

BERLIN SCHOOL DISTRICT HEALTH ROOM PROTOCOL

Due to the COVID-19 pandemic, new protocols are in place in order to keep our students, staff and school families safe. The following information is based on the CDC and CT DPH guidelines, and explains what you need to do in each of the possible COVID-19 situations you encounter. Keep in mind that while a parent/guardian may be following these guidelines, when a child is called out ill from school, a school staff member will still be calling the parents/guardians to conduct a COVID screening and provide the family with information needed for that particular situation. If a child is exhibiting symptoms at school, the school nurse will follow these protocols and call and call the parent/guardian to pick up your child as soon as possible. Please review this information, and feel free to call the school nurse if you have any questions.

DEFINITIONS:

Close Contact: Someone who was within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24-hour period* starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to test specimen collection) until the time the patient is isolated.

CDC has included an exception in their definition of a close contact ***for students in a classroom setting:***

- **Student-to-student** contact ***inside classrooms ONLY:*** 3 feet for more than 15 minutes over a 24-hour period
- **Student-to-student** contact in ***all other settings:*** 6 feet for more than 15 minutes over a 24-hour period
- **Adult-to-student** or ***adult-to-adult contact in any setting:*** 6 feet for more than 15 minutes over a 24-hour period

** Individual exposures added together over a 24-hour period (e.g., three 5-minute exposures for a total of 15 minutes). Data are limited, making it difficult to precisely define “close contact;” however, 15 cumulative minutes of exposure at a distance of 6 feet or less can be used as an operational definition for contact investigation. Factors to consider when defining close contact include proximity (closer distance likely increases exposure risk), the duration of exposure (longer exposure time likely increases exposure risk), whether the infected individual has symptoms (the period around onset of symptoms is associated with the highest levels of viral shedding), if the infected person was likely to generate respiratory aerosols (e.g., was coughing, singing, shouting), and other environmental factors (crowding, adequacy of ventilation, whether exposure was indoors or outdoors). Because the general public has not received training on proper selection and use of respiratory PPE, such as an N95, the determination of close contact should generally be made irrespective of whether the contact was wearing respiratory PPE. At this time, differential determination of close contact for those using fabric face coverings is not recommended.*

Siblings and Household Contact: A household contact is a **close contact** by virtue of family members generally interacting closely with one another. As such, they would follow quarantine rules, unless fully vaccinated, for a close contact and be out for 5 days from their last contact with the COVID positive PCR or Rapid tested person.

Classroom Contact: An individual arrives at school and develops *symptoms consistent with COVID-19*. The individual is screened by nursing staff and confirms symptoms consistent with COVID-19 and is sent home. See Screen & Stay protocols - page 3

COVID-19 Tests for School/Work Attendance: This is a diagnostic test that can show if an individual has an active coronavirus infection and should take steps to quarantine or isolate from others. When applicable, a Molecular Test [PCR], Rapid Test or Home Test is acceptable.

Contact Tracing: A public health intervention in which the contacts of a person with a communicable disease are identified, and possibly tested, quarantined or isolated to interrupt the transmission of the virus in a population.

Self-Isolation: Individual with signs or symptoms of COVID-19, *or* a positive test, stays home until no longer infectious for at least 5 days since the onset of symptoms **and** until at least 24 hours have passed with no fever (without fever-reducing medications) and with improvement in other COVID-19 symptoms. Wear a mask at all times when around others for an additional 5 days (i.e., through day 10). <https://www.ccthd.org/isolation>
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/isolation.html>

Fever: Measured temperature of 100°F or higher.

Fully Vaccinated:

Two (02) weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or

Two (02) weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine.

If you don't meet these requirements, regardless of your age, you are NOT fully vaccinated. Keep taking all precautions until you are fully vaccinated.

Non-Vaccinated Staff: are required to comply with State of Connecticut **Executive Order No - 13G**.

<https://portal.ct.gov/-/media/Office-of-the-Governor/Executive-Orders/Lamont-Executive-Orders/Executive-Order-No-13G.pdf>

Quarantine and Isolation: CDC Updated Jan 4, 2022

https://www.cdc.gov/coronavirus/2019-ncov/your-health/quarantine-isolation.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fif-you-are-sick%2Fisolation.html

Self-Quarantine: A **not fully vaccinated** individual, who does not have symptoms of COVID-19, who has not tested positive for COVID-19 in the last 90 days, and who is identified as a close contact of a person with COVID-19, stays home for 5 days since their last exposure to the person with COVID-19. After 5 days at home the person **can return to school**, but must continue daily symptom monitoring for an additional 5 days and also wear a mask at all times during any activities when around others for an additional 5 days. Wear a mask at all times when around others for an additional 5 days (i.e., through day 10). When diagnostic testing resources are sufficient and available, a quarantine period of 5 days with a negative test result, consistent with CT DPH Interim Recommendations, is also acceptable; continue daily symptom monitoring for an additional 5 days. If any symptoms develop, immediately self-isolate and contact the local public health authority and healthcare provider.

Individuals directed to self-quarantine are excluded from participation in **team athletics or other group extracurricular activities** for a full 14 days. When diagnostic testing resources are sufficient and available, a quarantine period of 10 days with a negative test result on day 8 or later from team athletics or other group extracurricular activities is also acceptable; continue daily symptom monitoring for an additional 4 days (day 11–14). If any symptoms develop, immediately self-isolate and contact the local public health authority and healthcare provider.

For individuals returning from self-quarantine, for the balance of the 14-day period after exposure, school districts should: (1) ensure adherence to mitigating actions including strict supervision of mask wearing and social distancing; (2) restrict students from participating in athletics or other group extracurricular activities (for the full 14 days); and (3) consider limiting educator and staff duties that require sustained and close contact with other individuals (within 6 feet for 15 minutes or more within 24 hours).

Screen and Stay: refer to the link for details: https://portal.ct.gov/-/media/SDE/Digest/2021-22/Screen-and-Stay-K12_Fall-2021_FINAL11052021.pdf

Travel: refer to the link for guidance. <https://portal.ct.gov/Coronavirus/Travel>

CIAC Athletics - 2021-2022 Winter Sports COVID-19 Guidance:

https://www.casciac.org/pdfs/CIACWinter2021-2022COVIDSportGuidanceFinalDraftv4_Approved.pdf

PROTOCOLS:

1. Student/Staff with Complaint of Symptoms of Potential COVID-19: (Key COVID-19 signs and symptoms are red italicized)

- *Uncontrolled New Cough*
- *Shortness of Breath / Difficulty Breathing*
- *Fever and/or Chills (Temperature 100 degrees F or >)*
- *New loss of sense of smell or taste*
- Headache
- Nausea, Vomiting, Diarrhea
- Muscle or Body Aches
- Fatigue
- Sore Throat
- Congestion or Runny Nose

Isolate - with one of the key symptoms or two or more of the secondary symptoms.

Symptoms may be mild to severe and may appear 2-14 days after exposure to the virus.

2. School Nurse Assessment:

- Initial Screening – to include but not limited to: symptoms, possible contact with confirmed or suspected COVID individuals, recent travel locations based on the Governor's list at the time of travel, and participation in contact sports or large group gatherings.
- Potential COVID exposure based on symptoms presented?
- Patient's pre-existing medical conditions (seasonal allergies, asthma, possibility of Inflammatory Bowel Disease (most common symptoms are belly pain and diarrhea, may include fever)
- Patient history with Health Office
- Situation awareness – frequency of visits to health office, test taking anxieties, teacher and or home issues
- Level of Community transmission rates

For students / staff who have symptoms consistent with COVID-19, send home or deny entry and reference the exclusion criteria in this document to determine when they may return.

3. For people with Other Diagnoses (e.g., norovirus, strep throat) that explain the symptoms, or when a health care provider says symptoms are connected to a pre-existing condition.

- MD documentation of a negative PCR or Rapid COVID-19 Test or Alternative Diagnosis documentation is required upon return to school with solution of symptoms.
- Stay home until symptoms have improved. Follow specific return guidance from the health care provider.
- If symptoms related to a pre-existing condition change or worsen, talk to a health care provider to determine next steps.
- Siblings and household members do not need to stay home.

4. **Notifications:**

- Upon placing an individual in the Isolation Room, the school nurse shall notify the school principal/administrator, the VNA District Supervisor, and the COVID Compliance Liaison of such placement. This notification will include but not be limited to the *age, gender, grade and symptoms reported*.
- The school nurse will contact the parent/guardian of the affected student and request an immediate response to pick up their child from the isolation room.
- The school nurse will then **check PowerSchool for any siblings** at all schools (check last names and addresses). If any siblings are identified, the affected school principals and school nurses will be notified. If no siblings are identified, this information will be communicated back to the school principal/administrator and COVID Compliance Liaison.
- Any patterns, unique circumstances or other COVID related concerns shall also be reported.

5. **Data Tracking and Reporting:**

- Each school nurse will report daily tracking of individuals who were placed into the isolation room to the VNA District Supervisor and the COVID Compliance Liaison for monitoring.
- This tracking procedure will generate daily, weekly and monthly cumulative reports for evaluation and will be forwarded to the Office of the Superintendent for review.

6. **Decision Flow Chart:** Refer to pages 5 - 8.

Page 5 - Event - Individual **has** COVID-19 **symptoms** but has **NOT had close contact** with a person diagnosed with COVID-19.

Page 6 - Event - Individual **has** COVID-19 **symptoms** **AND had close contact** to a person diagnosed with COVID-19.

Pages 7- Event - Individual **does not have** COVID-19 symptoms BUT **had close contact** with someone diagnosed with COVID-19.

7. **Calculating for Isolation and Quarantine Periods - "Day 0" vs "Day 1"**

ISOLATION:

Symptomatic –

Day -0- *is the day symptoms appeared.*

Day -1- *is the following day from the onset of symptoms to start the five day period.*

Asymptomatic –

Day -1- *is the date of the positive test result to start the five day isolation.*

QUARANTINE:

Close contact -

Day -0- *is the exposure date*

Day -1- *is the day following the exposure date to start the five day period.*

Event	Location of Event	Testing Results: <i>A PCR, Rapid or Home Test is acceptable for school/work reentry.</i>	Isolation/Quarantine Isolation = when you are experiencing symptoms or have a confirmed diagnosis of COVID-19 Quarantine = when you have been exposed but you are not experiencing symptoms
<p>Individual has COVID-19 symptoms (regardless of vaccine status) but has <u>NOT</u> had close contact to a person diagnosed with COVID-19</p> <p>Uncontrolled <i>new cough, shortness of breath / difficulty breathing, fever and / or chills (temperature 100 degrees F or >, new loss of sense of smell or taste OR</i> at least two (2) of the following:</p> <ul style="list-style-type: none"> • congestion / runny nose • headache • nausea/vomiting/diarrhea • muscle/body aches • fatigue • sore throat 	<p>If at home: If a person has a new symptom (for example, new loss of smell only) with no other diagnosis to explain it, they should stay home, notify the school immediately (do not wait until the beginning of the next school day), get tested.</p> <p>If at school: Individual will be immediately quarantined from other students and staff in the Isolation Room.</p> <p>Students should be wearing a mask unless contraindicated. Health Room staff must wear a N95 mask and gloves. A face shield or goggles should be worn by the health professional if the student is coughing, sneezing, or vomiting.</p> <p>The parent or guardian of the student will be notified that the student is ill and arrangements made for the student to be picked up as soon as possible. The student will remain in the Isolation Room until transportation arrives (no bus transportation). A mask should be worn by the student when moving from one location to another. No student or staff member will be left unattended in the Isolation Room.</p> <p>The parent/guardian will be advised of the following:</p> <ul style="list-style-type: none"> • Student's physician should be notified of symptoms and direct the next necessary steps to coordinate COVID-19 testing. • Signs and symptoms to monitor for and that student should remain quarantined from others until otherwise directed by a doctor. 	<p>Individual is Not Tested or Test Results not yet available.</p>	<ul style="list-style-type: none"> • Regardless of vaccine status, presume COVID - 19. Stay in self-isolation for at least 5 days since the onset of symptoms and until at least 24 hours have passed with no fever (without fever-reducing medications) and with improvement in other symptoms. • Wear a mask at all times when around others for an additional 5 days (i.e., through day 10). • Can return to school earlier if they obtain a note from a healthcare provider with a confirmed alternate diagnosis.
		<p>Individual Tests Negative</p>	<ul style="list-style-type: none"> • Return to school once they are fever-free (without fever-reducing medications) for 24 hours and with improvement in other symptoms. • Siblings-household members and classroom contacts should watch for symptoms, maintain strict household cleaning, distancing, etc. if possible. Contact personal care provider if any symptoms develop.
		<p>Individual Tests Positive</p>	<ul style="list-style-type: none"> • Stay in self-isolation for at least 5 days since the onset of symptoms. Can return to activities on day 6 when at least 24 hours have passed with no fever (without fever-reducing medications) and with improvement in other COVID-19 symptoms. • Wear a mask at all times when around others for an additional 5 days (i.e., through day 10). • Siblings-household members will quarantine for 5 days AFTER last close contact with COVID – positive individual. Refer to Self-Quarantine, page 2.

Event	Location of Event	Testing Results: <i>A PCR or Rapid or Home Test is acceptable for school/work reentry.</i>	Isolation/Quarantine Isolation = when you are experiencing symptoms or have a confirmed diagnosis of COVID-19 Quarantine = when you have been exposed but you are not experiencing symptoms
<p>Individual has COVID-19 symptoms AND had close contact to a person diagnosed with COVID-19.</p> <p>Uncontrolled new cough, shortness of breath / difficulty breathing, fever and / or chills (temperature 100 degrees F or >, new loss of sense of smell or taste OR at least two (2) of the following:</p> <ul style="list-style-type: none"> • congestion / runny nose • headache • nausea/vomiting/diarrhea • muscle/body aches • fatigue • sore throat 	<p>If at home: If a person has a new symptom (for example, new loss of smell only) with no other diagnosis to explain it, they should stay home, notify the school immediately (do not wait until the beginning of the next school day), testing is recommended 5-7 days after exposure.</p> <p>If at school: Individual will be immediately quarantined from other students and staff in the Isolation Room.</p> <p>Students should be wearing a mask unless contraindicated. Health Room staff must wear a N95 mask and gloves. A face shield or goggles should be worn by the health professional if the student is coughing, sneezing, or vomiting.</p> <p>The parent or guardian of the student will be notified that the student is ill and arrangements made for the student to be picked up as soon as possible. The student will remain in the Isolation Room until transportation arrives (no bus transportation). A mask should be worn by the student when moving from one location to another. No student or staff member will be left unattended in the Isolation Room.</p> <p>The parent/guardian will be advised of the following:</p> <ul style="list-style-type: none"> • Student's physician should be notified of symptoms and direct the next necessary steps to coordinate COVID-19 testing if required. • Signs and symptoms to monitor for and that student should remain quarantined from others until otherwise directed by a doctor. 	<p>Individual is Not Tested or Test Results not yet available.</p>	<ul style="list-style-type: none"> • Regardless of vaccine status, presume COVID - 19. Stay in self-isolation for at least 5 days since the onset of symptoms and until at least 24 hours have passed with no fever (without fever-reducing medications) and with improvement in other symptoms. • Can return to school earlier if they obtain a note from a healthcare provider with a confirmed alternate diagnosis.
		<p>Individual Tests Negative</p>	<ul style="list-style-type: none"> • If the person is not fully vaccinated and has not tested positive for COVID-19 in the last 90 days prior to the current exposure, remain home in isolation for the recommended 5 days from last exposure to the person diagnosed with COVID-19. Return to activities on day 6 or later when fever-free for at least 24 hrs. and other symptoms are improved. Continue daily symptom monitoring through day 10 after last exposure. Wear a mask at all times when around others for an additional 5 days (i.e., through day 10). • If the person is fully vaccinated or tested positive for COVID-19 in the last 90 days prior to the current exposure, the person can return to school once there are no symptoms for 24 hours. • Siblings-household members and classroom contacts should monitor symptoms, especially "key" symptoms or any combinations of other symptoms, if present.
		<p>Individual Tests Positive</p>	<ul style="list-style-type: none"> • Regardless of vaccination status, remain home (except to get medical care), monitor symptoms, notify the school, notify personal close contacts, assist public health and the school in contact tracing efforts. • Stay in self-isolation for at least 5 days since the onset of symptoms and until at least 24 hours have passed with no fever (without fever-reducing medications) and with improvement in other symptoms. Wear a mask at all times when around others for an additional 5 days (i.e., through day 10). • Siblings-household members must quarantine for 5 days AFTER last close contact with COVID – positive individual, or at the end of positive-case's isolation period if close contact is inevitable. Refer to Self-Quarantine, page 2.

Event	Location of Event	Testing Results: <i>A PCR, Rapid or Home Test is acceptable for school/work reentry.</i>	Isolation/Quarantine Isolation = when you are experiencing symptoms or have a confirmed diagnosis of COVID-19 Quarantine = when you have been exposed but you are not experiencing symptoms
Individual does <u>NOT</u> have COVID-19 symptoms BUT <u>had close contact</u> with someone diagnosed with COVID-19.	<p>If at home: Individuals not fully vaccinated should stay home, notify the school immediately (do not wait until the beginning of the next school day), testing is recommended 5-7 days after exposure.</p> <p>If at school: Refer to <u>Screen and Stay</u> Option for Schools - page 3.</p>	Individual is Not Tested	<ul style="list-style-type: none"> • If the person is not fully vaccinated and has not tested positive for COVID-19 in the last 90 days prior to the current exposure, remain home in self-quarantine for 5 days from last exposure to the person diagnosed with COVID-19. Continue daily symptom monitoring for an additional 5 days. Wear a mask at all times when around others for an additional 5 days (i.e., through day 10). • If any symptoms develop, immediately self-isolate and contact the local public health department and healthcare provider. • A person who is not fully vaccinated but tested positive for COVID-19 in the last 90 days prior to the current exposure should not be tested if they remain asymptomatic. • A fully vaccinated person should continue in person learning. • If any symptoms develop, immediately self-isolate and contact the local public health department and healthcare provider. (A contact of a contact is not a contact)
		Individual Tests Negative	<ul style="list-style-type: none"> • Quarantine at home from school, extracurricular activities, and other activities for 5 days from the last exposure to the COVID-19 case. Recommended to test for COVID-19 (either self test or at a testing site) 5 days after the exposure. Wear a mask at all times during any activities when around others for an additional 5 days (i.e., through day 10). • A fully vaccinated person should continue with in-person learning. • Wear a mask at all times during any activities when around others for 10 days.
		Individual Tests Positive	<ul style="list-style-type: none"> • Regardless of vaccine status, remain home (except to get medical care), monitor symptoms, notify the school, notify personal close contacts, assist public health officials and the school in contact tracing efforts. • Stay in self-isolation for at least 5 days since the onset of symptoms and until at least 24 hours have passed with no fever (without fever-reducing medications) and with improvement in other symptoms. • Siblings-household members must quarantine for 5 days AFTER last close contact with COVID – positive individual, or at end of positive-case’s isolation period if close contact is inevitable.