



AISD Guidebook for COVID-19 Public Health STUDENT HEALTH SERVICES – SCHOOL NURSES

Guidebook to be updated in accordance with state, federal, and local health department guidelines

UPDATED 05-24-2021

AISD Guidebook for Public Health

- In cooperation with the Texas Education Association (TEA) and the Amarillo Public Health, AISD has created this Guidebook for Public Health in our schools.
- Many topics related to COVID-19 and the Return to School 2020 processes are also located at www.amaisd.org

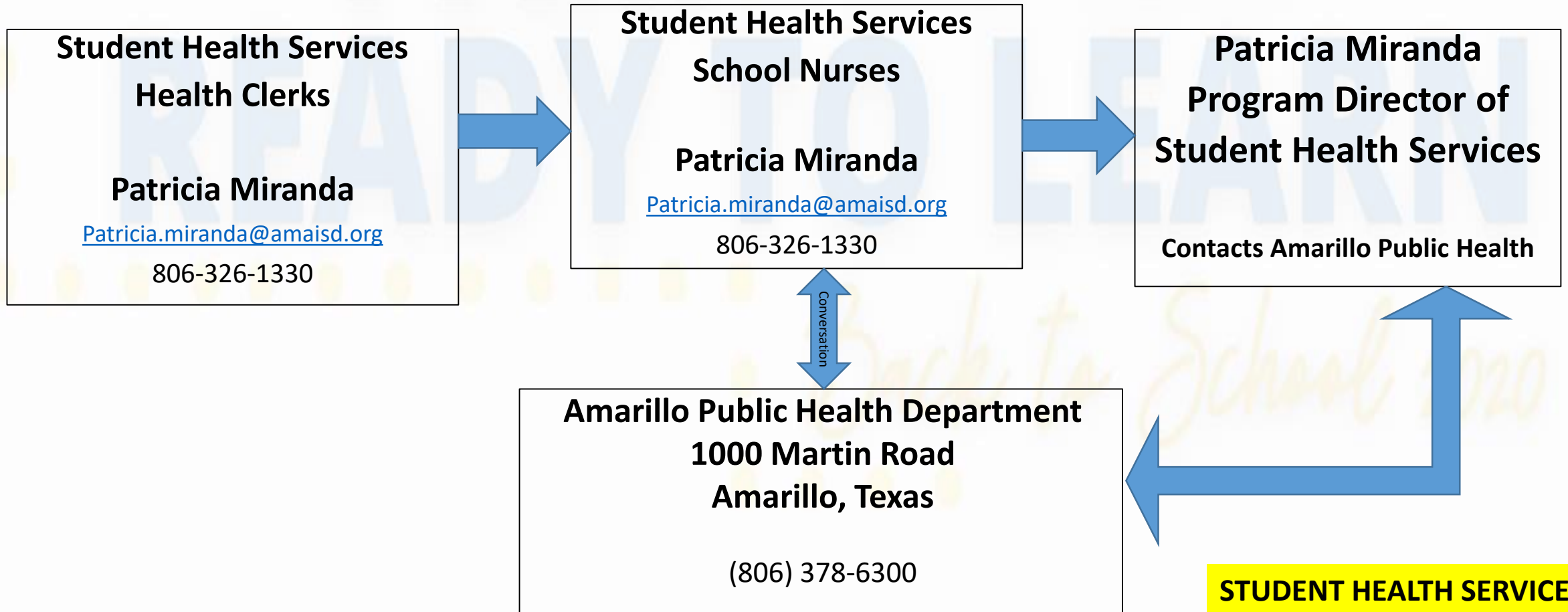
Outline

1. Who do I contact for COVID questions?
2. Definitions
3. Investigations
4. Flow charts
5. Scenarios
6. Guiding Questions
7. Forms (*original forms available from HR*)

Who do I contact for COVID questions?

After *initial* contact with immediate supervisor, the supervisor will then contact the following:

IMPORTANT: If individual is a student athlete **IMMEDIATELY** notify Andrea Fluhman, Assistant Athletic Director at work (806) 326-1105



Definitions

Understanding these terms and concepts will give all stakeholders a better understanding of AISD's response to COVID-19.

1. Symptoms
2. Close Contact
3. Masks/Shields
4. Case Investigation and Contact Tracing
5. Staying Home
6. Look-Back Date
7. Self-Isolation
8. Licensed Medical Provider:
 - Medical Doctor, MD
 - Doctor of Osteopathic Medicine, DO
 - Physician Assistant, PA
 - Nurse Practitioner, NP

COVID-19 Symptoms

Any of the following NEW or WORSENING symptoms indicate a possible COVID-19 infection:

- Temperature of 100.0 degrees Fahrenheit or higher when taken by mouth
- Sore Throat
- Cough
- Difficulty breathing, shortness of breath
- Diarrhea, nausea, or vomiting
- Headache
- Loss of taste or smell
- Fatigue
- Chills or exaggerated shivering or shaking
- Congestion or runny nose
- Significant muscle pain or severe body aches

Many COVID-19 infections present like allergies or sinus infections

Close Contact

Being directly exposed to infectious secretions (e.g., being coughed on)

OR

Being within 6 feet for a cumulative duration of 15 minutes without a mask

Individuals are presumed infectious at least two days prior to symptom onset, or in the case of asymptomatic individuals who are lab-confirmed with COVID-19, two days prior to the confirming lab test.

The role of schools in identifying close contacts is to provide relevant information to Amarillo Public Health, not to determine close contacts in the absence of public health guidance.

Mask vs. No Mask-Scenarios



Positive student is not wearing a mask, most other students are wearing masks. Everyone is likely quarantined/isolated.



Positive student is wearing a mask, all other students are also wearing masks. Only the positive student is quarantined/isolated.



Positive student is wearing a mask, some other students are also wearing masks. Any student without a mask will likely be quarantined/isolated.

Social distancing and the use of desk shields are factors that will likely reduce the number of students quarantined/isolated.

Masks vs. Shields

Masks

- All individuals wearing a mask:
 - Very low risk of meeting the definition of close contact exposure
 - Very low risk of transmission
 - Very low risk of quarantine or stay-home

Face Shields

- All individuals wearing a face shield:
- Moderate to high risk of meeting the definition of close contact exposure
 - Moderate to high risk of transmission
 - Moderate to high risk of quarantine or stay-home

Wearing both a mask and a shield has seen preliminary results that have significantly decreased transmission of COVID-19.

Investigation of Positive Case—*Partnership between AISD and Amarillo Public Health*

Case Investigation

Discussions with a COVID-19-positive individual or their family to determine who may have been exposed.

Contact Tracing

The interview of individuals who have been identified as close contacts to COVID-19.

Case investigation and contact tracing will be conducted by Amarillo Public Health with full cooperation of AISD School Nurses and all AISD staff members as required by Chapter 81 of the TAC.

If an infected individual was on campus while they were infectious, school nurses must provide information to inform the case investigation and contact tracing process. Each school nurse will complete a Positive Case Guiding Questions form for any student who tests positive. These forms will be sent to Amarillo Public Health, the Program Director of Student Health Services, and Chris Tatum. ***Include Andrea Fluhman if the positive individual is a Student Athlete as this information will determine future athletic events.***

Staying Home Quarantine

Local public health authorities determine and establish the quarantine options for their jurisdictions. CDC currently recommends a quarantine period of 14 days. However, based on local circumstances and resources, the following options to shorten quarantine are acceptable alternatives.

- A. Quarantine can end after Day 10 without testing and if no symptoms have been reported during daily monitoring.
- B. Quarantine can end after Day 7 if a diagnostic specimen tests negative and if no symptoms were reported during daily monitoring. The specimen may be collected and tested within 48 hours before the time of planned quarantine discontinuation (e.g., in anticipation of testing delays), but quarantine cannot be discontinued earlier than after Day 7.

Visit the COVID-19 information pages at www.amaisd.org for more specific information and required documentation for the quarantine reduction options.

Staying Home – Exposure [Slide 1 of 2]

Staying home requires individuals who had a close contact exposure to an individual who was lab confirmed positive with COVID-19, to monitor their symptoms during the period in which they could become infectious.

- Stay home **until 14 days** after last close contact with lab confirmed positive COVID-19 individual.
- Check 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.
- If the exposed individual was test confirmed positive within the last 90 days, the exposed individual does NOT have to stay at home.

Staying Home – Exposure [Slide 2 of 2]

The CDC and APH have released new guidance concerning individuals who are vaccinated and have been exposed to a positive case.

Verification of a completed vaccination series must be on file in the Health Room/Nurse's office (i.e. vaccination card).

Vaccinated persons with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine or stay home if they meet all of the following criteria:

1. Are fully vaccinated (2 weeks or more following receipt of the second dose in a 2-dose series, or 2 weeks or more following receipt of one dose of a single-dose vaccine),
2. Must monitor symptoms and are not required to quarantine or isolate if asymptomatic.

Persons who do not meet both of the above criteria should continue to follow current quarantine guidance after exposure to someone with suspected or confirmed COVID19.

Look Back Date

*Because doctors believe a positive person can infect others with COVID-19 for **two days prior** to experiencing symptoms, and symptoms **may take 14 days** to appear, if an individual is made aware that they had close contact to someone who tested positive for COVID-19, they should immediately begin to stay home and continue to do so during the virus incubation period.*

Look Back Date for asymptomatic individual with a positive test:

*Tested positive on Wednesday, July 25th
Look Back date is Monday, July 23rd*

Look Back Date symptomatic individual with a positive test:

*Positive Test Thursday, July 30th
Symptoms first began on Wednesday, July 25th
Look Back date is Monday, July 23rd*

Self-Isolation *(Positive Diagnosis OR Exhibiting Symptoms)*

[Slide 1 of 2]

- Self-isolation is used to separate people infected with COVID- 19, or are showing symptoms, from people who are not infected.
- People who are in isolation should stay home until it's safe for them to be around others. [see next slide]
- In the home, anyone sick or infected should separate themselves from others by staying in a specific “sick room” or area, and by using a separate bathroom (if available).

Self-Isolation (*Positive Diagnosis OR exhibiting Symptoms*)

[Slide 2 of 2]

Based on medical professionals' understanding of how long an individual is infectious after fever and other symptoms disappear, self-isolation can end when a *symptomatic or lab-confirmed individual* meets **A or B** of the **Re-Entry Criteria** shown here.

A

Meets ALL of the following conditions for return to school:

1. 24 hours with no fever; **AND**
2. Symptoms improved; **AND**
3. 10 days have passed since the positive **TEST DATE**; **OR**
4. Without a positive test result 14 days have passed since symptoms first appeared

OR

B

For anyone exhibiting symptoms, but no positive test result:

1. Obtain an acute infection test at an approved testing location (<https://tdem.texas.gov/covid-19/>) that comes back negative for COVID-19 and improvement of symptoms. If an individual presents with symptoms consistent with COVID-19, with or without fever, and receives a negative COVID-19 test result the same day, the individual should stay home the remainder of the day and can return to school after improvement of symptoms. Individual should be prepared to answer COVID-19 screening questions the next school day.
- OR**
2. A doctor's note indicating an alternate diagnosis and improvement of symptoms

Staying at Home vs. Self-Isolation

Staying at Home (Exposure)

Purpose of this period is to prevent pre-symptomatic or asymptomatic individuals from spreading the virus

- Asks individuals to stay at home, but no further precaution required;
- Applies to close contact exposure of confirmed-positive individuals;
- Duration lasts for 14 days from close contact exposure.
- There is no requirement to get a test, because the individual could be incubating the virus until the 14-day incubation period ends regardless of result; there is no way to shorten this 14 day period.

Vaccinated persons with an exposure to someone with suspected or confirmed COVID-19 are not required to quarantine or stay home if they meet all of the following criteria.

Verification of a completed vaccination series must be on file in the Health Room/Nurse's office (i.e. vaccination card).

- Are fully vaccinated (2 weeks or more following receipt of the second dose in a 2-dose series, or 2 weeks or more following receipt of one dose of a single-dose vaccine)
- Must be asymptomatic

Persons who do not meet both of the above criteria should continue to follow current quarantine guidance after exposure to someone with suspected or confirmed COVID19.

Self-Isolation (Positive or Symptomatic)

Purpose of this period is to prevent symptomatic and/or lab-confirmed individuals from spreading the virus

- Requires individuals to stay at home and stay isolated while at home, encourages others in home to wear masks, disinfect frequently.
- If the individual has symptoms, but doesn't think it's COVID, the individual can end self-isolation:
 - Obtain an acute infection test at an approved testing location (<https://tdem.texas.gov/covid-19/>) that comes back negative for COVID-19 and improvement of symptoms. If an individual presents with symptoms consistent with COVID-19, with or without fever, and receives a negative COVID-19 test result the same day, the individual should stay home the remainder of the day and can return to school after improvement of symptoms. Individual should be prepared to answer COVID-19 screening questions the next school day.

OR

- A doctor's note indicating an alternate diagnosis and improvement of symptoms

Otherwise, self-isolation ends when the individual meets all of the following conditions for return to school:

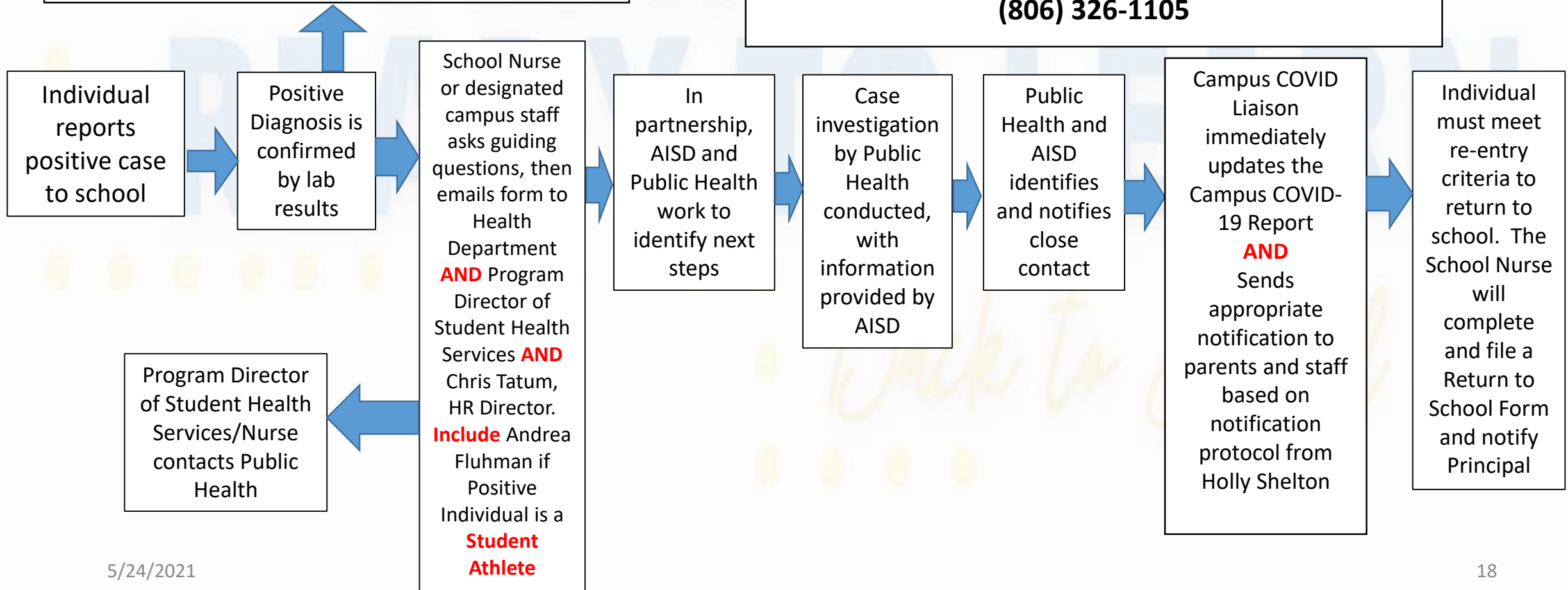
1. 24 hours with no fever; AND
2. Symptoms improved; AND
3. 10 days have passed since the positive **TEST DATE**; **OR**
4. Without a positive test result 14 days have passed since symptoms first appeared

School Nurse Response to a Positive COVID Individual on Campus

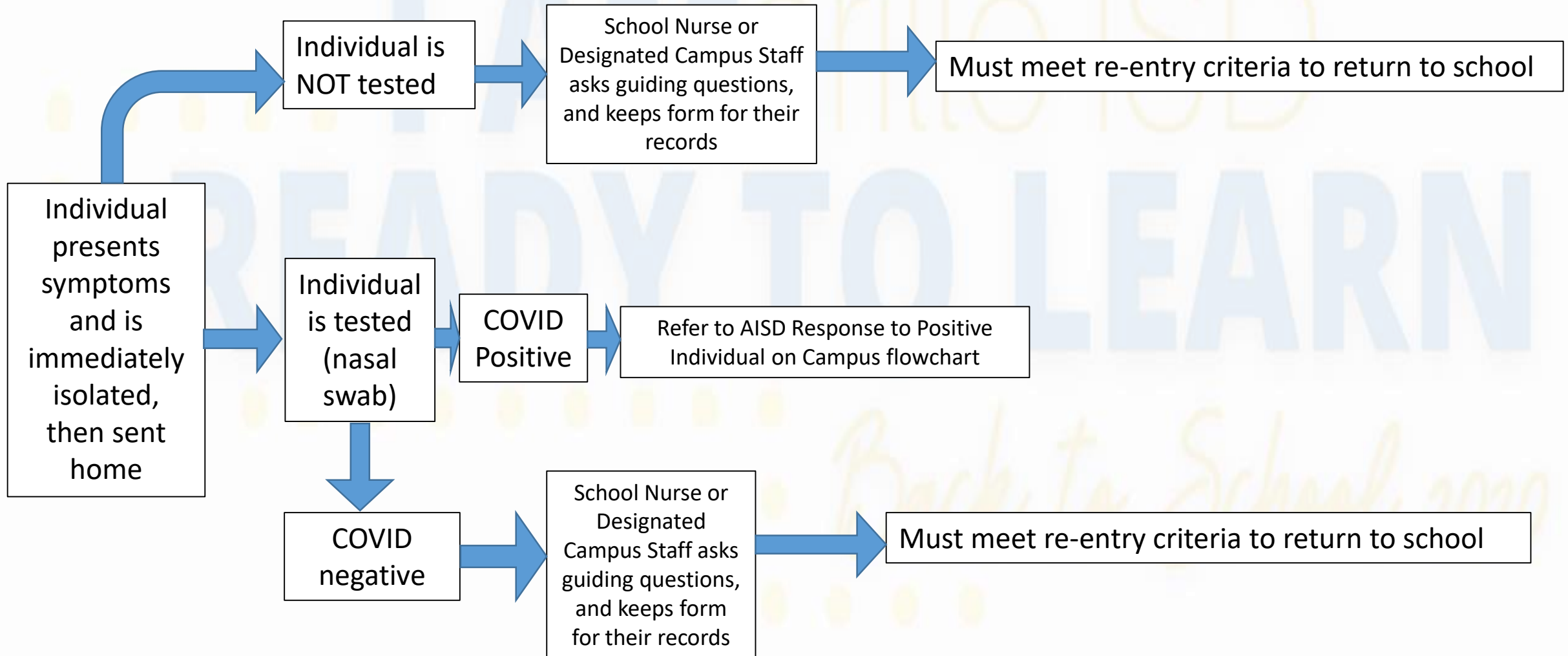
It is **EXTREMELY IMPORTANT** to notify Andrea Fluhman of **POSITIVE Student Athletes** as this information will determine future athletic events.

If positive individual was on campus while infectious, supervisor will immediately complete the Positive Case Reporting Form:
<https://forms.amaisd.org/Forms/c19Safety>

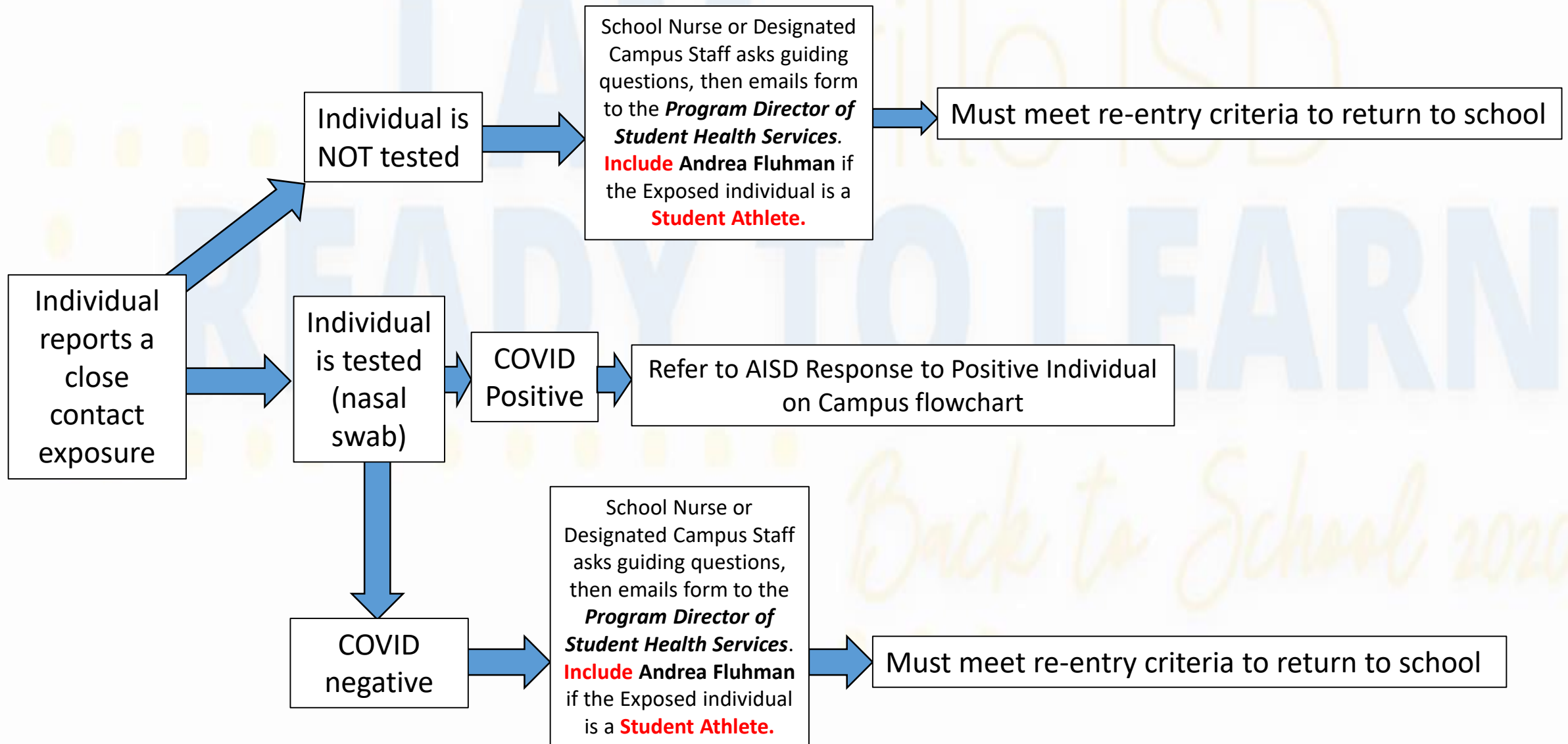
IMPORTANT:
If individual is a student athlete **IMMEDIATELY** notify Andrea Fluhman, Assistant Athletic Director at work
(806) 326-1105



School Nurse Response to a Symptomatic Individual on Campus



School Nurse Response to an Exposed Individual on Campus



Student Positive Case at School*AISD Contact Tracing/Case Investigation*

Student Positive

- Identify Student
- Immediately Follow Positive Student Case protocol (see AISD Student Health Services Guidebook)

48 Hour Lookback
Contact Tracing for
EXPOSURE

- School nurse and/or Campus Admin gather as much information as possible about the positive case to assist Amarillo Public Health in the case investigation and contact tracing.

Notification & Next
Steps

- Send the Positive Guiding Questions form to Amarillo Public Health, Patricia Miranda, Chris Tatum. Include Andrea Fluhman if positive individual is a student athlete.
- **The School Nurse and Campus Admin will work with Patricia Miranda to allow Amarillo Public Health to notify anyone, by phone, who is considered close contact.**
- Campus Admin completes parent and staff notification requirements and update the Campus Positive Case Chart.
- School nurse completes "EXPOSED" forms for any student who APH considers a close contact.
- Campus Admin completes "EXPOSED" forms for any staff who APH considers a close contact and sends to HR.

Scenario #1-----(positive individual)

A parent just called the Nurse/Office from home and stated that their child has tested positive for COVID-19.

1. Ask the guiding questions
2. Inform the parent/student that they must self-isolate and may not return until they meet the re-entry criteria
3. Send guiding questions to the Health Department, Program Director of Student Health Services, **AND** Chris Tatum. ***Include Andrea Fluhman if the positive individual is a Student Athlete.***
4. The Nurse/Program Director of Student Health Services will work with public health to ascertain if close contact exposure happened at school
5. AISD and public health will notify students/staff as appropriate
6. If positive individual was on campus while infectious, supervisor will immediately complete the Positive Case Reporting Form:
<https://forms.amaisd.org/Forms/c19Safety>

When can the student return?

1. 24 hours with no fever; AND
2. Symptoms improved; AND
3. 10 days have passed since the positive **TEST DATE**; **OR**
4. Without a positive test result 14 days have passed since symptoms first appeared

Scenario #2-----(symptomatic individual)

A teacher called the Nurse/Office from home and stated that he/she is exhibiting symptoms of COVID-19 and their child is a student in the school district.

1. Refer teacher to Campus Administration
2. Ask if their child is exhibiting symptoms
3. If the teacher's child is exhibiting symptoms he/she must self-isolate and may not return until he/she meets the re-entry criteria.
4. Complete symptomatic guiding questions and keep form for your records.
5. The Nurse/Program Director of Student Health Services will work with public health to ascertain if close contact exposure happened at school
6. AISD and public health will notify students/staff as appropriate

When can the student/s return?

1. 24 hours with no fever; AND
2. Symptoms improved; AND
3. 10 days have passed since the positive **TEST DATE**; **OR**
4. Without a positive test result 14 days have passed since symptoms first appeared

OR

1. Obtain an acute infection test at an approved testing location (<https://tdem.texas.gov/covid-19/>) that comes back negative for COVID-19 and improvement of symptoms. If an individual presents with symptoms consistent with COVID-19, with or without fever, and receives a negative COVID-19 test result the same day, the individual should stay home the remainder of the day and can return to school after improvement of symptoms. Individual should be prepared to answer COVID-19 screening questions the next school day.

OR

2. A doctor's note indicating an alternate diagnosis and improvement of symptoms

Scenario #3-----(close contact exposure)

A parent/child just called the Nurse/Office and said they were exposed to a lab confirmed infected individual.

1. Ask the guiding questions
2. Inform the parent/student that they must stay at home and may not return until they meet the re-entry criteria
3. Inform parent to keep all children attending other schools at home and may not return until they meet the re-entry criteria
4. Send guiding questions Patricia Miranda.
Include Andrea Fluhman if the exposed individual is a Student Athlete.

When can the student/s return?

1. Only after 14 days have passed since the close contact ended with the **infected individual**.
2. For those who cannot have a break in contact (*i.e. living with a child or spouse that has tested positive*), you must determine when the infected individual is considered clear for close contact to end. (see below)
3. Is the student fully vaccinated? See page 15.

When is the infected individual considered 'clear'?

1. 24 hours with no fever; AND
2. Symptoms improved; AND
3. 10 days have passed since the positive **TEST DATE; OR**
4. Without a positive test 14 days have passed since symptoms first appeared

Scenario #4

A parent just called the Nurse/Office and said they (parent and child) were exposed to someone who was exposed to a lab confirmed infected individual.

1. Ask the guiding questions
2. The student does not need to self-isolate or stay at home
3. Watch for symptoms and signs
4. If the person they were exposed to eventually tests positive, then they would follow the exposure guidelines, only if the exposure took place while the individual was infectious

Scenario #5

A parent just called the Nurse/Office and said they (parent and child) were exposed to someone exhibiting symptoms and signs.

1. Ask the guiding questions
2. The parent and child do not need to self-isolate or stay at home
3. Watch for symptoms and signs
4. If the person they were exposed to eventually tests positive, then they would follow the exposure guidelines, only if the exposure took place while the individual was infectious

Scenario #6-----(close contact exposure living with positive individual)

A teacher just called the Nurse/Office and said their child who lives at home with them and attends their school tested positive.

1. Ask the guiding questions
2. Inform the teacher that they (teacher and student) must stay at home and may not return until they meet the re-entry criteria
3. Send guiding questions to the Program Director of Student Health Services.
Include Andrea Fluhman if the exposed individual is a Student Athlete.
4. Notify other nurses as deemed necessary

When can the teacher and their child return?

1. Once the teacher's child is considered clear (*see below*), the teacher's 14 day exposure clock starts.
2. If the child is considered clear after 10 days, the teacher's 14 days of staying at home begins, so the teacher may be staying at home for a total of 24 days.
3. Is the student fully vaccinated? See page 15.

When is the teacher's child considered 'clear'?

1. 24 hours with no fever; AND
2. Symptoms improved; AND
3. 10 days have passed since the positive **TEST DATE; OR**
4. Without a positive test result 14 days have passed since symptoms first appeared

Guiding Questions Process for Nurses/Office

1. From your conversation with the individual, complete the top portion of the appropriate Guiding Questions form.
2. Nurse/Program Director of Student Health Services/Health Department will communicate appropriate plan of action, following the criteria as listed in pages 13 & 14.
3. Nurse/Office will contact parent/legal guardian to set the student's return to school (RTS) date.
4. Scan and email the completed Positive Guiding Questions form to the Health Department, Patricia Miranda, **AND** Chris Tatum. ***Include Andrea Fluhman if the positive individual is a Student Athlete.***
5. The campus administration will decide if remote learning is an option during the student's required quarantine period.

Patricia Miranda, Program Director of Student Health Services

Patricia.miranda@amaisd.org (806) 326-1330