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## **IF A MOUNTAINEERS PARTICIPANT OR GUEST BECOMES SICK**

### **For All Members & Guests:**

#### **If you have confirmed or suspected COVID-19 or are worried that you may have COVID-19...**

1. The first thing you should do is review the latest [King County Public Health recommendations](#) and follow their guidance.
2. If you have tested positive for COVID-19, and have been at a Mountaineers facility or participated in a Mountaineers activity in the past 14 days, please notify staff so that we can take quick and thoughtful action to protect you and our members:
  - a. Contact us at 206-521-6001 or [info@mountaineers.org](mailto:info@mountaineers.org). Or, contact a member of staff you feel most comfortable with.
  - b. If you cannot reach anyone on staff within two hours, please contact the emergency line 206-521-6030.

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 Mountaineers activities you participated in over the past 14 days. It will also help us to know if you have any specific concerns we can help address.

Staff will then notify participants from the rosters of those activities to let them know they may have been exposed to COVID-19 on the trip, and that they should take extra precautions for 14 days. The sooner staff know and can contact participants, the more we can protect you by reducing word-of-mouth panic.

### **For Volunteer Leaders:**

#### **If you become sick ...**

Please follow the above guidance for what to do if you have confirmed or suspected COVID-19.

#### **If you learn that someone in one of your activities has tested positive for COVID-19 ...**

First, it's important to confirm that they tested positive for COVID-19 (rather than thinking they *probably* have it). If you talk to them directly, please encourage them to reach out to staff so we can gather more specific information and respond appropriately. This is important because we can offer support to them and to other participants who may have had contact with them. Direct outreach from Mountaineers staff can help prevent rumors and hysteria, and protect the participant so that they can focus on getting better.

Please reach out to staff to let us know, and encourage the participant to follow the guidelines above for participants. **Please DO NOT notify other participants from your activity.** By allowing staff to streamline communications, we can ensure the right people have the information they need, without inducing widespread panic 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 contact with the infected participant.

Staff will then notify participants from the rosters of the activities this person participated in that they may have been exposed to COVID-19 on their trip, and that they should take extra precautions for 14 days. The sooner staff know and can reach out directly to participants, the more we can protect participants by reducing word-of-mouth panic.

### **Mountaineers COVID-19 Response: Guiding Principles**

- Our top priority is the health and well-being of The Mountaineers community. As a part of the broader community, our response to the COVID-19 outbreak will also support the overall well-being of western Washington.
- We will make balanced recommendations to protect our community's safety while minimizing the impacts to Mountaineers mission-filling programs and protecting the interests of members, volunteers, and staff.
- We commit to decisive decision-making, transparent communications, and providing actionable guidance and as much support for changes as possible.
- We will show compassion and support for individuals and communities most impacted.

For additional information, please visit our [COVID-19 blog](#) and [COVID-19 response page](#).

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