



COVID-19: Health & Safety Guidelines

Elevated Kids' priority is the health, safety, and welfare of our providers and our clients. We are closely monitoring developments surrounding COVID-19, as well as all federal, state, and local regulations.

Elevated Kids is following the guidance of the [Centers for Disease Control and Prevention \(CDC\)](#), the [World Health Organization \(WHO\)](#), the [PA Department of Health](#), and the [American Academy of Pediatrics \(AAP\)](#). We encourage you to stay up to date as well.

Masks will be required by all providers and recommended for all clients and their families while indoors. Masks will not be required outdoors. This is irrespective of vaccination status. Please refer to the "PERSONAL PROTECTIVE EQUIPMENT (PPE)" section of the document for additional guidance.

Elevated Kids has implemented new health and safety measures to further protect our providers and clients. We ask for full cooperation from our providers and our clients as we all work together to help prevent transmission by minimizing contact and maintaining a healthy and safe work environment.

These Health & Safety Guidelines outline the safeguards we are requiring all providers and clients to follow until further notice. If it comes to a client's attention that a provider on their team is not following any of the above procedures, the client must notify the supervising BCBA immediately. Additionally, if it comes to a provider's attention that a client is not following any of the above procedures, the provider must notify the Director of Clinical Operations.

As the situation is continuously evolving, Elevated Kids reserves the right to revise our response and guidelines periodically or as deemed appropriate.

I. Limiting Contact

SOCIAL DISTANCING

Unvaccinated providers and unvaccinated members of a client's household must practice physical distancing and stay at least 6 feet (about 2 arms' length) from our therapists where possible. This excludes the client, as well as behavior escalations or other specific circumstances that may require additional support from a parent or guardian. Unvaccinated providers and unvaccinated members of a client's household should prohibit any type of physical greeting upon arrival and upon departure (i.e., no shaking hands, hugging, high fiving, etc.) When social distancing cannot be accommodated, it is recommended to wear facemasks when in close contact (within 6 feet) with Elevated Kids providers regardless of vaccination status.



II. Personal Health

CANCELLATIONS

Sessions **must** be canceled if either provider or a member of the client's household is exhibiting any signs of illness, no matter how minor, or if under a quarantine recommendation by a physician.

PROVIDER/CLIENT SELF-ASSESSMENT

Before beginning an in-person session, all providers are required to perform a brief self-assessment pertaining to the current state of their health prior to entering a client's home or community setting.

1. **Are you or a member of your household currently exhibiting any signs of illness, including mild symptoms such as a runny nose or a slight cough?**
 - If the answer is "no", the Provider will proceed to the next question.
 - If the answer is "yes", the scheduled session will not take place.
2. **Have you or a member of your household recently tested positive for COVID-19?**
 - If the answer is "no", the Provider will proceed to the next question.
 - If the answer is "yes", the scheduled session will not take place.
3. **Have you or a member of your household been instructed to remain under quarantine or isolation by a professional healthcare provider?**
 - If the answer is "no", the Provider will proceed to the next question.
 - If the answer is "yes", the scheduled session will not take place.

PROVIDER

If a session is canceled due to a provider response provided in the questionnaire above, the provider is to notify the Director of Clinical Operations. The Elevated Kids team will thoroughly review the cancellation on an individual basis to better determine the severity of the situation and to formulate a subsequent plan of action.

All providers are instructed to review the questions above **prior** to the start of each scheduled session. If a provider already knows that he/she/they will be providing an answer which will result in a canceled session, he/she/they must notify the Director of Clinical Operations immediately; **before** arriving at the client's home. This will help to prevent transmission and will keep other team members and clients safe.

CLIENT

Clients are strongly advised to perform a brief self-assessment pertaining to the current state of their health, as well, prior to initiating home and community-based services. If a session is canceled due to a client response provided in the questionnaire above, the client is encouraged to notify their provider



prior to the start of each scheduled session. This will help to prevent transmission and will keep other team members and clients safe.

PERSONAL PROTECTIVE EQUIPMENT (PPE)

1. Facemasks/Face Shields – All providers are required to put on their provided facemasks or face shields upon arrival at the client’s home, prior to entering, and must wear their facemasks for the entire duration of the session. Providers can remove their facemasks upon exiting the client’s home once the session has been completed or for any duration of a session that occurs outdoors. All members of a client’s household are recommended to wear facemasks when in close contact (within 6 feet) with Elevated Kids providers regardless of vaccination status.
 - The CDC defines “close contact” as being within 6 feet of another individual for a total of 15 minutes or more. For the safety of all parties, we respectfully ask our clients and other individuals in the home to wear a mask if they will be within 6 feet of our provider for a total of 15 minutes or more during a session.
 - In general, you do not need to wear a mask in outdoor settings. In areas with high numbers of COVID-19 cases, consider wearing a mask in crowded outdoor settings and for activities with close contact with others who are not fully vaccinated.

The following categories of people are exempt from the requirement to wear a mask:

- A child under the age of 2 years;
 - A person with a disability who cannot wear a mask, or cannot safely wear a mask, for reasons related to the disability;
 - Children who are communicating or seeking to communicate with EK providers where the ability to see the mouth is essential to communication, also are not required to wear a face covering. Alternative face coverings, such as plastic face shields, may be used, but are not required
2. Hand Sanitizer – In addition to washing their hands with soap and water at the start and end of each session, all providers may utilize an alcohol-based hand sanitizer as an additional measure to sanitize their hands.

HAND WASHING

Upon entering a client’s home, our providers are required to immediately use the client’s bathroom/kitchen to wash their hands with soap and water for a minimum of 20 seconds and to dry their hands with a paper towel/napkin. Providers will follow the same procedure at the end of each session and will refrain from touching any other objects or surfaces while exiting the client’s home.



III. Workspace Safety

SESSION MATERIALS

Session materials should be specific to each client's home and should not travel to/from other client locations.

SANITIZATION

Elevated Kids respectfully asks all clients to share responsibility in providing a safe and healthy work environment for our providers as they provide services in your home. Clients should use their own disinfectant wipes or cleaning products (i.e., based with alcohol, bleach, or ammonia) to wipe down all surfaces, toys, and in-home materials prior to the start of a scheduled session.

IV. Personal Travel

COMMUNICATING TRAVEL PLANS

Elevated Kids strongly encourages all providers and clients to closely [evaluate international travel](#) at this time. Communication with Elevated Kids prior to, during, and upon return from personal travel is critical to keeping our providers, our clients, and our community safe.

All providers must report international travel plans to Elevated Kids. All clients must report international travel plans to their supervising BCBA. The Elevated Kids team will thoroughly review on an individual basis to better assess the risk level and formulate a subsequent plan of action.

V. COVID-19 Protocol for Close Contact, Symptoms and Testing Positive

COVID-19 CLOSE CONTACT

Consistent with CDC guidelines, providers/clients who are at least 3 feet from an infected individual with masking (Both Parties) are excluded from the definition of close contact and not required to quarantine. Similarly, fully vaccinated persons who have come into close contact with someone with suspected or confirmed COVID-19 will not have to quarantine but, should be tested 3-5 days after exposure to ensure that COVID-19 has not been contracted.

Close contacts of positive cases of COVID-19 which do not fall in the exception detailed above must quarantine for 10 days and monitor symptoms through the 14th day.

Note: This exception does not apply to individuals who are not vaccinated.

Providers or clients who are unvaccinated and believe they or a member of their household have had [close contact](#) with another individual with COVID-19 should immediately contact their professional healthcare provider and get tested. People who have tested positive for COVID-19 within the past 3 months and recovered do not need to get tested following an exposure, if they do not develop new symptoms.



The CDC recommends that anyone with any signs or symptoms of COVID-19 get tested, regardless of vaccination status or prior infection. If you get tested because you have symptoms or were potentially exposed to the virus and are unvaccinated, you should stay away from others pending test results and follow the advice of your health care provider or a public health professional. All sessions will promptly cease for that provider or client. Sessions may resume for that provider or client upon receiving a negative test result, or when the individual has been symptom-free from the original symptoms for ten (10) days and without fever for 72 hours.

Providers must notify Elevated Kids and clients must notify their supervising BCBA as soon as possible. The Elevated Kids team will continue to remain in contact with this individual to better develop a subsequent plan of action for return and will communicate with all necessary parties accordingly.

HEALTHCARE DIRECTED QUARANTINE AND ISOLATION

If a provider, client, or member of either household is under a professional healthcare provider's direction to self-quarantine or isolate, all sessions will promptly cease for that provider or client. Sessions may resume for that provider or client when the individual has been symptom-free from the original symptoms for ten (10) days, and without fever for 72 hours. The Elevated Kids team will continue to remain in contact with this individual to better develop a subsequent plan of action for return and will communicate with all necessary parties accordingly.

EXHIBITING COVID-19 SYMPTOMS

Providers or clients who believe they or a member of their household are exhibiting symptoms of COVID-19 should immediately contact their professional healthcare provider, stay home, closely monitor their symptoms, and follow instructions from their professional healthcare provider. Providers must also notify Elevated Kids and clients must notify their supervising BCBA as soon as possible.

All sessions will promptly cease for that provider or client. The CDC recommends that anyone with any signs or symptoms of COVID-19 get tested, regardless of vaccination status or prior infection. If you get tested because you have symptoms or were potentially exposed to the virus and are unvaccinated, you should stay away from others pending test results and follow the advice of your health care provider or a public health professional.

Sessions may resume for that provider or client upon receiving a negative test result, or when the individual has been symptom-free from the original symptoms for ten (10) days, and without fever for 72 hours. The Elevated Kids team will continue to remain in contact with this individual to better develop a subsequent plan of action for return and will communicate with all necessary parties accordingly.

For more information on what you should do if you believe you or a member of your household is exhibiting COVID-19 symptoms, please review [Coronavirus Symptoms](#) and [Coronavirus Testing](#).



TESTING POSITIVE FOR COVID-19

If a provider or a member of a provider's household has tested positive for COVID-19, the provider must immediately notify Elevated Kids. If a client or a member of a client's household has tested positive for COVID-19, the client must immediately notify the supervising BCBA.

All sessions will promptly cease for that provider or client. Sessions may resume for that provider or client when the individual has been symptom-free from the original symptoms for ten (10) days, and without fever for 72 hours. The Elevated Kids team will continue to remain in contact with this individual to better develop a subsequent plan of action for return and will communicate with all necessary parties accordingly.

For more information on what you should do if you or a member of your household has tested positive for COVID-19, please review [What To Do If You Are Sick](#).

VI. Working Together

STOP THE SPREAD OF GERMS

While we have implemented additional safeguards to further protect the health, safety and welfare of our providers and our clients, we respectfully ask everyone to do their part each day, regardless of whether a scheduled session is occurring, so we can all continue to prevent the spread of germs and contribute to a healthy and safe work environment.

- **Physical Distancing:** Maintain 6+ foot distance from people who are outside of your immediate household if you are unvaccinated (i.e., in public settings, such as the grocery store, bank, etc.).
- **Stay Home When You Are Sick:** When you are sick, stay home, get plenty of rest, hydrate, and check with a professional healthcare provider as needed.
- **Wash Your Hands:** Wash your hands often with soap and water for 20+ seconds. Use alcohol-based hand sanitizer if soap and water are not readily accessible.
- **Clean Shared Surfaces:** Use disinfectants to clean commonly touched items in your home, such as doorknobs, faucet handles, light switches, handrails, elevator buttons, doorbells, etc. Germs travel fast with multiple hands touching shared surfaces.
- **Cover Your Mouth:** Cough or sneeze into a tissue and immediately throw it away; use your arm or sleeve to cover your mouth if you do not have a tissue on-hand. Wear a facemask if you must be around individuals who are outside of your immediate household.
- **Avoid Touching Your Face:** Your eyes, nose and mouth are entryways for viruses to get into the human body, causing you to become infected or get sick. Try to avoid touching your eyes, nose and mouth, especially without properly washing your hands or using an alcohol-based hand sanitizer first.