

# Healthy Schools — During a Pandemic

# What is Corona Virus Disease 2019?

- Coronaviruses are common and varied.
- They often cause colds or other mild respiratory illnesses.
- Other coronaviruses can cause more serious diseases, including severe acute respiratory syndrome (SARS) and Middle East respiratory syndrome (MERS).
- Under the microscope, the viruses look like they are covered with pointed structures that surround them like a corona, or crown.
- It spreads through respiratory droplets released when someone who is sick talks, coughs, or sneezes, or through close personal contact like touching or shaking hands.



# Nothing to Fear but Fear Itself

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1% of all cases have been in children 5 to 11 years old

2% of all cases have been in in 11 to 18 years old

Children seem to get more mild disease.

Children seem to transmit COVID-19 to others less frequently.

Number of cases of COVID-19: 33,054

Number of COVID-19 deaths in Philadelphia: 1,690  
(Of the 1,736 total deaths, approximately 51% were long-term care facility residents. )

Number of negative test results of COVID-19 in Philadelphia: 265,040

Overall risk in Philadelphia: high risk of community transmission

# Our Role in Keeping Our Students Healthy

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## Educators

- Modeling hygiene, masking and distancing practices all day everyday
  - Digital Learning
- Modeling calm and perspective
  - Nothing is perfect
  - Humans are messy
  - Don't let the "What ifs" get you down
  - What did we do before?
- Keeping up with the science

## Certified School Nurses

- Modeling hygiene, masking and social distancing practices all day everyday
- Maintaining Health Room practices while also managing potential Covid related issues
- Focusing on caring for our students
- Keeping up with the science

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



**Symptoms can range from mild to severe illness, and appear 2–14 days after you are exposed to the virus that causes COVID-19.**

# Health and Safety Guidelines

## HOW WE'RE HELPING TO KEEP STUDENTS AND STAFF SAFE



**Increasing cleaning and disinfection** in work areas, common areas, and other public areas



Ensuring employees know how to use proper **hand washing** technique



Enforcing **social distancing** and adding barriers, PPE or other precautions where needed



**Controlling access** to our facilities by implementing **screening checks** for symptoms and exposure to COVID-19



**Adjusting work shifts** in some areas to reduce the number of people in a particular area at one time



**Suspending non-essential visitors** in most locations



Implementing **organization-wide procedures** for suspected or confirmed COVID cases



Providing **personal protective equipment (PPE)** including face coverings and gloves in some areas



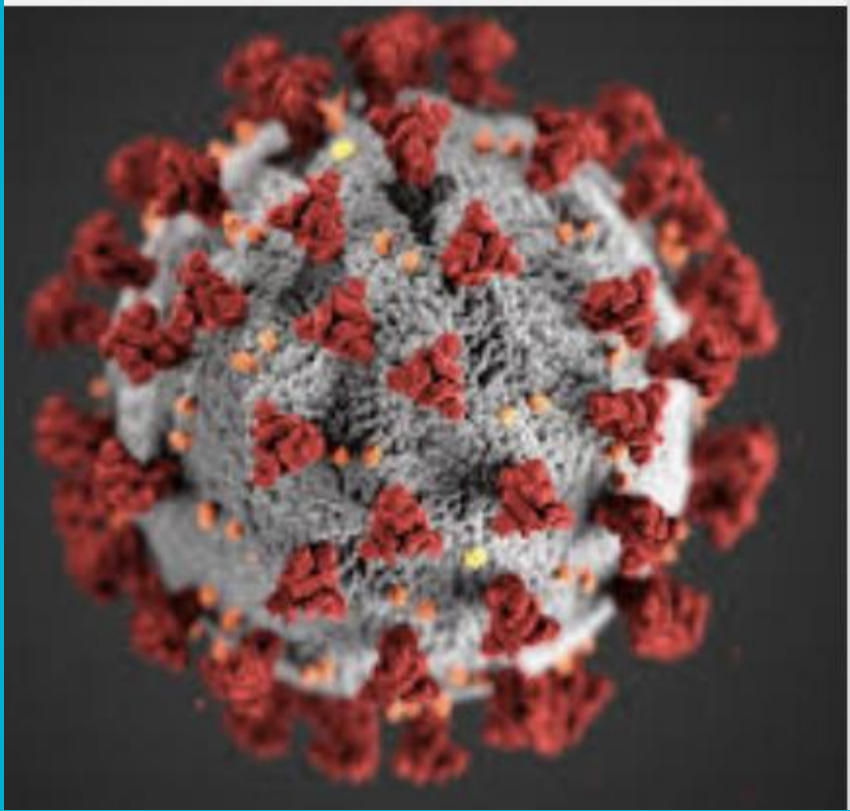
When COVID-19 testing is completed and negative, the student will remain home until:

- The student meets the school's normal criteria for return after an illness which includes: fever free and vomiting and diarrhea free for greater than 24 hours without medication

OR

- A clinician has evaluated the child and documented an alternative diagnosis and has determined the student may return to school





When COVID-19 testing is completed and positive, the student will remain home until:

- at least 10 days since the onset of symptoms  
AND
- fever free without the use of anti-fever medications for 24 hours  
AND
- symptoms are improving.





When symptomatic, but COVID-19 testing was not completed, the student will remain home until :

- at least 10 days since the onset of symptoms

AND

- fever free without the use of anti-fever medications for 24 hours

AND

- symptoms are improving.
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# Who Should Get Tested?

The Philadelphia Department of Public Health recommends getting tested for COVID-19 if:

- You have been exposed to someone with COVID-19 (wait until 7 days after exposure to ensure test accuracy) OR
- You have symptoms of COVID-19, including:
  - Cough
  - Shortness of breath OR
  - Two of these symptoms: fever, chills, muscle pain, sore throat, new loss of taste or smell

People who have had COVID-19 infection and are recovering do not need a follow-up test.

**Employers should not require proof of a negative test for return to work.** Instead, follow recommendations for how long a sick employee should isolate at home.

No testing site will ask you for money. You will be asked for identification and may also be asked for health insurance information. If you don't have identification or health insurance, you can still get a test. In addition, some sites may:

- Limit testing to people who meet certain criteria.
- Require an appointment.
- Require a referral from your doctor.
- Ask you to stay in your car (for drive-thru sites).

# What happens when someone tests positive for COVID-19?

Contact Tracers at the Philadelphia Department of Public Health sending texts and emails to contact individuals who have tested positive for COVID-19, or who may have come in contact with a person with COVID-19.

Individuals are asked to complete a brief survey to help the Philadelphia Department of Public Health better understand and monitor the spread of COVID-19 in Philadelphia. Questions address demographic details, signs and symptoms, and information about exposure history, travel, and hospitalization. *Participation is voluntary.*

The Philadelphia Department of Public Health (PDPH) will work closely with Student Health Services to:

- Identify the school the student attends and their classroom.
- Initiate contact tracing.
  - All cases and contacts reached by the PDPH receive emails with care instructions
- Notify relevant parts of the school community

# What is the difference between self-isolation and quarantine?

**Self isolation** People who are sick with confirmed or suspected COVID-19 coronavirus will be asked to stay home in isolation until they are advised by the Philadelphia Department of Public Health that isolation can be discontinued.

**Quarantine** People who may have been exposed to COVID-19 coronavirus but are not sick or experiencing symptoms may be asked to stay in their homes until they are no longer able to spread disease as advised by the Philadelphia Department of Public Health.

**If you are exposed to a person  
with a confirmed case of Covid-19  
you must quarantine for 14 days .**

*\*The health department only recommends testing for COVID-19 if you suspect you have been exposed to someone with COVID-19. You should wait 7 days after your exposure date to get tested to ensure that the test is accurate.*

# PDPH School Closing Recommendations

Situation	Response
Single case of COVID-19 in school	Quarantine entire cohort for 14 days
2 or more cases in 2 or more classes of the same grade	Quarantine entire grade level for 14 days
Multiple cases in faculty/staff: <ul data-bbox="218 645 981 798" style="list-style-type: none"><li>• 3 within 14 days where exposed at school</li><li>• 6 or more within 14 days (regardless of source of exposure)</li></ul>	Quarantine entire school for 14 days
Multiple clusters of cases in multiple grades	Quarantine entire school for 14 days

# Criteria for Easing Restrictions

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Key factors to consider:

- Lack of evidence of spread within schools
- Falling community infection rates
- No evidence that schools are important contributors for community wide transmission