

COVID-19

Back to School Basics for Health Office Staff, School Nurses, Principals, and Other School Staff

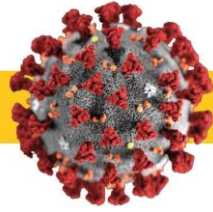
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Agenda

- COVID-19 101
- Protecting Ourselves
- Health Office Workflow
- Don/Doff personal protective equipment (PPE)
- Q & A

COVID-19 101



- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.
- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.

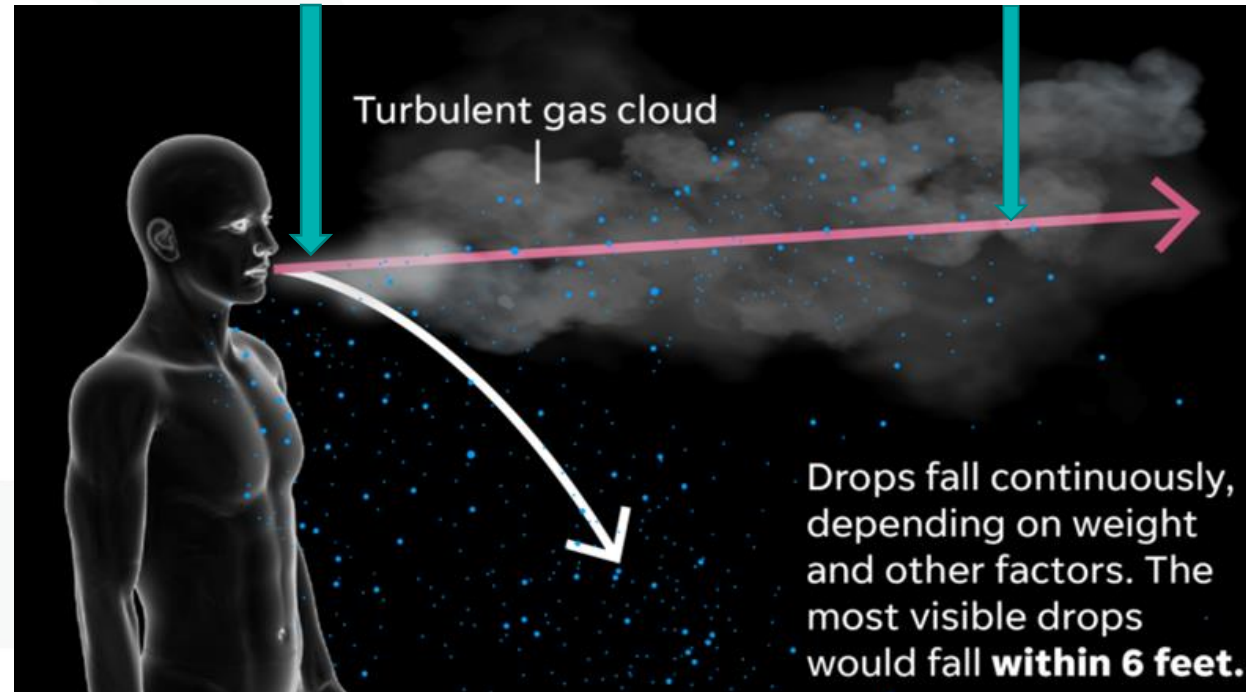
How is COVID-19 spread?

Close Contact : coming into close contact

- about 6 feet or two arm lengths for 15 min +
- primarily spread from person to person.
- When an infected person coughs, sneezes, or talks they spread respiratory droplets
- Touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

Risk depends on distance and covering of nose/mouth

- droplets affected by gravity
- gas cloud disperses into volume; air exchange effects



The COVID-19 virus may survive on surfaces for several hours, but simple disinfectants can kill it. Hard surfaces are greater risk (e.g., counters, plastics, gloves)

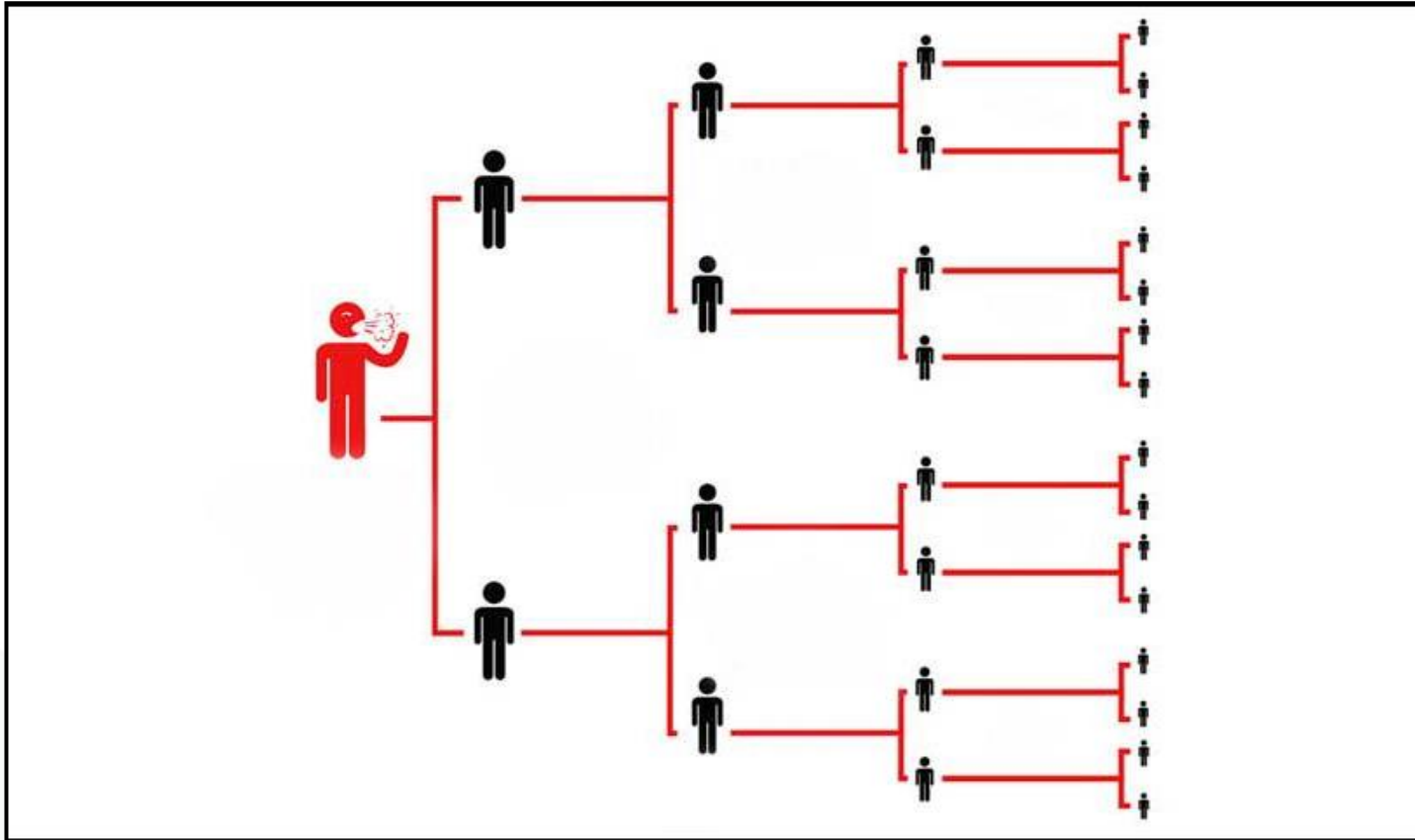
How Does it Spread?

- <https://www.youtube.com/watch?v=RzW9UUmImVA&feature=youtu.be>

Stop video at 1:29

Why is it spreading so fast?

- This is a novel strain so there is no herd immunity.
- Without any intervention, each person can infect 2-3 others



Who is at Highest Risk?

- **CDC: Highest risk factors – Any AGE**

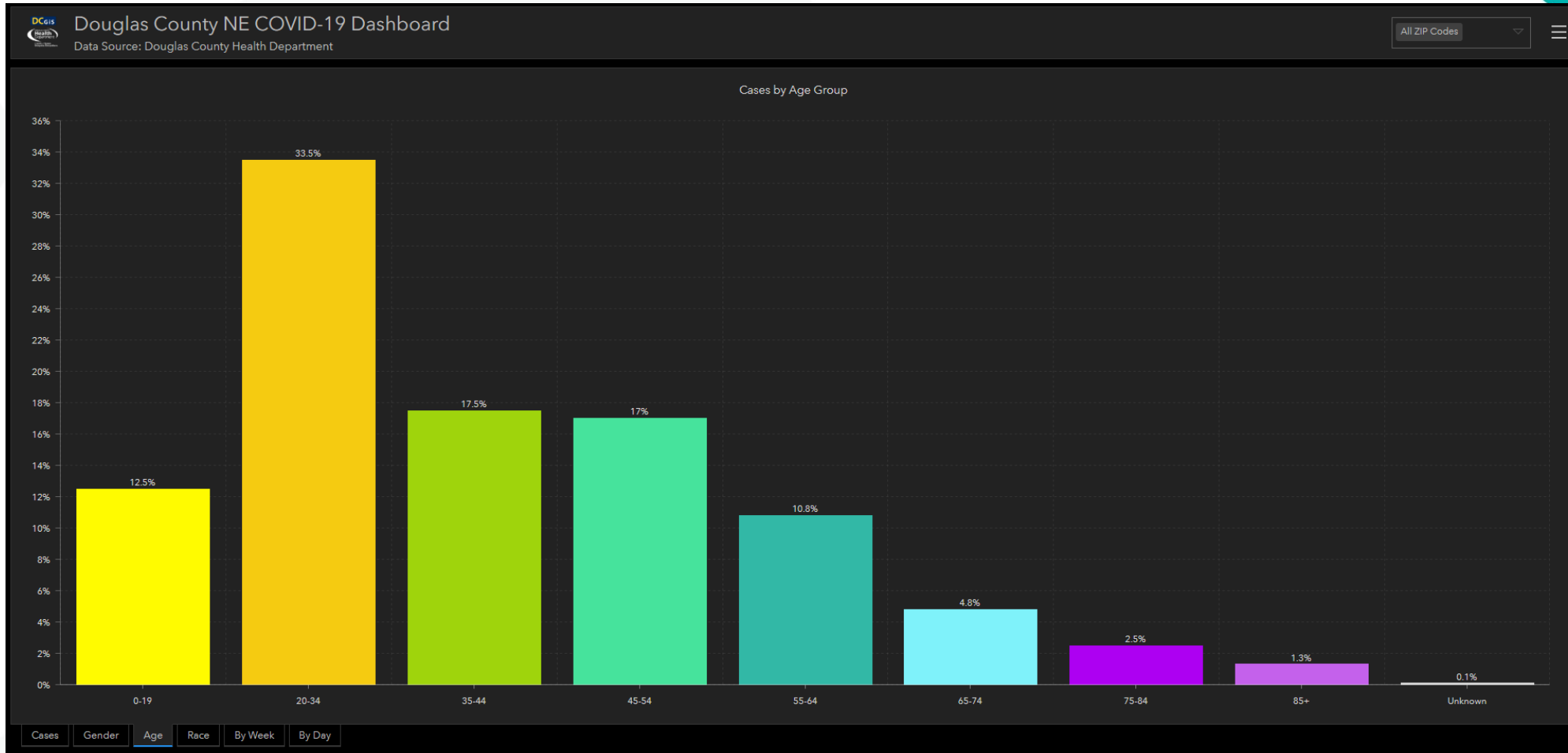
- Chronic Kidney disease
- COPD
- Weak immune system from transplant
- Obesity (BMI ≥ 30)
- Serious heart condition
- Sickle Cell Disease
- Type 2 diabetes

Severe Illness:

CDC: Children who are medically complex conditions with neurologic, genetic, metabolic conditions or who have congenital heart disease are at higher risk for severe illness than other children.

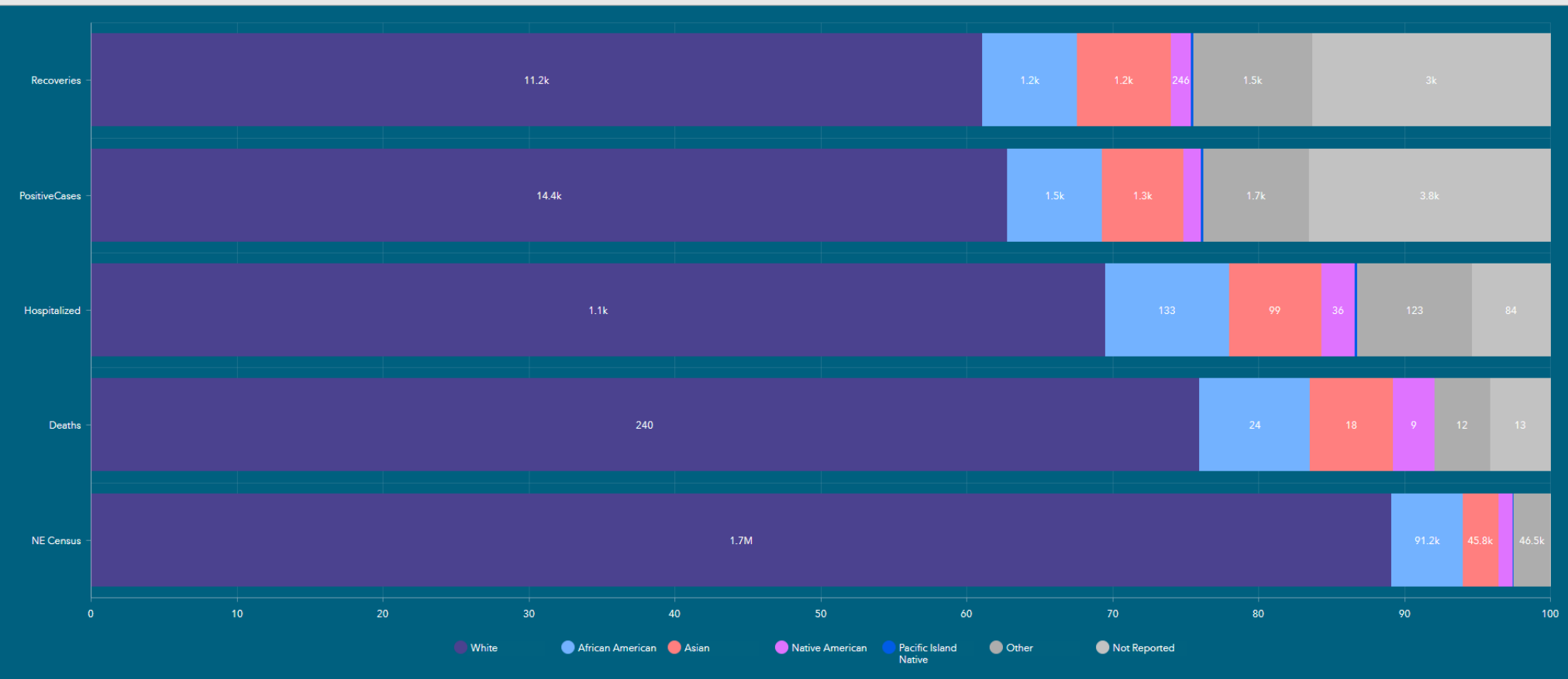
- Asthma
- Cystic Fibrosis
- Weak immune system
- Type 1 Diabetes
- Smoking
- High blood pressure
- Others (adult)

All Ages Can Be Infected

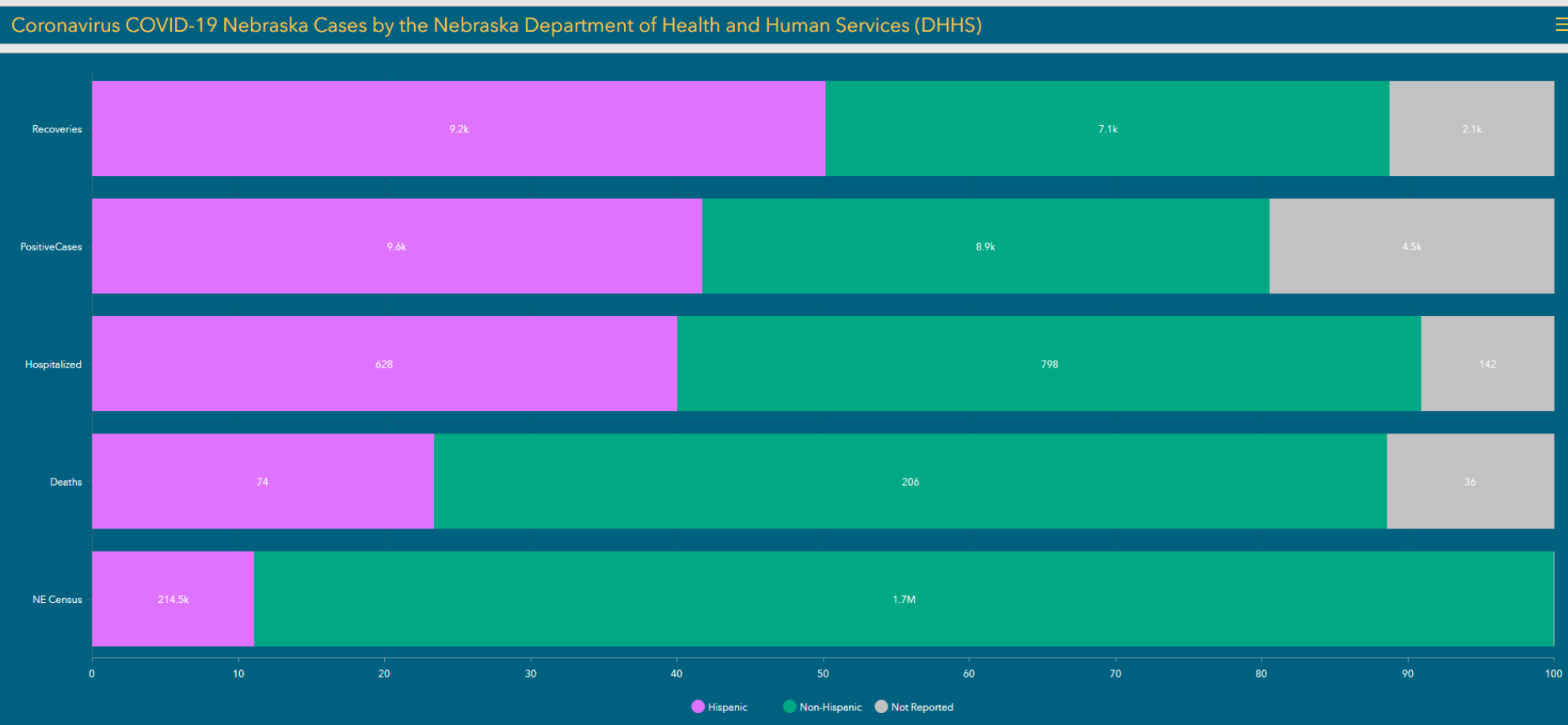


Nebraska Cases by Race

Coronavirus COVID-19 Nebraska Cases by the Nebraska Department of Health and Human Services (DHHS)



Nebraska Cases by Ethnicity



COVID-19 Symptoms in Children – as seen at CHMC

- Muscle or body aches
- Sore throat
- New onset of severe headache, especially with fever** (older kids)
- New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline)
- Fever or chills $\geq 100.4^{**}$ (rare in kids – MIS-C)
- Shortness of breath or difficulty breathing
- New loss of taste or sense of smell
- Fatigue
- Congestion or runny nose
- Diarrhea, vomiting or abdominal pain

Symptoms of Allergies –

- runny nose;
- dry tickly cough;
- itchy or watery eyes,
- congestion.
- Probably have a history of allergies for time of year they could provide.
- ***Should not have***
 - fever,
 - trouble breathing,
 - body aches,
 - fatigue,
 - GI problems

COVID vs. Influenza

Similarities

- Symptoms
 - Fever
 - Cough
 - Shortness of breath
 - Fatigue
 - Sore throat
 - Runny or stuffy nose
 - Headache
 - Vomiting/diarrhea
- Spread person to person in close contact through droplets
- High risk = older adults; underlying medical conditions; pregnancy

Differences

- COVID19 – change in or loss of taste or smell
- COVID-19 has a longer contagious period (14 days) than flu (7 days)
- COVID-19 more contagious among certain populations and age groups than flu
- Risk of complications for healthy children is higher for flu compared to COVID-19

Multisystem Inflammatory Syndrome in Children - MIS-C

- A rare and severe complication of COVID-19 only seen in children.
- Symptoms:
 - Persistent Fever,
 - Abdominal Pain,
 - Vomiting,
 - Diarrhea,
 - neurocognitive symptoms,
 - Rashes,
 - Bloodshot eyes, swollen hands or feet.
- Starts with high fevers and progresses to shock.

- Most have occurred in older children and adolescents who were previously healthy. Most common comorbidities were asthma and obesity
- Black and Hispanic children may be affected at higher rates compared to infants/young kids and Asian descent with Kawasaki's
- Can occur 3-4 weeks after acute infection - may represent a complication of the virus rather than acute infection.
- Most children survive by many need ICU care

How can we protect Ourselves?

- 3 W's
 - Wear a mask
 - Wash your hands
 - Watch your distance



If you leave home, know your Ws!



WEAR

a cloth covering over
your nose and mouth.



WAIT

6 feet apart. Avoid
close contact.



WASH

your hands or
use hand sanitizer.

- Hand Washing – 20 seconds with soap and water AND friction.
 - Use soap and water if hands visibly soiled
 - Use hand sanitizer that contains at least 60% alcohol.
 - Cover all surfaces of your hands and rub them together until they feel dry.
 - When
 - Do this upon entering and exiting a room in a public place
 - Before and after eating, blowing your nose, coughing, or sneezing.
 - <https://youtu.be/Qe5bvXjEmkY>

Mask Basics for Staff

Facemask Do's and Don'ts For Healthcare Personnel

When putting on a facemask

Clean your hands and put on your facemask so it fully covers your mouth and nose.



DO secure the elastic bands around your ears.



DO secure the ties at the middle of your head and the base of your head.



When wearing a facemask, don't do the following:



DON'T wear your facemask under your nose or mouth.



DON'T allow a strap to hang down. **DON'T** cross the straps.



DON'T touch or adjust your facemask without cleaning your hands before and after.



DON'T wear your facemask on your head.



DON'T wear your facemask around your neck.



DON'T wear your facemask around your arm.

- Don't use mask if wet or dirty
- Wash your hands after removing
- Wash cloth mask in soap or detergent preferably with hot water daily



TABLE I. A summary of the different types of masks tested, the materials they are made of, and their effectiveness in impeding droplet-dispersal. The last column indicates the distance traveled by the jet beyond which its forward progression stops. The average distances have been computed over multiple runs, and the symbol “~” is used to indicate the presence of high variability in the first two scenarios listed.

Mask type	Material	Threads/in.	Average jet distance
Uncovered	~8 ft
Bandana	Elastic T-shirt material	85	~3 ft 7 in.
Folded handkerchief	Cotton	55	1 ft 3 in.
Stitched mask	Quilting cotton	70	2.5 in.
Commercial mask ^a	Unknown	Randomly assorted fibres	8 in.

^aCVS Cone Face Mask.

Two hair stylists with **COVID-19**
spent at least 15 minutes with 139 clients

EVERYONE WORE FACE COVERINGS  **NO CLIENTS ARE KNOWN TO BE INFECTED***



WEAR CLOTH FACE COVERINGS CONSISTENTLY AND CORRECTLY TO SLOW THE SPREAD OF COVID-19

*No clients reported symptoms; all 67 customers tested had negative tests.

Health Office Cleaning TIPS in addition to school process

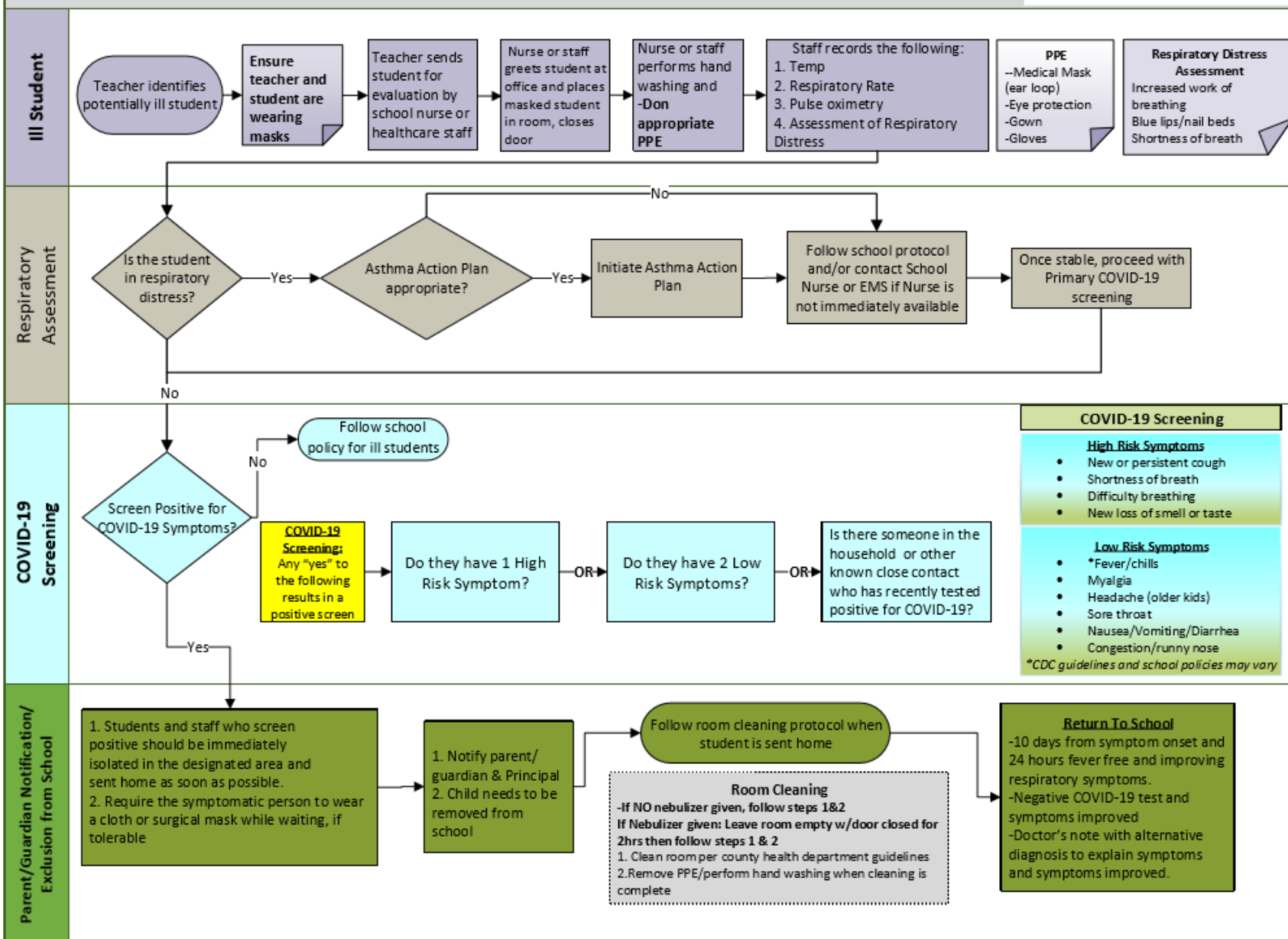
- Disposable gloves to clean and disinfect
- If surfaces are dirty, clean them.
 - Use detergent or soap and water prior to disinfection.
- Clean frequently touched surfaces daily(custodians)
 - Tables, desks, lockers, light switches, countertops, handles, phones, keyboards, toilets, faucets, and sinks.
- Face shields – clean with bleach wipe at least daily and after caring for sick child; do not touch face

CORONAVIRUS
COVID-19

**CLEAN &
DISINFECT OFTEN**



General Community School COVID-19 Assessment



Rule 59 Updates for COVID:

EMERGENCY PROTOCOL:

1. **CALL 911**
2. Summon school nurse if available. If not, summon designated trained, non-medical staff to implement emergency protocol
3. Check airway patency, breathing, respiratory rate, and pulse
4. Administer medications (EpiPen and albuterol) per standing order
5. Determine cause as quickly as possible
6. Monitor vital signs (pulse, respiration, etc.)
7. Contact parents immediately and physician as soon as possible
8. Any individual treated for symptoms with epinephrine at school will be transferred to medical facility

Albuterol Nebulizer Treatment

- Aerosol generating
- ***Do in Health Office Isolation room ONLY***
- ***Full PPE***
- ***6 Ft from student***



Isolation vs. Quarantine

Studies show COVID virus stops shedding around 10 days so if tested positive, 10 days of **isolation** works

Studies show that symptoms of COVID can develop up to 14 days after exposure – so **quarantine** is needed.

Isolation

- Keeps sick people separate from healthy people
- Restricted to home or hotel to limit contact
- For duration of infectiousness
 - 2 days before onset
- ***At least 10 days after onset of illness; symptoms must be improving and no fever within the past 1 day (CDC 7/23)***

Quarantine

- Restricts movement and contact of healthy people who have been exposed
- ***For 14 days since the last contact with the person who is infected.***

Who Stays Home and How Long?

Exposed and with symptoms Individual/Child

Tests positive:

- Exclude for 10 days from symptom onset
 - **AND** Only allow to return 1 day after fever resolution (if present)
 - **AND** improved respiratory symptoms

Tests negative:

- Exclude for 14 days and until afebrile for 24 hours (if fever present) **AND** improved respiratory symptoms

Not tested:

- Exclude for 10 days from symptom onset:
 - **AND** only allow to return 1 day after fever resolution (if present) **AND** improved respiratory symptoms
- May return to school if:
 - A provider establishes an alternative diagnosis (e.g., Urinary tract Infection)
 - Note to confirm the presence of alternate diagnosis that explains symptoms

Exposed and Asymptomatic Individual/Child

Exclude for 14 days from last exposure if remains asymptomatic

- If individual becomes symptomatic, exclude until they meet criteria of a symptomatic individual who tests positive or is not tested

Staff and other Children

- Anyone in the same classroom or who have come in close contact with a symptomatic individual **should quarantine at home for 14 days**
 - *Close contact= greater than 15 minutes of interaction less than 6 feet away.*
- Anyone who develops symptoms during that time should contact their health care provider
 - And centers should follow guidance the guidance above for symptomatic individuals who tests positive or who are not tested

[Link to CDC guidelines for Covid testing and school administrators](#)

[Link to Douglas County Health Department – School Reopening guidance & info](#)

Return to School Criteria

Student has 1 of these symptoms they **cannot** return to school

Cough – New and or Persistent

Shortness of breath – intense tightening in the chest, air hunger, breathlessness

Difficulty breathing – *limited activity causes exhaustion and heavy breathing*

New loss of ability to smell and/or taste May lose some or all of ability to taste and/or smell

Student has 2 of these symptoms they **cannot** return to school

Fever 100.4- degree Fahrenheit or above with chills

Fatigue

Muscle pain or generalized aches and pains

Headache

Sore Throat – pain or scratchy sensation in the throat

Congestion or runny nose

Nausea and vomiting – sick feeling in the back of your throat and stomach

Diarrhea – loose, watery or frequent bowel movements

** DCPH table
to be updated

Draft
07/30/2020

COVID-19 Testing

- COVID testing is NOT directed by school
- 1. COVID testing is directed by the person's Primary Care Provider or the health department
- 2. Many of the local healthcare systems and pharmacies are providing COVID-19 testing.
 - a. **Charles Drew** -- 402-451-3553
 - b. **Methodist** -- 402-815-7425
 - c. **Nebraska Medicine** -- 402-559-0041
 - d. **OneWorld** -- 402-734-4110
- 3. Mass testing options:
 - *Go to [TestNebraska.com](https://www.testnebraska.com) to complete an assessment and sign up for an appointment at a drive-thru testing site offered through the State of Nebraska.

Myth Busters/Helpful Hints

- Fear of wearing a mask
 - There is no impact on oxygen intake
 - Wearing a mask does not cause damage to your immune system
- Ibuprofen use with COVID-19
 - There is no evidence that ibuprofen will make COVID-19 worse
- Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people
- Less desirable choice for face covering/mask is gaiter
- Recommend not using any mask with an exhalation valve
- There are simple things you can do to help keep yourself and others healthy
 - Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Stay home when you are sick.
 - Cover your cough or sneeze with a tissue, then throw the tissue in the trash



Privacy

- Who has the right to know this information about a person and their Covid status?
- If you have concerns, notify the principal for guidance
- Communication department will share with those who need it per DCPH recommendations

Questions for Your School Building Leaders

- Which admin member do I transfer the call to when a parent refuses to pick up their child for a runny nose and cough?
- What is the best exit for privacy to escort a sick student out and process of them coming to room/sick room?
- What bathroom should the sick student use?
- Who to report this sick or exposed student to for contact tracing?
- How will health office know a student is coming to health office and is sick

Don PPE (Put it on safely)



Video Clip #1- Donning (Put on)daily required mask/shield

Video Clip #2- Donning (put on) PPE to enter isolation

Doff PPE (remove it safely)

- Take care to prevent contamination during removal
- Dispose of isolation gown and gloves in regular trash
 - If Covid suspected student, dispose of trash asap.
- End of day – clean goggles with bleach wipe. Store in paper bag or clean paper towel so it can dry.
- Video Clip #3- Doffing (removing) PPE when exiting isolation
- Video Clip #4- Doffing (removing) mask & shield at end of day



Scenario #1

- If the student was exposed to Covid 19 at school or home and was sent home; now they want to come back before their 14 days of quarantine are up. They had a MD note to come back. Will you let them come back?
- Answer – No; They can develop COVID for up to 14 days after exposure. They need to stay home the full 14 days.

Scenario #2

- If a 6th grade student is sent home ill with potential COVID symptoms, does the 10th grade sibling go home as well?
- DCHD: The sibling will be sent home if there has been a known exposure or if the student tests positive

Scenario #3

- A 5th grade student is sent home with symptoms of COVID and the teacher has an underlying health condition – what do you do for the teacher?
- Answer - If the teacher was at least 6 ft away and wore a mask, the teacher should monitor herself for symptoms; call human resources for additional direction

Scenario #4

Two 10th graders in the same classroom test positive for COVID, what are the implications for the classroom?

- Answer: Call principal asap who will contact DCPH. Take guidance from DCPH.

Scenario #5

- What if child doesn't want to wear a mask due to a health condition such as hypersensitivity related to autism, how do we respond?
 - Answer – Each case is considered individually. Recommend the parents contact their primary care provider and school leaders on what's best for this student.

