



Enid Public Schools - Health Services

COVID-19 Return to School Plan

I. Introduction

- A.** The purpose of this policy is to create an outline to provide guidance for Enid Public Schools compliance with the COVID-19 pandemic guidelines.
- B.** Wearing a mask is the best way to reduce the spread of viruses and is recommended by Enid Public Schools that all students staff wear a mask when appropriate social distancing is not possible. Appropriate hygiene and hand washing are other factors that are encouraged to prevent the spread of COVID-19.
- C.** Enid Public Schools policy has been carefully considered to address and promote the health and safety of all students, employees, and the community. These procedures comply with local, state, and national guidelines to ensure best practice. See references at the end of the document.
- D.** Students, staff members will be highly encouraged to stay home if they are sick. If an individual reports to school with “Sick Day Guidelines” symptoms, (listed below), they will be sent home until clearance criteria for school return is met.
- E.** Enid Public Schools will continue to support students with acute or chronic health conditions. Short-term absences will be handled on a case-by-case basis. Long-term absences may be evaluated if criteria are appropriate for medical leave or other potential medical accommodations (IEP, IHP, 504, homebound).

II. Guidelines to report illness to school nurse

- A.** In order to prevent potential exposure to infectious diseases for vulnerable students receiving other medical treatments, all student visits to the School Nurse’s Office will be triaged, prior to being released from class.
- B.** Staff members will be asked to call the school nurse/main office with a request for an ill student visit, prior to coming to the office.
- C.** The nurse/designated staff members will prioritize the student for a visit, direct them to the nurse’s office, or “isolation room”, based on symptoms. Some students will be directed to remain in class and obtain first aid. (i.e. Band-aid, cool paper towel, rest)
- D.** If any of the below symptoms are identified, or per nurse/designated staff’s best judgment, students will be evaluated in-person with a mask placed on the student.
 - 1. If one or more of the following symptoms are present:**
 - a.** Fever/Chills
 - b.** Persistent Complaint of Body Aches
 - c.** Shortness of Breath/Respiratory Distress/Coughing
 - d.** Reports of Loss of Taste or Smell
 - e.** Diarrhea/Vomiting
 - f.** Student reports to staff member direct exposure to someone that is COVID positive
 - g.** If it is an emergency, calling 911 should NEVER be delayed

If a student or staff member test positive for COVID-19 a call will be made to students in the individuals classroom notifying other individuals of a positive COVID-19 (with out identifying the individual) with a recommendation for self-monitoring, possible isolation, and testing with the Garfield County Health Department or another health care provider.

III. Personal Protective Equipment (PPE) Standards when dealing with symptomatic students and staff members

A. Standard Precautions are the minimum infection prevention practices that apply to all patient care, regardless of suspected or confirmed infection status of the patient in any setting where health care is delivered. (CDC).

1. Standard Precaution guidelines include:

- a. Hand hygiene is required before and after each encounter with students and staff members.
- b. Soap and water scrubbing for 20 seconds is the preferred method. Hand sanitizer with at least 60% alcohol is also acceptable.
- c. Soap and water handwashing must be used when hands are visibly soiled.
- d. Reusable PPE, such as face shields and goggles, will be cleaned daily. PPE should be discarded after gross contamination, weekly, or more frequently per RN and CDC guidelines.
- e. Appropriate PPE must be considered and donned for the nurse's office, isolation rooms, and when caring for students and staff members as indicated.

B. Precautions for individuals with respiratory conditions, fever, and/or other indicated conditions

1. Use of standard precautions must be used with all conditions

- a. Triage for acute respiratory illness or exacerbation of chronic condition such as asthma.
- b. Abdominal pain or vomiting
- c. Evaluate if the individual has had direct contact with an individual that has tested positive for COVID-19, or presumed positive. Direct contact is defined by conversation within 6 feet for greater than 15 minutes without a mask.
- d. The student must be directed to the isolation room if indicated by the school nurse. An isolation room will be assigned in each building.

2. Per CDC guidelines, individuals with even mild symptoms may, be COVID-19 positive (e.g. cough, sore throat, shortness of breath, muscle aches) and should be cared for by school nurse or designated staff members with proper PPE including gown, gloves, N95 mask, and eye protection.

3. Apply face mask to individual, if tolerated and developmentally appropriate, if not already in place

IV. Sick Day Guidelines

A. Symptoms requiring Absence

1. If a student or staff member is sent home from for a potentially contagious acute illness the individual must be fever-free for 24 hours without the use of fever-reducing medication, or physician release to return to work/school. The student or staff member will then be required to wear a mask for the next 48 hours after the 24-hour fever free period as an additional precaution.

2. Students or staff members with direct exposure to an individual that has tested positive for COVID-19 must quarantine for 10 days and may return with physician note releasing individual to return to work/school.
 3. Individuals displaying the above symptoms will be instructed to notify primary health care provider or Garfield County Health Department for guidance on need for COVID-19 testing and return to work/school release.
 4. Students/Staff diagnosed with COVID-19 by a health care provider may return to work/school per guidelines pertaining to those that are symptomatic or asymptomatic or with a release from a health care provider.
- B. Possible COVID-19 Exposure**
1. If a student or staff member is notified they have had direct exposure to an individual that has tested positive for COVID-19, the immediate supervisor and school nurse must be notified immediately.
 2. Individuals that have had direct contact (within 6 feet of individual greater than 15 minutes without a mask) should quarantine for 10 days per CDC guidelines. The individual must notify supervisor, School Nurse, Human Resources, and primary health care provider for instructions regarding guidance.
- C. Individuals diagnosed with confirmed positive COVID-19**
1. If a student or staff member is diagnosed with COVID-19 by a health care provider, the student or staff member must notify the immediate supervisor or school nurse assigned to the building. Health care provider documentation of diagnoses is required.
 2. COVID-19 is a reportable condition. The health care provider that diagnosed the individual should report the case to the Garfield County Health Department. EPS school nurse will follow up with GCHD to confirm case was reported.

V. Guidelines to return to work/school

- A. Symptom based strategy – INDIVIDUALS THAT TEST POSITIVE WITH SYMPTOMS**
1. Individuals must isolate until 10 days have past since symptoms first appeared.
 2. No fever for 72 hours without the use of fever-reducing medications.
 3. Symptoms have improved.
 4. Release to return to work/school received from health care provider. Employees must complete “Return to Work Form” and have signed by supervisor and human resources.
- B. Time based strategy – INDIVIDUALS THAT TEST POSITIVE WITH NO SYMPTOMS**
1. Individual must isolate until after 10 days have passed since positive test.
 2. If individual begins to display symptoms must follow symptom based strategy.
 3. Release to return to work/school received from health care provider. Employees must complete “Return to Work Form” and have signed by supervisor and human resources.
- C. Communicable disease monitoring**
1. Collaboration with site secretary, immediate supervisor, and school nurse must be done to record and track symptoms and when students/staff call in for sick days.
 2. School RN will monitor site trending symptoms and diagnoses and collaborate with administration and GCHD as indicated.

3. If 10% of the student/staff population at an individual site is out sick for related complaints report must be made to principal and school nurse. (Not Related to COVID-19)
4. All incidents of COVID-19 related illnesses will be reported to the campus principal and nurse.

VI. When Student can Remain in the Classroom

- A.** Every effort must be made to keep students in the classroom to prevent possible contamination of communicable disease.
- B.** First aid that may be addressed in the classroom:
 1. Minor Cuts – Paper cuts, small abrasions, picked scabs, hangnails, torn fingernails
 2. Minor headaches and/or fatigue if student is acting well in the classroom, especially after lunch or recess. Encourage snack or drink water. Apply cool water to the face and neck. Rest 30 minutes. If worsening, contact the nurse for an office visit.
 3. Mild indigestion and/or upset stomach especially immediately after lunch or recess. Allow to use the restroom. Drink water. Rest 30 minutes. If worsening, contact the nurse for an office visit.
 4. Localized bug bite, apply a cool paper towel.
 5. Clothing or Glasses repair. Call the school nurse/main office to determine what supplies are needed.
 6. Minor underwear or clothing changes. Encourage parents to keep supplies and multiple changes of clothing in ALL student backpacks. Students may be directed to self-clean up and discard fecal contaminated clothing in a double bag, as directed by staff. If the student needs to be sent home for hygiene, the parent/guardian may be contacted by teacher, office staff, or school nurse.
 7. Loose or lost teeth. Staff members may use cotton gauze from spill kit for student to stop bleeding and place in an envelope, with student's name.
- C.** Spill Kit (First Aid Supplies)
 1. All paraprofessionals and at least one certified/non-certified employee in every building will be CPR/First Aid certified.
 2. Minor first aid concerns (1-7 above) may be directed to the classroom spill kits. Spill kits will be distributed to teachers and playground attendants at the start of school, and during second semester.
 3. Replacements can be obtained from the nurse's office.
 4. When first aid supplies are low, office staff will notify the school nurse of the designated building to replenish supplies.

VI. Recommendations to reduce community Spread of Covid19

- A.** Individual
 1. Avoid direct close contact (less than 6 feet space for more than 15 minutes) with others, especially those who are ill.
 2. Stay home when you are ill.
 3. Cover your cough or sneeze into your elbow or a tissue. Throw tissue in the trash and follow with hand hygiene.
 4. Avoid touching your eyes, nose, and mouth. If you do, wash your hands afterward.

5. Wash hands with soap and water (20 seconds) at least every 2 hours. If you don't have soap or water, use hand sanitizer (60% alcohol-based).
 6. Promote non-contact methods of greeting.
- B. Community**
1. Promote up-to-date vaccinations, including the flu vaccine, in accordance with Oklahoma State Law.
 2. Place hand sanitizer dispensers at each schools, entrance, nurse's office, cafeteria, and high traffic area.
 3. Educate students and staff on ways to prevent the spread of illness to those in the community.
- C. Environmental Cleaning of the School Nurse's Office**
1. During the school day, frequently disinfect touched objects and surfaces using an approved disinfecting spray or wipe.
 2. Items contaminated with Blood, Respiratory or GI material will be cleaned with Sani Wipe, or district approved disinfect spray bottle or wipes.
 3. Request daily maintenance to spray "victory sprayer" nurse's offices.
- D. Environmental Cleaning in School Building (determined per school maintenance)**
1. Common areas: Disinfecting spray on chairs, floors, tables, bookshelves, light switches, door handles, countertops and allow time to dry.
 2. Halls: Disinfecting spray on floors, light switches, water fountains, handrails, door handles, and allow time to dry.
 3. Classrooms: Disinfect spray on floors, door handles, sinks, soap dispensers, light, countertops, switches, chairs, tables, desks, phones, other classroom equipment, and allow time to dry.
 4. Offices: Disinfect spray on floors, light switches, door handles, phones, chairs, desk, countertops, and other equipment in the area and allow time to dry.
 5. Bathrooms: Disinfect spray on sinks, handrails, soap dispensers, toilets, urinals, light switches, door handles, water fountains, floors, hand dryers, and countertops and allow time to dry.

VII. Interim CPR Guidelines for COVID-19 per (American Heart Association)

<https://newsroom.heart.org/news/interim-cpr-guidelines-address-challenges-of-providing-resuscitation-during-covid-19-pandemic>

- Make sure the scene is safe
- Call 911
- Limit personnel in area or scene of resuscitation
- Provide CPR with compressions and breaths (if rescuer is willing and able) otherwise perform Hands-Only CPR
- Follow standard precautions. Use a face mask or cloth covering of the mouth and nose of the rescuer and/or victim to reduce the risk of transmission of COVID-
- Use AED as indicated when it arrives.
- Continue CPR until EMS arrives

American Heart Association COVID-19 Guidance

Given the ongoing threat of exposure to COVID-19, with many communities under shelter in place orders to minimize the spread of the disease, the AHA is extending AHA Instructor and Provider Course Completion Cards for 120 days beyond their recommended renewal date, beginning with cards that expire in March 2020.

COVID-19 and Adult CPR

If an adult's heart stops and you're worried that they may have COVID-19, you can still help by performing Hands-Only CPR.



American Heart Association.

Step 1  Phone 9-1-1 and get an AED.	Step 2  Cover your own mouth and nose with a face mask or cloth.	Step 3  Perform Hands-Only CPR. Push hard and fast on the center of the chest at a rate of 100 to 120 compressions per minute.	Step 4  Use an AED as soon as it is available.
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American Red Cross COVID-19 Guidance

The American Red Cross is offering students with certificates set to expire between March and June 2020 the ability to complete an online extension. If you are interested in the extensions they can be found on www.redcross.org

COVID-19 and Child and Infant CPR

If a child or an infant's heart stops and you're worried that they may have COVID-19, you can still help.



American Heart Association.

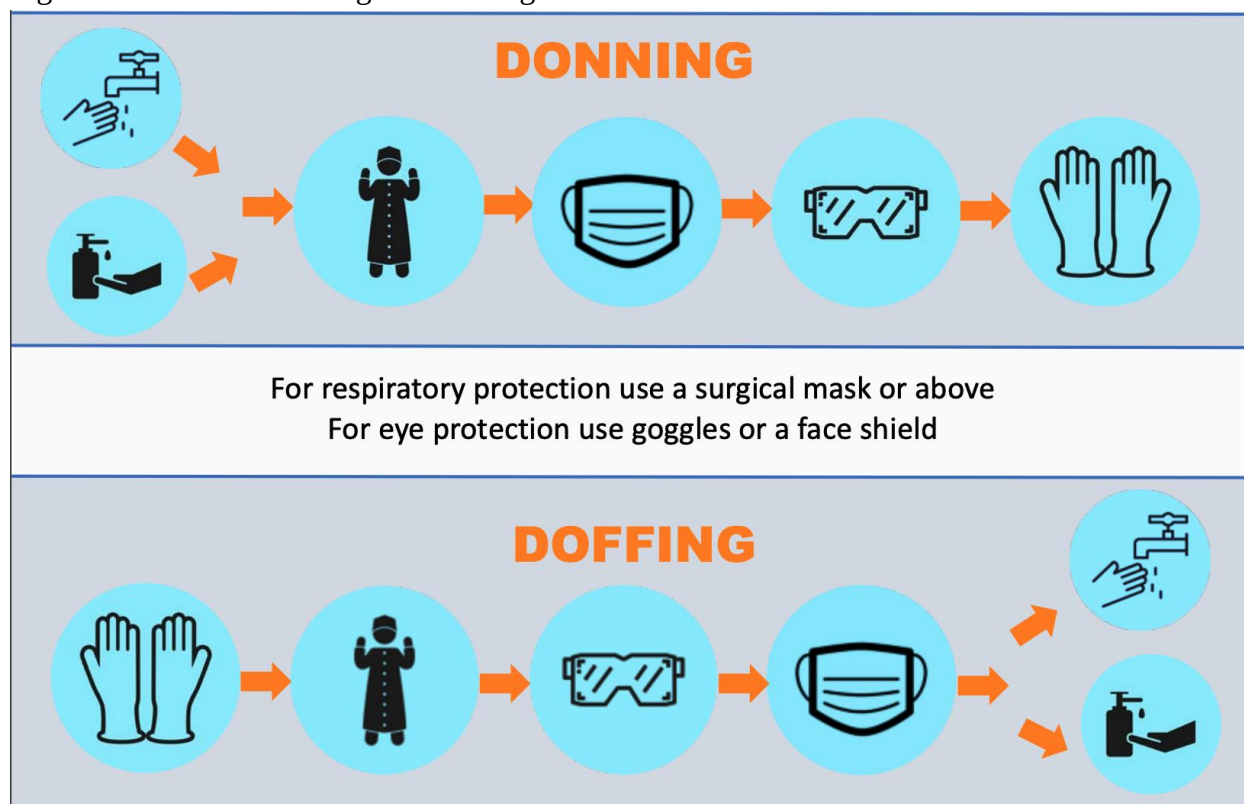
Step 1 Make sure the scene is safe. Check to see if the child or infant is awake and breathing normally.	Step 3 Provide CPR with compressions and breaths (if you're willing and able).  ■ Start child CPR Push on the middle of the chest 30 times at a depth of 2 inches with 1 or 2 hands. Provide 30 compressions and then 2 breaths. Repeat cycles.  ■ Start infant CPR Push on the middle of the chest 30 times at a depth of 1½ inches with 2 fingers. Provide 30 compressions and then 2 breaths. Repeat cycles.
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Step 2
Shout for help.
If you're alone, phone 9-1-1 from a cell phone, perform CPR with 30 compressions and then 2 breaths (if you're willing and able) for 5 cycles, and get an AED.
If help is available, phone 9-1-1. Send someone to get an AED while you start CPR.

Use the AED as soon as it arrives. Continue CPR until EMS arrives.

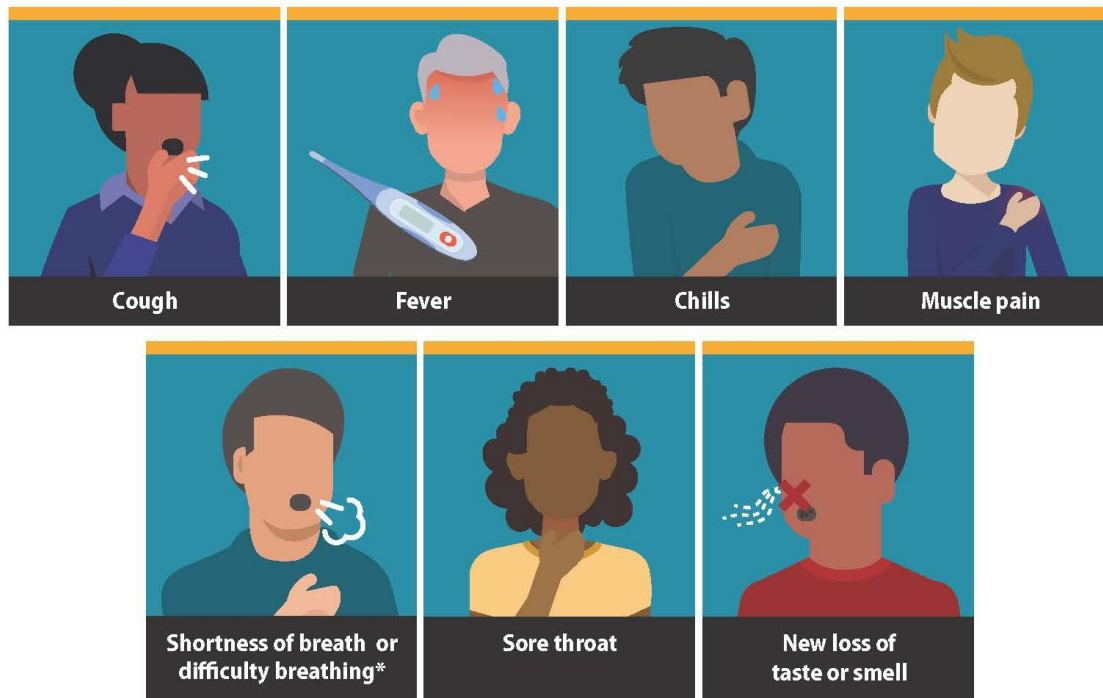
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Figure A. Guide to Donning and Doffing PPE



Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

***Seek medical care immediately if someone has emergency warning signs of COVID-19.**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



cdc.gov/coronavirus

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COVID-19: Quarantine vs. Isolation

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.



If you had close contact with a person who has COVID-19



- Stay home until 14 days after your last contact.



- Check your temperature twice a day and watch for symptoms of COVID-19.



- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.

ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



If you are sick and think or know you have COVID-19



- Stay home until after
 - 3 days with no fever and
 - Symptoms improved and
 - 10 days since symptoms first appeared



If you tested positive for COVID-19 but do not have symptoms



- Stay home until after
 - 10 days have passed since your positive test.



If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Suspected COVID-19 Screening Flow Chart

Student/Staff complains of Fever, and more than one COVID-19 signs/symptoms listed below.
School Nurse/Designated Staff will be called to classroom place mask on student/staff to transport to Nurse's main office for assessment.
*Unless they are having difficulty breathing, if so call 911.



Signs/Symptoms of Suspect COVID-19:

- Temp > 100 F
- Difficulty/Shortness of Breath/Chest pressure
- Chills/Body Aches
- Increased Fatigue
- Coughing/Congestion/Runny Nose
- Nausea/Vomiting/Diarrhea
- New onset of loss of taste of smell
- Headache

Call 911 if student/staff member:

- Trouble Breathing
- Pulse Ox < 96%
- Bluish Lips/Face
- Chest Pain
- New Confusion
- Unable to wake or stay awake

One or more symptoms present?

YES

NO

- Isolate in Isolation room, with belongings.
- Notify School Nurse for guidance.
- Parent/Guardian notified.

Allow to rest for 10 minutes.
If improving, send back to class.

If not seeing improvement:

- Student will be escorted to the front door.
- Parent will NOT enter the building.
- Campus Police/Truant Officer called if waiting for parent longer than 15 minutes.

School Nurse will:

- Contact the Garfield County Health Department.
- Follow-up with student/family.
- Student must be cleared by Physician to return to school.

Resources

NASN Care of Ill Students/Staff in School Setting in Response to COVID-19:

https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/03182020_NASN_Considerations_for_School_Nurses_Regarding_Care_of_Students_and_Staff_that_Become_Ill_at_School_or_Arrive_Sick.pdf

Centers for Disease Control and Prevention. (2020, March 12). Interim guidance for administrators of US K-12 schools and childcare programs. Plan, Prepare and Respond to Coronavirus Disease 2019 (COVID19), <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-forschools.html>

American Academy of Pediatrics 2019 Novel Coronavirus (COVID-19) webpage regarding how to prevent transmission, how to care for infected individuals, activities when school and day care are closed, how to speak to kids about the virus.

Centers for Disease Control and Prevention, Coronavirus Disease 2019 (COVID-19)
<https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

Return to Work/School after COVID19 diagnosis with/without test an/or symptoms:
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

NASN letter to school principals and superintendents:

https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02282020_NASN_Coronavirus_19_Guidance_for_School_Principals_and_Superintendents.pdf

Discontinuation of Home Isolation for those with COVID 19 Symptoms: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

CDC Optimizing PPE: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/index.html>

CDC Healthcare Infection and Preventions FAQs for COVID-19: https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-faq.html?deliveryName=USCDC_2067-DM26308

Discontinuing home isolation guidelines from the CDC: https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html?deliveryName=USCDC_2067-DM27395

AAP COVID-19 Planning Considerations for Return to In-Person Education in Schools:

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/covid-19-planning-considerations-return-to-in-person-education-in-schools/>

This document was developed to use as a guideline for Enid Public Schools re-opening plan. Never disregard professional **medical** advice or delay in seeking it because of something you have read in this guideline. If you think you may have a **medical** emergency, call your doctor, go to the emergency department, or call 911 immediately. For further guidance, questions, or concerns regarding these guidelines contact your supervisor, human resources, or school nurse.