

**Bethel Public Schools  
Health Services  
COVID-19 Plan and Procedures  
2021-2022**

This plan provides guidance for Bethel Public Schools in compliance with the CDC and Oklahoma State Department of Health’s COVID-19 guidelines. These procedures comply with local, state, and national guidelines to ensure best practice. Bethel Public School’s procedures have been carefully considered to address and promote the health and safety of all students, employees, and the community. It is highly encouraged that students and staff stay home if they are sick.

**\*These procedures are subject to change if local or district monitoring warrants.\***

**Guidelines to Report Illness to School Nurse**

- Staff members will be asked to call and notify the school nurse of an ill/injured student visit prior to coming to the health office in order to triage visits safely and appropriately.
- If the symptoms listed below are identified, students will be evaluated in-person. This assessment tool will be utilized in evaluating symptomatic individuals.

“A” Symptoms	“B” Symptoms
Fever $\geq$ 100.4	Nasal Congestion/Stuffiness
Sore Throat	Runny Nose
Cough	Muscle/Body Aches
Difficulty Breathing	Fatigue
Diarrhea or Vomiting	Chills
New Loss of Taste or Smell	Nausea
	Loss of Appetite
	Elevated Temperature $<$ 100.4
	New Onset of Severe Headache
<b>Testing recommended if:</b>	
<b>Person has 1 “A” Symptom OR</b>	
<b>Person has 3 “B” Symptoms</b>	

Table provided by OSDH  
Source: CDC’s Operational Strategy for K-12 Schools through Phased Prevention  
Guidance for K-12 Schools (CDC.gov)

## Guidelines for Student or Staff Being Sent Home

- **Having symptoms of COVID-19**
  - If a student or staff member is displaying above symptoms (1 “A” symptom OR 3 “B” symptoms), they will be sent home and advised to seek COVID-19 testing.
  - If tested negative for COVID-19, stay home until symptom free without medication for 24 hours.
  - If tested positive for COVID-19, following CDC guidelines pertaining to those that are symptomatic and isolate:
    - For 10 days from the start of symptoms
    - Until symptoms have improved
    - And fever-free for 24 hours without fever-reducing medication
  
- **Diagnosed with confirmed positive COVID-19**
  - If a student or staff member is diagnosed with COVID-19 by a healthcare provider, the student, parent or staff member must notify the school immediately.
  - Follow symptomatic guidelines and isolate:
    - For 10 days from the start of symptoms
    - Until symptoms have improved
    - And fever-free for 24 hours without fever-reducing medication
  - If positive and asymptomatic (no symptoms), follow CDC guidelines:
    - Isolate for 10 days from the positive test collection date.
  - Communication efforts will be made with the Pottawatomie County Health Department in reporting positive cases and quarantines.
  
- **Possible COVID-19 Exposure**
  - If a student or staff member tests positive for COVID-19, contact tracing will be conducted and parents of close contacts will be notified of exposure as soon as possible by letter and/or email.
  - Close contacts in the classroom (within 3 feet of the positive individual for more than 15 minutes in a 24 hour period) **are recommended, but not required, to quarantine.**
    - If an exposed student chooses to self quarantine, the latest quarantine recommendations are listed below:
      - After 10 days without testing and no symptoms.
      - After 7 days with a test collected on day 5 or later and no symptoms.
    - Whether the exposed student chooses to quarantine or not, they should:
      - Self-monitor for symptoms.

- If symptoms occur, contact a healthcare provider or health department for further guidance.
- If a household member tests positive and is unable to isolate away from other household members, quarantine time may be longer.
  - In the event, the school nurse or administrator will contact the Pottawatomie County Health Department to seek further guidance on a case-by-case basis.
- Individuals who have received full COVID-19 vaccination or tested positive for COVID-19 in the last 90 days are NOT required to quarantine.

### **Testing**


- If you are experiencing COVID-19 symptoms or were in close contact with an individual who tested positive, contact your family doctor; no-cost testing may be available at CVS and Walgreens.
- The following are local locations that provide testing. Please call ahead to check availability and insurance/cost.
  - Pottawatomie County Health Dept  
1904 Gordon Cooper Drive, Shawnee, OK 74801-8698  
Phone (405) 273-2157
  - SSM Health Express Clinic  
4651 N Harrison St, Shawnee, OK 74804  
Phone (405) 878-7160
  - Xpress Wellness  
12 E MacArthur St, Shawnee, OK 74804  
Phone (405) 275-1001

### **Vaccination**

- Vaccines are available to anyone 12 years of age or older (parental/guardian consent is required for those who are below age 18).
- Contact your family doctor or Pottawatomie County Health Dept for questions regarding the vaccine.

## **District COVID-19 Alert Levels**

<b>ALERT</b>	<b>FACE COVERINGS</b>	<b>DISTANCING &amp;</b>	<b>CONTACT TRACING</b>	<b>VISITORS</b>
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LEVEL	GROUPS			
<p><b>GREEN</b> &lt; 1.43 per 100,000</p>	<p>Face coverings are <b>optional</b></p>	<p>Physical distancing is optional while accommodating, when feasible, individual requests for up to 6' distancing</p> <p>Recommend, but not require, that unvaccinated adults who are not masked maintain 6' distancing from others when feasible</p> <p>School assemblies unrestricted, but allow, when feasible, individual students and staff to maintain 6' distancing upon request</p>	<p>At ALL alert levels, positive cases must be reported, tracked, and isolated for 10 days</p> <p>Contact tracing will be conducted if:</p> <ul style="list-style-type: none"> <li>classroom spread were observed</li> <li>the Governor declares a state of emergency</li> <li>the Health Department advises</li> </ul>	<p>The district will not inquire about a visitor's vaccination status</p> <p>It is recommended, but not required, that visitors voluntarily wear masks and maintain 6' distancing whenever feasible</p> <p>Visitors are restricted to front office and outdoors with the exception of Open House (Aug. 10th) and the first day of school (Aug. 13th)</p>
<p><b>YELLOW</b> 1.43 to 14.29 per 100,000</p>	<p><u>Approved face coverings</u> are <b>recommended, but not required</b>, for unvaccinated persons when indoors with others</p> <p><i>There is never a need to share your vaccination status unless you are voluntarily seeking an exemption from a quarantine</i></p>	<p>No spectator venue capacity limits or restricted seating, but advise spectators of any marked rows to facilitate voluntary distancing</p>	<p>The district tracks positive cases and conducts contact tracing</p> <p>Close contacts in the classroom will be considered being within 3 ft of a person with COVID-19 for 15 cumulative minutes regardless of mask usage</p> <p>Close contacts will be notified of exposure and <b>recommended, but not required</b>, to quarantine</p>	
<p><b>ORANGE 1</b> 14.29 to 25 per 100,000</p>	<p><u>Approved masks, gaiters, or bandannas</u> are <b>STRONGLY recommended*</b> for all unvaccinated students and for all unvaccinated adults when indoors in the presence of others regardless of distance or time</p>  <p><i>*Per SB 658, if the Governor declared a state of emergency for Pottawatomie County, the district could consult with the county health department to consider mask requirements that avoid distinguishing the vaccination status of individuals</i></p>	<p>Adults maintain 6' indoors distancing when feasible; 3' classroom spacing when feasible; at this &amp; higher levels, suspend in-person indoor assemblies &amp; maintain 6' spacing in conference rooms</p> <p>Indoor spectator venues at 50% capacity for extracurriculars with 6' spacing; no capacity limit on outdoor venues but advise observing marked-off rows and 6' spacing between groups</p>		
<p><b>ORANGE 2</b> 25 to 50 per 100,000</p>	<p><i>the county health department to consider mask requirements that avoid distinguishing the vaccination status of individuals</i></p>	<p>Maintain 6' spacing indoors &amp; outdoors whenever feasible; no in-person indoor student assemblies; staff meetings in venues at 50% capacity</p>	<p>Contact tracing will be conducted</p> <p>Close contacts will be notified and the district may consider requiring quarantine of close contacts</p>	<p>Only district staff &amp; authorized partners allowed past front office</p>

<b>RED</b> > 50 per 100,000		Indoor & outdoor venues at 50% capacity for extracurriculars with 6' spacing; indoor athletic events <b>could</b> be limited to four spectators per participant	<i>No quarantine is required for someone who had COVID-19 in the prior 90 days or is confirmed as fully vaccinated</i>	
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### **Personal Protective Equipment (PPE) Standards when dealing with symptomatic students and staff members**

- Standard Precautions will be used to prevent transmission when providing care to a student or staff member with suspected or confirmed case of COVID-19. Individuals with symptoms of COVID-19 should be cared for by the school nurse or designated staff members with proper PPE. Standard Precaution guidelines include:
  - Hand hygiene before and after each encounter with students and staff members.
  - Soap and water scrubbing for 20 seconds. Hand sanitizer with at least 60% alcohol is also acceptable.
  - Soap and water handwashing must be used when hands are visibly soiled.
  - Reusable PPE, such as face shields and goggles, will be cleaned daily.
  - Appropriate PPE must be considered and donned when caring for students and staff members as indicated.

### **Communicable disease monitoring**

- 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.
- The school nurse will monitor site trending symptoms and diagnoses and collaborate with administration and Pottawatomie County Health Department as indicated.
- All incidents of COVID-19 related illnesses will be reported to the superintendent, campus principal and nurse.

### **When student can remain in classroom**

Every effort must be made to keep students in the classroom to prevent possible contamination of communicable disease.

- First aid that may be addressed in the classroom:
  - Minor Cuts – Paper cuts, small abrasions, picked scabs, hangnails, torn fingernails
  - 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.

- 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.
- Localized bug bite, apply a cool paper towel.
- Minor underwear or clothing changes. Encourage parents to keep supplies and multiple changes of clothing in student's backpack.
- Loose or lost teeth. Staff members may use cotton gauze to stop bleeding and place tooth in an envelope with student's name.

### **Recommendations to reduce spread of COVID-19**

- Individual
  - Avoid direct close contact (less than 6 feet space for more than 15 minutes) with others, especially those who are ill.
  - Stay home when you are ill.
  - Cover your cough or sneeze into your elbow or a tissue. Throw tissue in the trash and follow with hand hygiene.
  - Avoid touching your eyes, nose, and mouth.
  - 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).
- Community
  - Place hand sanitizer dispensers at each school's entrance/office, nurse's office, cafeteria, and high traffic area.
  - Educate students and staff on ways to prevent the spread of illness to those in the community.
- Environmental Cleaning of the School Nurse's Office
  - During the school day, frequently disinfect touched objects and surfaces using an approved disinfecting spray or wipe.
  - Items contaminated with Blood, Respiratory or GI material will be cleaned with district approved disinfect spray bottle or wipes.
- Environmental Cleaning in School Building (determined per school maintenance)
  - Disinfecting areas including, but not limited to: chairs, floors, tables, light switches, door handles, sinks, soap dispensers, counter tops, handrails, desks, phones, toilets, urinals, paper towel dispensers, and other equipment in the area.