

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: Individual has spent at least **15 consecutive minutes within 6 feet** of a person *with confirmed* COVID-19, **OR** probable case with *symptoms consistent with COVID-19 OR a direct exposure to possibly infected* droplets of saliva or nasal mucus (e.g., being sneezed or coughed on in the face) by a confirmed COVID-19 person. **Applicable whether or not individual is wearing a face mask.** Other scenarios: Individual *shared* eating or drinking utensils. Individual had direct physical contact with a person (hugged or kissed). Individual *provided health care at home* to someone who is sick with COVID-19.

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 for a close contact and be out for 14 days from their last contact with COVID positive PCR 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. The individual should be PCR tested and, until results are back, any **close contacts should be identified and documented.**

COVID-19 Test for School/Work Attendance: This is a diagnostic test can show if an individual has an active coronavirus infection and should take steps to quarantine or isolate from others. **For school/work reentry, a Molecular Test [PCR], is required, NOT an Antibody or Antigen Test [Rapid Test is not accepted].**

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 10 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. <https://www.ccthd.org/isolation>

Fever: Measured temperature of 100°F or higher.

Self-Quarantine: Individual *without* symptoms stays home for 14 days since last exposure to someone who *was diagnosed* with COVID-19 (the incubation period of the virus). <https://www.ccthd.org/self-quarantine-guidelines>

PROTOCOLS:

1. **Student/Staff with Complaint of Symptoms of Potential COVID-19:** (Key COVID-19 signs and symptoms *are 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***
- Congestion or Runny Nose
- Headache
- Nausea, Vomiting, Diarrhea
- Muscle or Body Aches
- Fatigue
- Sore Throat

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 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 4, 5 and 6.

Page 4 - Event - Individual has COVID-19 symptoms but has NOT had close contact with a person diagnosed with COVID-19.

Page 5 - Event - Individual has COVID-19 symptoms AND had close contact to a person diagnosed with COVID-19.

Page 6 - Event - Individual does not have COVID-19 symptoms BUT had close contact with someone diagnosed with COVID-19.

Event	Location of Event	Testing Results	Isolation/Quarantine
<p>Individual has COVID-19 symptoms but has <u>NOT had close contact</u> with 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 and talk to their health care provider about testing for COVID-19, even if it is the only symptom they are experiencing.</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. 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 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</p>	<p>Isolation = when you are experiencing symptoms or have a confirmed diagnosis of COVID-19</p> <p>Quarantine = when you have been exposed but you are not experiencing symptoms</p> <p>Stay in self-isolation for at least 10 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.</p> <p>Can return to school earlier if they obtain a note from a healthcare provider with an alternate diagnosis.</p>
		<p>Individual Tests Negative</p> <p><i>Only PCR test is acceptable for school/work reentry.</i></p>	<p>Return to school once there are no symptoms for 24 hours.</p> <p>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, (then also get tested and then stay at home until results arrive)</p>
		<p>Individual Tests Positive</p>	<p>Stay in self-isolation for at least 10 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.</p> <p>Siblings-household members and classroom contacts will quarantine for 14 days AFTER last close contact with COVID – positive individual</p>

Event	Location of Event	Testing Results	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 <u>had close contact</u> 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</i> 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 and talk to their health care provider about testing for COVID-19, even if it is the only symptom they are experiencing.</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. 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 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</p>	<p>Stay in self-isolation for at least 10 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.</p>
		<p>Individual Tests Negative</p> <p>Only PCR test is acceptable for school/work reentry.</p>	<p>Stay in self-isolation for at least 10 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.</p> <p>Siblings-household members and classroom contacts should monitor symptoms especially “key” symptoms or any combinations of other symptoms, if present.</p>
		<p>Individual Tests Positive</p>	<p>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.</p> <p>Stay in self-isolation for at least 10 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.</p> <p>Siblings-household members and classroom contacts must quarantine for 14 days AFTER last close contact with COVID – positive individual, or at the end of positive-case’s confinement if close contact is inevitable.</p>

Event	Location of Event	Testing Results	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 does not have COVID-19 symptoms BUT had close contact with someone diagnosed with COVID-19.</p>	<p>If at home: Individual should stay home and talk to their health care provider about testing for COVID-19.</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 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. 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 and direct 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</p>	<p>Remain home in self-quarantine for 14 days from last exposure to the person diagnosed with COVID-19.</p> <p>Siblings-household members and classroom contacts should watch for “key” symptoms. (A contact of a contact is not a contact)</p>
		<p>Individual Tests Negative</p> <p>Only PCR test is acceptable for school/work reentry.</p>	<p>Remain home in self-quarantine for 14 days from last exposure to the person diagnosed with COVID-19.</p> <p>Siblings-household members and classroom contacts should watch for “key” symptoms. (A contact of a contact is not a contact.)</p>
		<p>Individual Tests Positive</p>	<p>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.</p> <p>Stay home until 10 days have passed since the date of the positive COVID-19 test.</p> <p>Siblings-household members and classroom contacts must quarantine for 14 days AFTER last close contact with COVID – positive individual, or at end of positive-case’s confinement if close contact is inevitable.</p>