



ABODE Homestays Inc.

## **COVID-19 HEALTHCARE PRECAUTIONARY MEASURES AND AGREEMENT**

### **IMPORTANT NOTICES:**

**All travelers domestic and international, please check the CDC website for guidance on covid requirements at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html> to avoid any complications to your travel itinerary.**

**Please monitor the COVID-19 situation in Washington State using this link <https://coronavirus.wa.gov/>**

**It is the applicant's responsibility to follow the guidance set. Please continue to monitor the CDC and Washington State website for the latest covid-19 protocols while in the ABODE Homestay program.**

In light of the COVID-19 global situation and in an effort to be reasonably careful in protecting hosts and students, we are implementing the following precautions:

- Homestay students arriving from international locations attest that they do not have a fever or cough at least 24 hours prior to arrival.
- Based on the advice and information from healthcare experts and government authorities, ABODE will follow the recommended quarantine guidelines of newly arriving students. If any symptoms should occur after a student's arrival, the student is required to inform the host and a health care professional contacted immediately.
- We have compiled an information sheet that we have sent to hosts welcoming new or current international students. This information lists the precautions which are recommended from health care experts.
- ABODE homestay students are required to agree to the affidavit below agreeing to follow the rules, the recommended precautions and to notify their host and ABODE if any COVID-19 type symptoms occur.
- If a student has to cancel coming to Seattle at the last minute because of COVID-19 symptoms, the cancellation policy is applied as usual. The host will be given the \$100 deposit as a cancellation fee, and the student's homestay application fee is good for 6 more months, meaning the student can start homestay at a later date at no extra charge.
- If a student has to leave the homestay because of COVID-19 symptoms, and goes home, they will receive a refund for the nights remaining in their monthly homestay payment. If a student goes to quarantine locally, their payment will be calculated at 50% for the nights they are gone from the homestay.

\*\*\*IMPORTANT\*\*\* As the situation with the COVID-19 pandemic is fluid (changing constantly), so are the rules, regulations, and procedures. We highly encourage you to consistently check these websites below for any new information from the Washington state government. It is your responsibility to follow all the rules, regulations and procedures set by the government, your host, and ABODE:

<https://www.doh.wa.gov/emergencies/coronavirus> This is the Washington state department of health website specifically for COVID-19. It can be viewed in several languages.

<https://coronavirus.wa.gov/> This is the State of Washington Government website. It has information about rules, regulations, and procedures.

<https://coronavirus.wa.gov/what-you-need-know/safe-start> This website has information on the phased reopening of Washington state.

Please contact us with any questions or concerns. We appreciate the opportunity to help your stay in Seattle be as enjoyable and safe as possible!

## **TIPS FOR HOMESTAY HOSTS AND STUDENTS**

### **Student's Insurance.**

Students should have health insurance through the school they attend. If you are unsure about your health insurance plan and coverage, ABODE urges you to seek assistance with your school's international student office. They may better assist you with your insurance information. ABODE also recommends that you share the information with your host so that they are more able to assist you. If you do not wish to share this information with your host, it is your right to refuse but also be informed that your host will be very limited in assisting you when you need healthcare.

### **How is COVID-19 spread?**

Potential ways in which COVID-19 can be spread include touching the skin of other people or objects that are contaminated with infectious droplets and then touching your eye(s), nose, or mouth. This can happen when someone who is sick with COVID-19 coughs or sneezes droplets onto themselves, other people, or nearby surfaces. \*

**How can I protect myself against COVID-19?** The following information was taken from the CDC website for informational purposes:

The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory diseases, including:

Avoid close contact with people who are sick.

Avoid touching your eyes, nose, and mouth.

Stay home when you are sick.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.

Follow CDC's recommendations for using a facemask. **Several local governments and consumer businesses still require, but most highly encourage, people to wear face coverings.**

Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

For information about handwashing, see [CDC's Handwashing](#) website

For information specific to healthcare, see [CDC's Hand Hygiene](#) in Healthcare Settings

These are everyday habits that can help prevent the spread of several viruses. CDC does have [specific guidance for travelers](#).

Additionally ABODE recommends,

**Consistently checking the Washington State coronavirus response website at <https://www.coronavirus.wa.gov/> for the latest declarations and news.**

Household members (including students) who may have been exposed to COVID-19 should be vigilant for fever (i.e. measure temperature twice daily) and respiratory symptoms over 14 days following exposure. Please call your primary health care practitioner or public health to seek advice Immediately.\* *(Hosts might want to check with their students daily whether they have remembered to check their temperature. –RN)*

Do not share items such as cigarettes, towels, lipstick, toys or other items that are likely to be contaminated with respiratory secretions.

Clean up surfaces contaminated with body fluids promptly with a good disinfectant solution.

Use serving utensils at meal times. *(This comes from the custom of using one's chopsticks or utensils to dip into shared, family-style platters of food. Utensils and glassware should not be shared without washing them first –RN)*

Use dishwashers and washing machines to clean dishes or clothes that are usually washed by hand. They provide a higher level of cleaning than if you clean these items by hand.

Make sure that bathrooms are always stocked with soap and disposable paper towels or hand dryers. *(Ask your student to keep toiletries and towels in his/her room, and to wipe down the bathroom sink/counter after each use –RN)*

Promptly dispose of used tissue paper in a waste receptacle.

Provide good air ventilation to indoor spaces. Consider opening a window to let in extra air.

Take care of yourself to improve your immune system defenses. Eat a balanced diet, and get adequate rest. Avoid smoking.