

COVID-19 Considerations for Schools: Resuming Classes

Domain	Considerations/Strategies	Notes
<p>Health Education: Students and Staff</p>	<p>Basic information on COVID-19 (age appropriate..see Notes)</p> <p>Good Hygiene Practices: How is this information delivered to students/staff? Could these general strategies be delivered prior to the restart of school in video form? Replayed once school is in session?</p> <ol style="list-style-type: none"> 1. Handwashing 2. Covering coughs and sneezes 3. Stay home when ill 4. Temperature <ol style="list-style-type: none"> a. Can temperature monitoring be done at home b. What number (or value) is considered a fever <p>Also to be addressed (to reduce fear/anxiety as well)</p> <p>Wearing masks when out in public</p> <p>Social distancing</p> <p>What to do if feeling sick or someone in the family unit is ill</p> <p>What to do if someone in the family unit has been tested/diagnosed with COVID-19</p> <p>Staff Education: Train staff on the use of the Ill Student/Staff flowchart; use of PPE (including gloves, masks, face shields), taking temperatures and proper handwashing technique. Appropriate environmental cleaning (classroom or Health Office area) would also be beneficial.</p>	<p>Remember that anxiety is increased when something is unknown and is perceived as harmful.</p> <p>Change the “threat” into a “challenge”....Reduces the anxiety. Challenge the students to practice good hygiene. Challenge them in selecting a credible news source (such as the CDC) to view daily on accurate updates of COVID-19 activity (age specific intervention)</p> <p>Promote communication between school, student and family. Recognize that families are stressed and that “we are in this together”. “I am on your side”.</p>

<p>Health Office: Ventilation and Physical Set-Up</p>	<p>Proper ventilation is needed for the School Health Office. This could be in the form of a window that could be opened or the use of fans to be able to circulate the air. Could the Health Office be temporarily relocated to an area that provides better ventilation if the current Health Office does not allow for adequate air exchange? Could the use of circulating fans be considered?</p>	<p>Students and school staff that are displaying symptoms of infection need to be separated from healthy students and staff that are utilizing the Health Office for daily medication, first aid treatment, physical injury assessment, etc. Ventilation is part of that strategy. Please see Health Office Management of Ill Persons within the office</p>
<p>Health Office: Management of ill persons within the office</p>	<ol style="list-style-type: none"> 1. School nurse to wear PPE (mask/face shield) when working with students 2. Health office needs to allow for two spaces for student care. <ol style="list-style-type: none"> a. One space of healthy students coming for routine needs, medication, diabetic checks, first aid/injury assessment, etc. b. Second space for students/staff who are ill and be evaluated for possible infection c. **Consider ventilation strategies for this set-up 3. Maintain social distancing between students/staff <ol style="list-style-type: none"> a. Teacher may need to notify the nurse if student needs to be sent to the Health Office to make sure office can provide social distancing b. Provide the classroom with basic first aid supplies to be able to handle some Health Office requests in class c. Consider the Nurse or Health Associate to do a visit outside the classroom area if Health 	<p>Consider temporarily relocating Health Office to a more ventilated location if possible</p> <p>Consider having a first aid/medication station outside the Health Office to provide services to the “walking well”</p> <p>Caution with aerosolized treatments: Wear mask and gloves during treatments; consider how the location of the treatment when working with a “healthy” versus “sick” child when receiving the treatment. VENTILATION</p>

	Office is full	
Health Office: Medical standing orders for management of ill persons within school and returning to school after illness	<p>Developing a flowchart that outlines “when to isolate and send home” will help the School Nurse team (Unlicensed Assistive Personnel) run efficiently and effectively.</p> <p>Establish a procedure when students/staff arrive to school sick and send home as soon as possible</p> <p>Establish a process for students/staff returning after illness (how many days being fever free without use of medication before be able to return to school)</p> <ol style="list-style-type: none"> 1. Students/Staff with respiratory symptoms and fever over 100.4 (per NASN), it is recommended that a face mask is placed on that individual. The individual will be directed to an area within the Health Office designated for increased isolation to further reduce communicability 2. Students/Staff to be sent home from school as soon as possible 	<p>Is a MD note needed for re-entry after out of school due to illness</p> <p>Receive medical standing orders from local provider(s) At this time (4-2020) schools are not expected to screen students or staff to identify cases of COVID-19</p>
PPE	<p>Health Office supplies:</p> <ol style="list-style-type: none"> 1. Gloves 2. Face masks 3. Face Shield 	<p>Recommendation is for the Health Office to one complete set containing Face protector, bonnet, booties, gown</p>
Mental Health/Anxiety Reducing Strategies	<ol style="list-style-type: none"> 1. There is a false belief in dealing with Anxiety: Worry + Constant Vigilance = Safety. WRONG! 2. We have little control over virus spread, but we can control our actions and reactions 3. Need to take CONTROL of your thought pattern. How do you do this? <ol style="list-style-type: none"> a. Stay in contact with your medical and/or 	<p>*Acknowledge the situation *Acknowledge/validate the emotions *Build a coping toolbox that includes body and mind calming strategies</p>

	<ul style="list-style-type: none"> mental health providers b. Adhere to your medication regimen c. Keep an eye on your symptoms and report to your providers when advised d. Practice Deep Breathing e. Limit time on social media f. Manage your information (check in daily with a trusted news source for daily updates) g. Proper rest and nutrition h. Maintain a consistent daily schedule/routine i. Practice good hygiene strategies <p>4. Refer to Resource Navigator for student/family services if identified (Remember, services may be limited during this time)</p> <p>REMEMBER: Adult anxiety causes child anxiety; Our demeanor is crucial in keeping anxiety manageable</p>	<p>*Realize that the resources may not be there to provide a care provider to the home...may have to capitalize on the family's strength. A chaotic family runs on negative emotions and tends to look "on the outside" for help. Help parents be kind to their children</p> <p>*We are all in this together/Choose kindness</p> <p>Young children book recommendations: <i>Grumpy Monkey</i>: Okay to be sad or have unexplained feelings <i>We're Going on a Bear Hunt</i>: Can't go over or under it; have to go through it</p>
<p>Health Office: Disinfecting Strategies</p>	<p>Use of appropriate disinfectant that has a kill claim for COVID-19</p> <p>Hand washing prior to and after each student interaction or use of alcohol hand sanitizer if soap/water wash is not available</p> <p>Durable medical surfaces, such as cots, to be cleaned between student use; Disposable paper (if used) disposed and replaced after each student use</p> <p>Commonly touched surfaces, such as counters, cleaned with appropriate disinfecting wipes or cleaners after student/staff interaction around that surface area</p>	<p>Thorough cleaning of all surfaces in the Health Area to be done by custodial staff daily</p>

<p>School Building: Illness Monitoring and Management Strategies</p>	<p>Increase space among students during in-person instruction Partial closure (class/grade); Offer online/home instruction Reduce schedule (1/2 day?) Suspending use of common areas (halls, cafeteria, playground, library, gym, etc) within the school building OR Reducing the load on common areas through altered scheduling Segregating students within common areas (to reduce roaming) Implement standard workplace social distancing measures for teacher and other staff Cancelling classes or activities that occur within the school day with a high rate of mixing/contact (PE, choir, Field trips) Cancel/Postpone after school activities **Look at teachers that travel from one campus to another on the same day</p> <p>If applicable, determine at what point a school would be closed for a set number of days due to illness...For example, when a building reaches 10% absence or greater due to illness, the building is closed for 2 days for cleaning.</p>	<p>Monitor and report absenteeism Staggering start times for school School-wide temperature monitoring upon arrival Use of PPE within the school Disinfecting Strategies for the classroom/common areas 1/2 day classes 1/2 student population in school at one time</p> <p>Consider class or grade closure and suspension of common building areas for illness rather than a whole school closure. Per research, this has a smaller mitigation effect, but does lead to reduction of a large-scale outbreak.</p>
<p>School Building and Bussing:</p>	<p>Clean the bus prior to and after each route; reduce number of students in the bus at one time to maintain some social</p>	

Disinfecting Strategies	distancing.	
School Building and Bussing: Maintain Social Distancing	Stagger bus times to allow for cleaning between routes Reduce mixing during transport Use of PPE (masks) Reduce number of students on bus at one time Disinfection strategies; clean bus prior to and after transport. Consider suspending bus services	1/2 day classes 1/2 student population in school or on bus at one time Use of PPE while on bus
At Risk/Vulnerable Student and Staff Population	Refer students/staff that are considered “high risk” to their medical provider to determine when school re-entry for their individual health concern is recommended	Immunocompromised population