

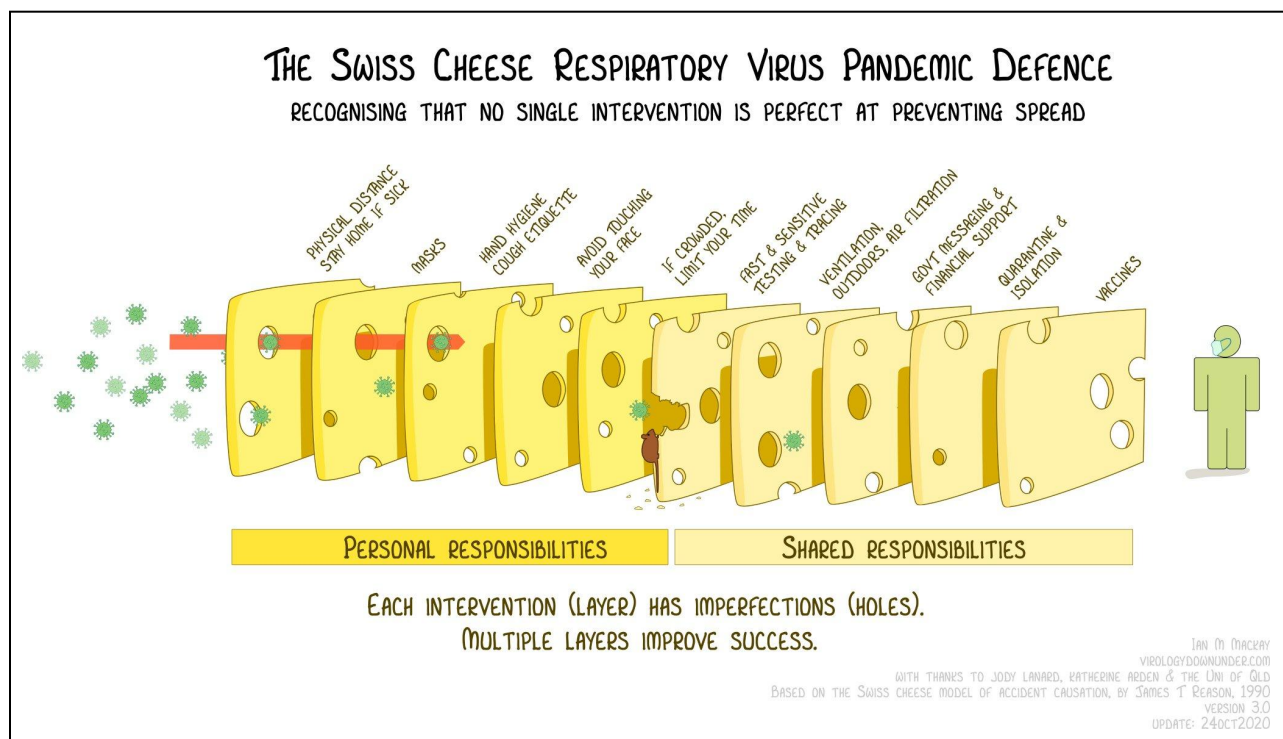
COVID-19 Safety at SSP Handout

Hello! This handout accompanies Sierra Service Project's [COVID-19 Safety Video](#). It covers what we've learned about COVID-19, and how to keep every member of the SSP community safe as we return to overnight programs. These safety plans were developed by SSP's **Medical Advisory Council**, five health care professionals familiar with SSP's programs. Each safety measure is an **act of service to our partner communities** - thank you!



Overview:

- **Vaccination, testing, and quality masking**
- **Being outside and volunteer cohorts**
- **Hygiene**
- And our **response plan** to positive cases



David Herbert, MD, President and CEO of Sutter Independent Physicians (present), Chief of Infectious Diseases, Director of Critical Care, Assistant Physician in Chief at Kaiser Permanente (1989 to 2015), and parent of an SSP youth volunteer, introduced SSP to the "Swiss Cheese Model."

We know no intervention is perfect, which is why our approach to COVID-19 safety at SSP is multi-layered!

PART 1: Prevention Before Arrival

Vaccination:

One of the most vital ways we can protect one another from COVID-19 is through vaccination. The SSP program inherently includes communal living and the interaction of people from many different regions. It is important for us to add as many **layers of protection** as possible to prevent the spread of this virus - vaccines being the first layer of defense. This especially protects SSP's partner communities, which are **historically medically underserved** and therefore at higher risk if an outbreak occurs.

- All SSP staff and volunteers must be fully vaccinated against COVID-19, **including boosters** as eligible. Everyone 5 and older is now eligible for a booster!
- Being fully vaccinated means 2 doses of Moderna or Pfizer, or 1 dose of Johnson and Johnson, plus boosters as eligible.
- If your second dose (Moderna or Pfizer, or 1 dose of Johnson & Johnson) was more than **5 months** prior to the day you arrive at SSP, it is the **expectation that you will have had a booster prior to arrival at SSP**.
- Due to the voluntary nature of the program, we are **unable to consider any exceptions**.
- **BEST PRACTICE:** get a booster now if you haven't already.
- For additional guidance about vaccinations and boosters, visit the [CDC's website](https://www.cdc.gov).

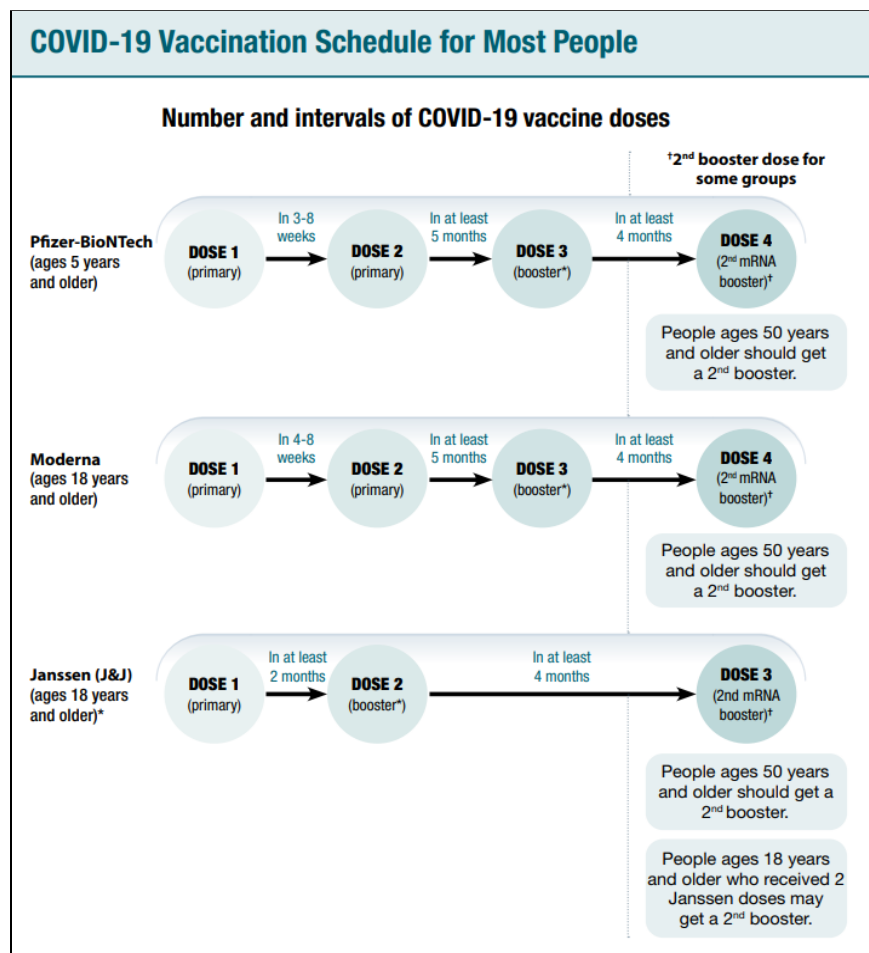


Image updated by
[CDC](https://www.cdc.gov) on 5/24/2022

Masking:

We will mask anytime we share enclosed spaces with people who aren't part of our cohort. This means masks will be **required indoors**, including kitchens, shared bathrooms, and any other community space. We now know high quality **N95, KN95, and KF94** masks are best, so these will be required at SSP. Quality masking means your nose and mouth must be covered, with a good seal of the mask to your face along the sides.

Masks are **not required in outdoor spaces** when physical distancing is possible, or when **spending time with your cohort indoors**, like in sleeping spaces and vehicles. SSP will provide two masks per person per day as needed, but volunteers are welcome to bring their own as long as they meet the specified N95, KN95, and KF94 criteria.

- Masks are required in enclosed spaces with people outside your cohort.
- SSP will provide N95 or KN95 masks.
- **BEST PRACTICE:** Pack your favorite masks (2+ per day) that fit you and meet the criteria.
- **BEST PRACTICE:** increase mask usage in your daily activities to reduce exposure two weeks prior to departure for SSP.

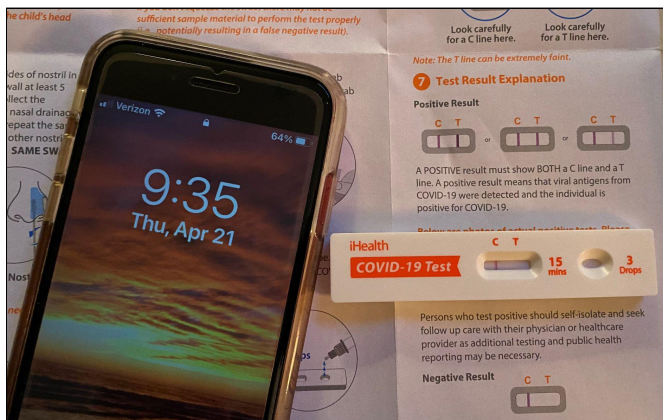


Testing:

Another way we can prevent the spread of the virus is thorough testing. This is why we require all volunteers to **provide proof of a negative COVID test upon arrival**. Both rapid at home antigen testing and PCR lab testing work. **Be mindful to reduce your exposure** between testing and arrival. If you feel sick, please stay home - even if you have a negative test. Consider any symptoms that arise to be COVID-19, until proven otherwise.

When you arrive, the first thing staff will do is verify each person's negative results with the group leader. SSP will also **test everyone 48 hours after arrival**, and as needed throughout the week. SSP will provide and coordinate all midweek testing with our local partners, so don't worry about bringing tests with you.

- **BEST PRACTICE:** rapid test the morning you depart, or the day prior. Test as close to departure as possible (at most, 72 hours prior).
 - Proof of a negative COVID test is required to start the week (either **at-home antigen or PCR lab test**).
- **BEST PRACTICE:** if using a rapid test, **take a photo of the test result** that includes the date and instructions for indicating a negative result (varies depending on manufacture). See image below.
 - **Group leaders:** collect digital or printed copies of everyone's negative test result to share with staff upon arrival.
- SSP will coordinate tests **48 hours after arrival**, and as needed if symptoms arise or exposures are identified.



Left: sample image of best practice for collecting negative test results. Includes test, instructions, and date. For PCR lab results, the email or screenshot of results including date is sufficient.

Right: 180 donated rapid tests from the **Tsaile Health Clinic** for volunteer serving in the Navajo Nation!
In Del Norte County (Smith River) we will be testing at **St. Timothy's Episcopal Church in Brookings, OR**.
In San Diego County we will be testing at **Imperial Beach Sports Park Recreation Center**.

PART 2: Prevention On Site

Outdoors:

This year, we will do everything outside as much as possible! All **home repair projects will be outdoors** to protect the safety of residents and volunteers. We will also **eat meals, sing, and have evening program outdoors**. See our packing list to make sure you bring the right gear and clothes for the weather! Volunteers also have the option to **tent camp outdoors** at any SSP site.

- Our motto is **outside, outside, outside!**
- Plan to spend much of your week outdoors, with the exception of extreme weather.
- **BEST PRACTICE:** check the **packing lists** and typical local weather for site-specific needs:
 - [General Packing List](#)
 - [Group Packing List](#)
 - [Site-Specific Packing Lists](#)

Cohorting:

Cohorting is an important precaution to decrease the impact on the broader community in the event of a positive case. Cohorting will mean volunteers stay in their same arrival group, vehicle, work team, and sleeping space.

Cabins, tents, and dorm rooms will be shared by cohort, with improved ventilation. We will also cohort when eating if distancing is not possible, and stagger shower times by cohort. In the event someone tests positive, it is unlikely they will have spread the virus to other cohorts.

- **Cohorting = same arrival group, vehicle, work team, and sleeping space.**
- Cohorting is an adjustment to how we normally mix groups - **thank you for your flexibility!**



***Top:** outdoor eating space at **Howland Hill Outdoor School** where our site in **Del Norte County** (Smith River) will be hosted. Each cohort will have a cabin at this site.*

***Middle:** singing outside at the basketball courts at **Diné College in Tsaile, AZ** where our site will be hosted. Each cohort will have their own dorm room(s) with adjoining bathroom and shower.*

***Bottom:** tent/RV camping space reserved by SSP for a cohort at the **Tijuana River Valley Regional Park Campground** where our site in **San Diego** will be hosted. Single occupancy bathrooms and showers are available.*

Hygiene:

Being safety conscious also means having good hygiene. SSP settings may be rustic, but we have tools in place to help volunteers and staff do this well.

SSP is increasing the availability of hand sanitizer and hand washing stations, and uses gloves when serving food. We will also continue our practice of using **soapy water to clean**, followed by a **bleach solution to sanitize surfaces**.

- Wash hands for 20+ seconds.
- Soap cleans, and bleach sanitizes!
- **BEST PRACTICE:** Pack your favorite hand sanitizer.

Opportunities to Serve						
SSP	Monday	Tuesday	Wednesday	Thursday	Friday	
Morning KP	Annie's Fence	Women Center	Paul's Fence	Darryl's Paint & Concrete	HUB Bike Shelves	
Bucket AM Brigade	Homeless Shelter	Annie's Fence	Women's Center	Paul's Fence	Darryl's Paint & Concrete	
Morning BP	Alice's Deck	Homeless Shelter	Annie's Fence	Women's Center	Paul's Fence	
Grace Grounds	HUB Bike Shelves	Alice's Deck	Homeless Shelter	Annie's Fence	Women Center	
Evening KP	Darryl's Paint & Concrete	HUB Bike Shelves	Alice's Deck	Homeless Shelter	Annie's Fence	
Bucket PM Brigade	Paul's Fence	Darryl's Paint & Concrete	HUB Bike Shelves	Alice's Deck	Homeless Shelter	
Evening BP	Women's Center	Paul's Fence	Darryl's Paint & Concrete	HUB Bike Shelves	Alice's Deck	
Evening Dero	HUB Bike Shelves	Alice's Deck	Homeless Shelter	Annie's Fence	Women's Center	

Opportunities to Serve: cohorts rotate through duties, including daily cleaning and sanitization of the kitchen, tables, restrooms, and high touch surfaces.

PART 3: Response Plan

Response to Positive Cases:

We know in spite of our best efforts, there is always the **possibility of a positive COVID-19 case** at SSP programs. In the event someone becomes symptomatic or tests positive, that person will **isolate**, and others who meet **High Risk Exposure Criteria** (their cohort) will also be **tested** and **increase mask usage** within their cohort to prevent additional spread during the incubation period.

Those who test positive have two options:

1. **Isolate on site** for the duration of the week; OR
2. **Depart from site** to travel home. SSP encourages departure, especially for those with symptoms.

An **isolation space** (dorm room, tent, etc. as facilities allow) will be available for the person testing positive. It's helpful to note that following **SSP's Rule of Threes**, no one youth and no one adult will isolate together.

- **BEST PRACTICE:** Consider any symptoms that arise to be COVID-19, until proven otherwise.
- Symptomatic volunteers or those who test positive will **isolate on site**, with the option of going home.
- Those who meet **High Risk Exposure Criteria** will test and increase mask usage, even amongst their cohort. Criteria: 15+ minutes unmasked, less than 6 feet apart in enclosed space (cohorts)
- **BEST PRACTICE:** Group leaders - designate an **adult volunteer to be on-call**, available to transport someone from your group if they test positive.
 - SSP strongly encourages **vehicle travel home** as much as possible, to avoid unnecessary exposure to others in the public. We encourage appropriate masking during travel.
- Contact us if you **test positive within 48 hours** of departing SSP so we can identify other potentially exposed volunteers.



Songtime at Diné College in Tsaile, AZ where our site will be hosted.

Closing:

We hope you feel more prepared to serve with us! You have support from the Medical Advisory Council, and all these measures have been developed with the intention of **decreasing risk to keep everyone safe**. You can always reach out directly with any questions. The Medical Advisory Council will also make themselves available for support as we navigate a new way of being together in person. **Thank you for prioritizing safety** - we can't wait to serve with you!

As a general reminder, SSP encourages all volunteers to procure **traveler's insurance** in advance of the trip. This will help mitigate financial loss to the volunteer in the event they test positive and must depart from site.

- **Contact the Medical Advisory Council:** MAC@SierraServiceProject.org
- **SSP's Office:** (916) 488-6441
- **For other materials:**
 1. SSP's Medical Advisory Council's COVID-19 safety guidelines: bit.ly/SSPcovidafety
 2. Prep packet with packing lists: bit.ly/2022prepSSP
 3. SSP's COVID-19 Safety Video: bit.ly/SSPsafetyvideo

Prepared by SSP's Medical Advisory Council, which consists of these individuals:

- **Sue Elam, NP**, nurse practitioner at Kaiser Permanente's Department of Medicine subspecialty of Infectious Diseases
- **David Herbert, MD**, President and CEO of Sutter Independent Physicians (present), Chief of Infectious Diseases, Director of Critical Care, Assistant Physician in Chief at Kaiser Permanente (1989 to 2015)
- **Sophia Larriva**, graduate of Emory University Physician Assistant Program
- **Kelly Shriver**, second-year medical student at Kaiser Permanente Bernard J. Tyson School Of Medicine
- **Katie Strong, RN**, registered nurse at Michigan Medicine

Glossary of Terms:

- **Cohort:** A small group of people that share indoor space together without requiring masking (vehicles, sleeping spaces, etc.) Breaking into cohorts helps manage risks in the potential spread of COVID-19. In particular, the size of the cohort matters for risk management. Cohorting:
 1. Limits the number of exposed people when a COVID-19 case is identified
 2. Quickly identifies exposed individuals when a COVID-19 case is identified
 3. Minimizes full-group disruptions
- **High Risk Exposure Criteria:** 15+ mins unmasked, less than 6 feet apart in enclosed space.
- **Asymptomatic:** Lack of symptoms. It is possible to contract the coronavirus and make antibodies to it even if you stay asymptomatic. It is also possible to spread the virus to others if you're carrying it but have no symptoms.
- **Incubation period:** The time from when you're exposed to an infectious disease to when you get symptoms. For the Omicron variant, the incubation period is 2 to 4 days, shorter than other variants.
- **Isolation:** Used to separate people with suspected or confirmed cases of COVID-19 from those without. Anyone sick or infected should separate from others, or wear a well-fitting mask when they need to be around others (including while awaiting test results). People in isolation should stay in a specific “sick room” or area and use a separate bathroom if available. Everyone who has presumed or confirmed COVID-19 should isolate from other people for at least 5 full days (day 0 is the first day of symptoms or the date of the day of the positive viral test for asymptomatic persons). They should wear a mask when around others for an additional 5 days.
- **PCR test (polymerase chain reaction):** A type of diagnostic test that determines if you are infected by analyzing a sample to see if it contains genetic material from the virus. These tests are most frequently done in a lab and have a longer turnaround time than antigen tests.
- **Antigen test:** A type of diagnostic test that checks to see if you're currently infected. The test looks for proteins (antigens) in a sample taken from your nose or throat. Antigen tests are faster than PCR tests. This may also be called a rapid test or rapid diagnostic test.



Work team (cohort) with the new ramp they constructed for a local homeowner in Del Norte County.