

SWBOCES

Student Programs

Health and Safety Presentation

SWBOCES Health and Safety Guidance for School

Key Protocols

The safety of students and staff depends upon adherence to the protocols set by the District to:

- Complete health checks before coming to school/at school
- Proper use of PPE
- Conduct proper hand and respiratory hygiene care
- Socially distance and adhere to infection control strategies
- Adhere to procedure for what to do if students/staff become ill with symptoms of COVID-19

Health and Safety

Objectives

- COVID-19 Recognizing Signs and Symptoms
 - Managing Sick Student/Staff
 - Hygiene and Handwashing
-



COVID-19

Recognizing signs and symptoms

What Is COVID-19?

COVID-19 is a new strain of coronavirus that has not been previously identified in humans. The COVID-19 is the cause of an outbreak of respiratory illness first detected in Wuhan, Hubei province, China.

Coronaviruses are a large family of viruses that are known to cause illness ranging from the common cold to more severe diseases such as Severe Acute Respiratory syndrome (SARS) and Middle East Respiratory Syndrome (MERS).

COVID-19 affects different people in different ways. Most infected people will develop mild to moderate illness and recover without hospitalization.

On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

Most common symptoms include:

Fever

Dry cough

Tiredness

Less common symptoms

Aches and pains

Sore throat

Diarrhea

Conjunctivitis

Headache

Loss of taste and smell

A rash on skin, or discoloration of fingers and toes

Serious Symptoms

Difficulty breathing or shortness of breath

Chest pain or pressure

Loss of speech or movement

Seek immediate medical attention if you have serious symptoms. Always call before visiting your doctor or health facility.

SYMPTOMS OF CORONAVIRUS (COVID-19)

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



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

Symptoms of COVID-19

Symptoms of COVID-19	Strep Throat	Common Cold	Flu	Asthma	Seasonal Allergies
FEVER 	✓		✓		
COUGH 		✓	✓	✓	✓
SORE THROAT 	✓	✓	✓		✓
SHORTNESS OF BREATH 				✓	
FATIGUE 		✓	✓	✓	✓
DIARRHEA OR VOMITING 	✓		✓		
RUNNY NOSE 		✓	✓		✓
BODY/ MUSCLE ACHES 	✓	✓	✓		

✓ Symptom of illness



cdc.gov/coronavirus

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Conclusion: Monitor for signs and symptoms, if observed or experience notify and follow up with medical provider

Watch for symptoms

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

SWBOCES will have COVID-19 sign and symptom signage posted in buildings. Resource CDC website for additional information at <https://www.cdc.gov/>

Managing Sick Students and Staff

Health Office



Accessing the School Nurse at the Health Office

1. **Contact the school nurse via:**

Telephone: (identify facts, visual observations) Rationale: provides adequate time to stagger patient-care and identify where nurse and potentially ill-person will meet.

Walkie-talkie: contact nurse in case she is mobile. However, there should be NO CONFIDENTIAL information disclosed on walkie-talkie due to HIPAA & FERPA guidelines particularly knowing it is an open channel to anyone.

Information needed: 1) location 2) contact information and extension



COVID Suspicion



Rectangular Sign

Every student and staff member should wear a mask



COVID Suspicion

Is the student/ staff member complaining of cough, shortness of breath, sore throat, rash, vomiting and/or diarrhea, loss of taste and/or smell, or fever (T> 100°F)?

Y

N

Isolation Room



- Escort masked student/ staff member immediately from public spaces
- Place in private room with closed door

DON PPE



Inform Building Principal

Exit School



Remove student/ staff member to home or hospital depending on severity

Notify custodians



Student/ staff member may return to class



If Students or Staff become Ill with Symptoms of COVID-19 while on Campus

Students presenting with temperature elevated above 100.0F and/or signs/symptoms of COVID 19 will be escorted to a dedicated waiting/isolation area where they will be assessed by a nurse and supervised prior to being picked up.

If there is more than one person in the isolation area while awaiting transport home, they will be separated by at least 6 feet. For pick-up, students will be escorted from the isolation area to their parent/guardian. Students or staff will be instructed to follow-up with their healthcare provider and provided resources on COVID-19 testing.

Nursing Response to a Sick Student/Staff with COVID-19 Related Symptoms

- Nurses will wear appropriate PPE.
- Ensure a mask is on student/staff with fever of greater than 100.0 F and/or are experiencing respiratory symptoms.
- The student/staff should be moved to the designated isolation area.
- Staff caring for sick student(s) will wear additional PPE.
- Notify parent/guardian, and administration, as soon as possible.
- Referral to healthcare provider for assessment/testing if exhibiting symptoms of COVID-19 for further determination.
- Clean and Disinfect. Close off areas used by a sick person and do not use these areas until after cleaning and disinfecting. Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and appropriate use and storage of cleaning and disinfection products, including storing products securely away from student access.
- Health Officials and Close Contacts to be notified. In accordance with state, local laws and regulations, school administrators will notify local health officials, staff, and families immediately of any case of COVID-19 while maintaining confidentiality in accordance with the Americans with Disabilities Act (ADA).

Return to School/Work after Illness

The protocol includes but not limited to:

1. Documentation from a health care provider following evaluation
2. Negative COVID-19 diagnostic test result
3. Symptom resolution, or if COVID-19 positive, release from isolation

Persons Diagnosed with COVID-19, Who Have Symptoms

- Resolution of fever without the use of fever-reducing medications and
- 10 days have passed since other symptoms have resolved

Persons with lab confirmed COVID-19, who have not had any symptoms (asymptomatic)

- At least 10 days since date of first positive COVID-19 diagnostic test
- If symptoms develop after testing, then symptom-based or test-based criteria should be followed

Persons who tested negative for COVID-19

- At least 24 hours have passed since resolution of fever without use of fever-reducing medicine.
- At least 24 hours after antibiotic treatment for contagious infections (i.e., strep throat, pink eye).

Persons in quarantine due to a close exposure to a confirmed COVID-19 positive case

- 14 days from last known exposure, without development of fever or symptoms

Persons in quarantine after out-of-state travel (may be required)

- 14 day quarantine ends without illness after out-of-state travel

Key References

- State Education Department Issues Guidance to Reopen New York State Schools (July 16, 2020)

<https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/offices-interim-guidance>.

- State Education Department Presents Framework of Guidance to Reopen New York State Schools (July 13, 2020)

<http://www.nysed.gov/news/2020/state-education-department-presents-framework-guidance-reopen-new-york-state-schools>

- Centers for Disease Control and Prevention Coronavirus (COVID-19)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

- Interim Guidance for In-Person Instruction at Pre-K to Grade 12 Schools During the COVID-19 Public Health Emergency, NYS Department of Health (July 13, 2020)

https://www.governor.ny.gov/sites/governor.ny.gov/files/atoms/files/Pre-K_to_Grade_12_Schools_MasterGuidance.pdf

- New York State Department of Health Novel Coronavirus (COVID-19)

<https://coronavirus.health.ny.gov/home>

- New York State Education Department Coronavirus (COVID-19)

Hygiene and Handwashing

Preventing the Spread

A dark blue diagonal graphic that starts from the bottom left corner and extends towards the top right corner, covering the lower half of the slide.

Objectives

Stop the Spread of Germs

Hygiene and Handwashing

Universal Precautions hand washing

Social Distancing

Face masks (donning/doffing)

Wearing a face covering

Stop the Spread of Germs

How Germs Spread

Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next. Germs can spread from other people or surfaces when you:

- Touch your eyes, nose, and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch a contaminated surface or objects
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

Handwashing is one of the best ways to protect students, staff and yourself from getting sick. (Universal Precautions)

STOP THE SPREAD OF GERMS

HELP **STOP** THE SPREAD OF
COVID-19 AND OTHER
RESPIRATORY ILLNESSES.



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

Key Times to Wash Hands

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After assisting a child with toileting
- After blowing your nose, coughing, or sneezing
- After touching garbage

During the COVID-19 pandemic, you should also clean hands:

- After you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, etc.
- Before touching your eyes, nose, or mouth because that's how germs enter our bodies.

Five Steps to Wash Your Hands the Right Way

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

WHAT YOU NEED TO KNOW ABOUT HANDWASHING



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Use Hand Sanitizer When You Can't Use Soap and Water

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

1



Pinch and hold the **outside** of the glove near the wrist area.



2



Peel downwards, away from the wrist, turning the glove inside-out.



3



Pull the glove away until it is removed from the hand, holding the inside-out glove with the gloved hand.



4



With your un-gloved hand, slide your finger/s under the wrist of the remaining glove. **Do not touch** the outer surface of the glove.



5



Peel downwards, away from the wrist, turning the glove inside out.



6



Continue to pull the glove down and over the inside-out glove being held in your gloved hand.

How to doff (remove) gloves properly

Social Distancing

What is social distancing?

Social distancing, also called “physical distancing,” means keeping a safe space between yourself and other people who are not from your household.

To practice social or physical distancing, stay at least 6 feet (about 2 arms’ length) from other people who are not from your household in both indoor and outdoor spaces.

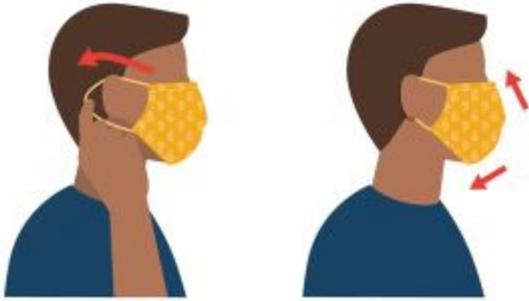
Face Coverings

Cloth coverings are recommended as simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the cloth face covering coughs, sneezes, talks, or raises their voice.

- Include cloth face coverings on school supply lists and provide cloth face coverings as needed.
- Ensure that students and staff are aware of the correct use of cloth face coverings including wearing cloth face coverings over the nose and mouth and securely around the face.
- Ensure that students, teachers and staff are aware that they should wash or sanitize their hands before putting on a cloth face covering.
- Students' cloth face coverings should be clearly identified with their names or initials, to avoid confusion or swapping.
- Cloth face coverings should be stored in a space designated for each student that is separate from others when not being worn (e.g., in individually labeled containers or bags, personal lockers, or cubbies).
- Introduce students with sensory concerns/tactile sensitivities to face coverings with a variety of materials, prints, and textures, and allow them to choose which face covering is most comfortable.
- Use behavioral techniques such as positive reinforcement to increase the likelihood that students will comply with face covering guidance and other prevention practices.



Prevent COVID-19: Wear a Cloth Face Covering



Wear your Mask Correctly

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- CDC does not recommend use of masks or cloth masks for source control if they have an exhalation valve or vent



Take Off Your Mask Carefully, When You're Home

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

Conclusion

Think ahead about the actions we can take to stay healthy and prevent the spread of COVID-19, maintaining a healthy school/work environment.

In an effort to prevent the spread of COVID-19 within school we must practice and maintain the following:

- Hygiene and hand washing
- Face Covering
- Social distancing
- Stay home and away from others if you feel sick
- Cleaning and disinfecting

Pandemics can be Stressful

The coronavirus 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

Healthy ways to cope with stress

- Know what to do if you are sick and are concerned about COVID-19. Contact a health professional before you start any self-treatment for COVID-19.
- Know where and how to get treatment and other support services and resources, including counseling or therapy (in person or through telehealth services).
- Take care of your emotional health. Taking care of your emotional health will help you think clearly and react to the urgent needs to protect yourself and your family.
- Take breaks from watching, reading, or listening to news stories, including those on social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body.
 - Take deep breaths, stretch, or meditate.
 - Try to eat healthy, well-balanced meals.
 - Exercise regularly.
 - Get plenty of sleep.
 - Avoid excessive alcohol and drug use.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.
- Connect with your community- or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

Get immediate help in a crisis

- Call 911
- [Disaster Distress Helpline](#): 1-800-985-5990 (press 2 for Spanish), or text TalkWithUs for English or Hablanos for Spanish to 66746. Spanish speakers from Puerto Rico can text Hablanos to 1-787-339-2663.
- [National Suicide Prevention Lifeline](#): 1-800-273-TALK (8255) for English, 1-888-628-9454 for Spanish, or [Lifeline Crisis Chat](#)

COVID-19: Managing Anxiety and Stress

