School Health Services
COVID-19 Recovery Resources
School Nurses
Due to the nature of this pandemic, information and guidelines are frequently updated. For the most recent detailed information please visit the Phase 3 Guidance from VDOE and refer to your school district leadership.

Objectives:

- Define COVID-19.
- Verbalize how COVID-19 is spread.
- Understand the severity of COVID-19 and its risks.
- Describe ways to prevent an outbreak.
- Demonstrate correct and effective hand washing techniques.
- Demonstrate how to don and doff a mask and gloves.
- Verbalize process when a student is sick in the classroom.
- Describe strategies to encourage students to wear masks.
COVID-19

- A new coronavirus strain was detected on December 31, 2019. Cases were initially reported in Wuhan City, Hubei Province, China but has now been declared a global pandemic. As of 7/22/20, there have been 3,882,167 cases of COVID-19 in the US, and there have been 141,677 COVID-19-related deaths.
- Other names: Coronavirus, COVID-19, SARS-CoV-2
COVID-19

- Passed through droplets (sneezing and coughing)
  - Mythbusters - Art of the Sneeze
    https://www.youtube.com/watch?v=0f4sUNWkq60
  - Mythbusters - The Safest Sneeze
    https://www.youtube.com/watch?v=wrx7OOpFEk2E

- Highly contagious with no vaccine or cure
- Can be carried by those who show no symptoms
- Poses a major risk to people aged 65 and older, people with asthma, and people who are immunosuppressed
COVID-19 in Virginia - how do we compare?

CDC’s most up to date data:
COVID-19 in Virginia

Map details by county: https://www.vdh.virginia.gov/coronavirus/
How can we prevent an outbreak?

- Hand washing is the **number one** way we can limit the spread of germs
  - Soap and water
  - Hand sanitizer with over 60% alcohol content
- **Proper hand washing technique:**
  [https://www.youtube.com/watch?v=nEzJ_QKjT14](https://www.youtube.com/watch?v=nEzJ_QKjT14)
- Disinfecting “high touch” surfaces after use
  - Computer keyboards, tablets, and phones
  - Door knobs and desks
  - Shared equipment (avoiding sharing is best)
How can we prevent an outbreak?

- Wearing a mask to cover the mouth AND nose
- Physical distancing at a **minimum** of 6 ft.
  - If 6 ft. is not possible, 3 ft. with a mask **may be permitted**
- Cover your sneeze, cough into your elbow, wash your hands after
- **If you are sick, STAY HOME!**
Screening (updated 7/23/2020)

Based on the best available evidence at this time:

- CDC does not currently recommend universal symptom screenings (screening all students grades K-12) be conducted by schools.
- Parents or caregivers should be strongly encouraged to monitor their children for signs of infectious illness every day.
- Students who are sick should not attend school in-person.
For schools that choose to implement on-site symptom screenings, CDC offers the following considerations:

- Consider the scientific evidence and weigh the risks and benefits to students, staff, and the larger community.
- Consider how school policies regarding symptom screenings can balance the resources required and feasibility of implementation and the risk of transmission in schools.
- Consider ways to reduce the likelihood of excluding students who do not have COVID-19 from essential instructional and critical developmental experiences.
- Before sharing personally identifiable information on students concerning COVID-19, consider Federal, state, and local requirements, including provisions in the Family Educational Rights and Privacy Act (FERPA).
- Further guidance on feasibility and harm mitigation can be found at the following link:

Common Pediatric Symptoms of COVID-19 (over the course of the disease)

- Fever or chills
- Cough
- Runny nose or nasal congestion
- Sore throat
- Shortness of breath
- Diarrhea
- Nausea and/or vomiting
- Headache
- Muscle or body aches
- Poor appetite
- Fatigue
<table>
<thead>
<tr>
<th>Symptoms of COVID-19</th>
<th>Strep Throat</th>
<th>Common Cold</th>
<th>Flu</th>
<th>Asthma</th>
<th>Seasonal Allergies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever or chills</td>
<td>X</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cough</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Sore throat</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Shortness of breath or difficulty breathing</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fatigue</td>
<td></td>
<td>X</td>
<td>X</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Nausea or Vomiting</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diarrhea</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Congestion or Runny Nose</td>
<td></td>
<td>X</td>
<td></td>
<td></td>
<td>X</td>
</tr>
<tr>
<td>Muscle or body aches</td>
<td>X</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Note: The table above does not include all COVID-19 symptoms
What to do if you suspect someone has COVID-19 symptoms?

- Don appropriate PPE: mask, gloves and face shield or goggles
- Isolate the student in a designated area based on your school’s layout
- If parent is able to pick up the student, have them exit a “low traffic” area of the school
- See algorithm on next slide for more detail

Guidance for schools
Student arrives to nurse's office

Is Temp ≥ 100.4°F (38°C)?

YES

Don mask, gloves & face shield, place mask on student, bring to isolation room, and assess

- Shortness of breath unrelated to asthma symptoms
  - CALL 911

- ENT symptoms: cough, sore throat, runny nose; headache; fatigue
  - Call parent or legal guardian to have student sent home and seen by their pediatrician

NO

Nurse and student don masks; Assess student

- Other symptoms unrelated to ENT or respiratory
  - Continue with your organization's policies and procedures as normal
Assessment:

Verbal:
1. When did symptoms first start?
2. Have you been around anyone else who is sick?

Visual:
1. Flushed cheeks?
2. Rapid, shallow, or difficulty breathing?
3. Coughing?
4. Fatigue or restlessness?

Physical:
1. Temp >100.4
2. Pulse Ox < 96%

If any of these signs or symptoms is POSITIVE:

ISOLATE the student
Send the student HOME
Multisystem Inflammatory Syndrome in Children - MIS-C

From the CDC: “Patients with MIS-C have presented with a persistent fever, fatigue, and a variety of signs and symptoms including multiorgan involvement... Not all children will have the same signs and symptoms, and some children may have symptoms not listed here. MIS-C may begin weeks after a child is infected with [COVID-19]. The child may have been infected from an asymptomatic contact and...the child and their caregivers may not even know they had been infected.”
MIS-C (continued)

If you suspect MIS-C in a student, triage per your school’s policy and the algorithm provided

- The student should be treated as contagious.
- Send student home with parent/guardian if stable
- Call 911 if symptoms warrant a higher level of care
  - Shortness of breath
  - Chest pain and palpitations
  - Other signs of obvious organ damage

MIS-C factsheet for your records: MIS-C Factsheet
A student/staff member is COVID positive - Now what?
**School Nurse (RN):**
- Receive notification of COVID positive person with lab test confirmation
- Notify school administrator

**Health Services Director:**
- Contacts health services director
- Provides updates and action items
- Notifies the county's DOH

**County Department of Health:**
- Provides guidance and support
- Notifies Health Services Director of COVID positive result

**Communications:**
- Notifies custodial services

**Decision:**
- Notification of close contacts including letters
- Closing infected areas for cleaning
- Media inquiries

**Coordinate with school nurse lead:**
- Follow up with student/family
- Work closely with student, family, and provider on student's condition
When can a student or staff member return to school?

Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least 24 hours have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in symptoms (e.g., cough, shortness of breath); and at least 10 days have passed since symptoms first appeared.

CDC Disposition Guidelines
Proactive health strategies that will reduce the risk of getting COVID 19

- Frequent handwashing/ before/after eating, after an activity, recess
- Proper coughing sneezing techniques
- Wearing a mask or face coverings when in public setting
- Limit group size
- Stay home when you have a fever or are not feeling well
- Helpful to report COVID Positive test results to school/workplace (won't be identified)
Building your school health plan: Best Practices

- Designate 1-2 administrators as additional COVID resources
  - Who will be your support if you have more than one sick student?
  - Who will be your designated support to answer general parent & staff questions?
- Create an isolation room - CDC and VDH STRONGLY RECOMMENDS
- Measure your school health room
  - Can you have more than one “non-COVID” patient in the room?
  - How will you separate students?
  - What can you remove from the room to create more space?
- What ailments can be treated by teachers and staff?
  - What can YOU treat by going to the classroom?
  - What medications can the student safely self administer?
What if a student arrives to school sick?

- Isolate the student if you suspect possible COVID-19 illness (follow algorithm from Slide 11)
- Contact the parent/guardian or emergency contact person to pick up the student and send them home.
- If possible and available, allow student to engage in distance learning to reduce fear of missing school.

If the parent/guardian or emergency contact person cannot be reached please follow your school district’s policy.
Approved Disinfectants against SARS-CoV-2 (COVID 19)

https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19

ALWAYS follow the instructions on the label.

☠ Keep disinfectants out of reach of children ☠
Printable Materials from the CDC

The link below provides print materials for your settings. These can be hung or distributed in strategic places throughout your school. Items include COVID-19 symptoms, face coverings, hand washing technique, and more.

Many of the materials here are available in multiple languages.

https://www.cdc.gov/coronavirus/2019-ncov/communication/print-resources.html?Sort=Date%3A%3Adesc
Other Helpful Links


*COVID-19 Testing Sites for Washington, DC (Parents in Northern Virginia who work in DC may get tested for free at fire stations throughout the district): https://coronavirus.dc.gov/testing
Training your School Community

The following training PowerPoints are included in this resource package:

- Resources for teachers and staff: with voice over training
- Personal Protective Equipment: with voice over training
- Resources for students: with voice over training
- Resources for parents: with voice over training
- All slide presentations may be adapted to add information specific to your school
- See the School Health Services COVID 19 Recovery Plan for screening tools, symptom tracking worksheets and a details related to the content of this training.
References


This training has been developed through a collaboration with:

• Tracy White MA, BSN, RN Virginia Department of Education; School Health Specialist
• Pamela Fine, DNP, MSN, FNP-C George Mason University; Faculty
• Catherine Lancaster, BSN, RN, DNP Student; George Mason University
• Joanna Pitts, BSN, RN, NCSN, CNOR; Virginia Department of Health; School Health Nurse Consultant