewcc.org