School Teachers and Administrators COVID-19 Toolkit

- MALPH's COVID-19 Return to School Toolkit
- Process for COVID-19 Case at School
- Definitions
- Recommended Scripts for Communication
- Who Should Stay Home?
- CDC Posters

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COVID-19 RETURN TO SCHOOL TOOLKIT

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DISCLAIMER: This information was developed based on the latest guidance at the time. Visit cdc.gov/coronavirus or Michigan.gov/coronavirus for the most up to date information.

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COVID-19 School Checklist

Follow the instructions of the MI SAFE SCHOOLS: Michigan’s 2020-2021 Return to School Roadmap to confirm the Phase your region is in.

COVID-19 Screening

For School Staff and Administration
Per EO 2020-161: Conduct a daily entry self-screening protocol for all employees or contractors entering the workplace, including, at a minimum, a questionnaire covering symptoms and suspected or confirmed exposure to people with possible COVID19.

A hard copy of an example workplace-screening tool is in Appendix A.

You can also use a virtual screener; one option from the state is https://misymptomapp.state.mi.us/login

For Students
It is recommended that students be screened daily before arrival to school. The school should determine the screening method to use depending upon local community conditions.

Parents or caregivers should be required to monitor their children for signs of infectious illness every day prior to sending students to school. The health department and CDC do not recommend that on site screening be conducted by schools due to the time and interruption to education this would cause.

It is recommended to send an agreement or form (Appendix B) to parents/guardians outlining their responsibilities and those of the school. A recommendation for monitoring by parents and students is outlined below (Appendix B):

Student Screening
Before leaving for/arriving at school, please complete the following screening for each child. The presence of any of the listed symptoms indicates a possible illness that may decrease your child’s ability to learn and put them at risk for spreading illness to others.

Section One: Symptoms
☐ Temperature 100.4 degrees Fahrenheit or higher when taken by mouth
☐ Sore throat
☐ New uncontrolled cough that causes difficulty breathing (for students with chronic allergic(asthmatic cough, a change in their cough from baseline)
☐ Diarrhea, vomiting, or abdominal pain
☐ New onset of severe headache, especially with a fever

Section Two: Close Contact/Potential Exposure
In the past 14 days has your child:
☐ Had close contact (within 6 feet of an infected person for at least 15 minutes) with a person with confirmed COVID-19: OR
☐ Had close contact (within 6 feet of an infected person for at least 15 minutes) with person under quarantine for possible exposure to COVID-19; OR
☐ Had a travel history
If the answer is **YES** to any of the questions in Section One AND **YES** to any of the questions in Section Two, call your healthcare provider right away to obtain evaluation and testing for COVID-19. If you don’t have a healthcare provider or cannot be seen, go to [www.mi.gov/coronavirustest](http://www.mi.gov/coronavirustest) or call 2-1-1 to find a location to have your child(ren) tested for COVID-19.

If the answer is **YES** to any of the questions in Section One, but **NO** to all the questions in Section Two, keep your child(ren) home from school. Your student may return based on the guidance for their symptoms (see “Managing Communicable Diseases in Schools”):

- Fever: at least 24 hours have passed with no fever, without the use of fever-reducing medications
- Sore throat: improvement (if strep throat: do not return until at least 2 doses of antibiotic have been taken);
- Cough/Shortness of breath: improvement
- Diarrhea, vomiting, abdominal pain: no diarrhea or vomiting for 24 hours
- Severe headache: improvement

**Cloth Face Coverings Help Prevent the Spread of COVID-19**

According to the Governor’s Legal Counsel, face coverings are not required under Executive Order 2020-147 because classrooms are not an enclosed public space. However, under EO 2020-142, schools in phase 4 would have to follow rules in section 2(b)(1)(a-e).

In phase 5, schools will have to comply with local plans as approved by their Board of Education – we anticipate most districts will have some facial covering requirement in their plan.

<table>
<thead>
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<th>Phase</th>
<th>Environment</th>
<th>Staff</th>
<th>Early Childhood (ages 2-5)</th>
<th>Grades K-5</th>
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<td>Phases 1-4</td>
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<td>Required, except during meals</td>
<td>Should be considered*</td>
<td>Should be encouraged*</td>
<td>Required, except during meals</td>
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<tr>
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<td>Common spaces</td>
<td>Required, except during meals</td>
<td>Should be considered*</td>
<td>Required, except during meals</td>
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<td></td>
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<td>Required</td>
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<td>Required</td>
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<tr>
<td></td>
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<td>Not required</td>
<td>Not required</td>
<td>Not required</td>
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<tr>
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<td></td>
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<td></td>
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</table>

*Although cloth face coverings are not required in these settings, they should be encouraged if tolerated. Note: plastic face shields are not a replacement for cloth face coverings, but may be used in conjunction with cloth face coverings in any of the above settings. In settings in which cloth face masks are not required, plastic face shields may be worn alone, and may offer some degree of risk mitigation.*
Managing COVID-19 in the School

As long as there are cases of COVID-19 in the community, there will be no way to prevent all risks of COVID-19 in schools. The goal is to keep the risk as low as possible and keep schools/school activities as safe as possible. Attendance at school is very important to the development and well-being of our children. It provides proper education, social and emotional skills, safety, reliable nutrition, physical/speech and mental health therapy, and opportunities for physical activity, among other benefits. Our goal is to ensure that the benefits of in-person education far outweigh any risks.

Designated COVID-19 Point of Contact
Designate an on-site staff person to be responsible for responding to COVID-19 concerns (e.g., school nurse) as well as a secondary person to help with difficult situations and cover absences. All school staff, families, and the local health department should know who this person is and how to contact them.

Gatherings, Visitors, and Field Trips
- Pursue virtual group events, gatherings, or meetings, if possible, and promote social distancing of at least 6 feet between people for in-person events. Limit group size to the extent possible.
- Limit any nonessential visitors, volunteers, and activities involving external groups or organizations—especially with individuals who are not from the local geographic area (e.g., community, town, city, county).
- Pursue virtual activities and events in lieu of field trips, student assemblies, special performances, school-wide parent meetings, and spirit nights.
- Pursue options to convene sporting events and participation in sports activities in ways that minimize the risk of transmission of COVID-19 to players, families, coaches, and community members.

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Identifying Small Groups and Keeping Them Together (Cohorting)
While keeping students 6 feet from one another is a preferred mitigation strategy, this may be difficult to achieve in the school setting. An alternative is to cohort students and staff as a tool to help contain the spread of COVID-19 in school. Cohorting is important because it limits how many students and teachers will be exposed to COVID-19 should someone at school become contagious. Cohorts may be by classroom and/or groups within the classroom.

It is recommended to keep the cohort together all day. The cohort would participate in daily school activities together both in and out of the classroom. Older students can stay with a cohort for their core classes. Limit mixing between cohorts. Ensure that student and staff groupings are as static as possible by having the same group of children stay with the same staff (all day for young children and as much as possible for older children).

Staggered Scheduling
- Stagger drop-off and pick-up times or locations by cohort or utilize other protocols to limit contact between cohorts. Also limit direct contact with parents as much as possible.
- When possible, use flexible worksites (e.g., telework) and flexible work hours (e.g., staggered shifts) to help establish policies and practices for social distancing (maintaining distance of approximately 6 feet) between employees and others, until social distancing is no longer recommended by state and local health authorities.

What happens when someone at school gets COVID-19?
School and local health department learn of a student or staff member diagnosed with COVID-19
If you become aware of a case of COVID-19 of a student or staff member, notify the health department right away. The health department will notify your school’s designated contact person when they become aware of a case. Only select personnel will know the identity of the individual with COVID-19. These individuals are critical to helping the health department determine close contacts to the case and what areas of the school need deep cleaning and disinfection. The identity of the case is otherwise kept confidential, following FERPA (for schools) and HIPAA (local health department) regulations.

Identify Close Contacts
A person with COVID-19 is considered contagious 2 days (48 hours) before symptoms begin and until 10 days after symptom onset. If they never have symptoms, they are considered contagious starting 2 days (48 hours) before their COVID-19 nasal/throat swab test was performed. Close contacts to a person with COVID-19 are at risk of getting sick. They must be identified and be quarantined.

What is a close contact?
For COVID-19, a close contact is most often defined as someone who has been within 6 feet (about 2 arms’ length) of an infected person for at least 15 minutes, with or without a face covering. Every case is different, however, and the local health department will look at how COVID-19 is spread and how we get infected when figuring out close contacts. The local health department determines close contacts every day through contact tracing and communicable disease investigation.

Examples of Close Contacts in the Schools
Many factors affect what a close contact is and this must be determined on a case by case basis with help from the local health department. At a minimum, the following examples should apply to most situations.

Assuming all COVID-19 prevention methods have been followed (everyone has been consistently and properly using face coverings, washing hands frequently, cleaning frequently touched items often, maintaining physical distancing as best as possible, not sharing items, etc.), a close contact might be:
If the contagious individual were a teacher: If the contagious teacher was not keeping at least 6* feet away from students while teaching (i.e., walking around while lecturing, doing a lot of one on one, face to face instruction), the entire class might need to be quarantined.
  - If the teacher is not wearing appropriate face covering, the spread of droplets and aerosol is greater.

Classmates sitting or congregating within 6* feet of a contagious individual, either in the classroom or on the bus, unless it only occurred once and lasted less than 15 minutes.
  - This would typically be the one to two rows of students sitting closest to the contagious individual.

Lunchmates of contagious students if sitting within 6* feet.
  - This is a higher risk time as face coverings cannot be worn.

Classmates or others who had interactions with a contagious individual lasting longer than 15 minutes in confined areas such as bathrooms or offices, where distancing of 6* feet is difficult.

Any other person outside of school that had similar exposure to a contagious individual is considered a close contact.

*Public health authorities may determine that distances beyond 6 feet can still result in high-risk exposures based on other considerations and circumstances in each particular case.

It will be very helpful for parents to keep note of where their student goes and who they spend time with outside of school. This will help identify close contacts should someone become infected. This list highlights the importance of assigned seating and keeping students from mingling together as much as possible in order to reduce the spread of disease. We know children don’t like assigned seats or losing freedoms but please encourage them and remind them why this is important.

Local Health Departments Quarantine Close Contacts
Quarantine separates people who were exposed to a contagious disease from others in order to monitor them for development of symptoms or illness. This is important because people who are infected with COVID-19 are contagious two days before they develop any symptoms. Therefore, unless they are kept separated from other people, they may spread the illness without even knowing it. Since close contacts are not yet known to be infected, the contacts to those contacts do not need to be in quarantine and do not need to be identified or contacted. Not every close contact will get COVID-19, but, because it is a contagious virus, we must be cautious.

Example of a contact of a contact:
Bob sits next to Fred in class. Fred gets sick with COVID-19. Bob needs to be in quarantine but is healthy at this time. Bob plays on the football team. No one on the football team has been near Fred. Therefore, the football team doesn’t need to be notified about Fred being sick or worry about Bob being on quarantine at this time. Odds are, Bob will not get sick and will be back to school and football in a couple of weeks.

Cleaning and Disinfecting
Close off areas used by a person sent home with symptoms of COVID-19 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 correct use and storage of cleaning and disinfection, including storing products securely away from children.
Review “Reopening Guidance for Cleaning and Disinfecting Public Spaces, Workplaces, Businesses, Schools, and Homes” developed by the EPA-Disinfectants for Use Against SARS-CoV2 (COVID-19).

Communications
Ensure the local health department is aware of the case. They may ask you to complete this form (Appendix C) to help with contact tracing. The health department will then contact those individuals.
STAFF/ADULTS

Staff/adults working in school with any of the following symptoms (new/different/worse from baseline of any chronic illness) should be excluded from work and encouraged to follow up with their healthcare provider:

**ONE** of the following:

- Subjective fever or temperature of 100.4 or greater
- Cough
- Shortness of breath
- New loss of taste or smell OR **TWO** of the following:
  - Muscle aches without another explanation
  - Chills
  - Sore throat
  - Headache
  - Vomiting or Diarrhea

They should not return until it has been:

- At least 24 hours with no fever without fever-reducing medication AND
- Symptoms have improved AND
- At least 10 days since symptoms first appeared OR they have a negative COVID-19 test.

(Streps should not require sick employees to provide a COVID-19 test result or healthcare provider’s note to validate their illness, qualify for sick leave, or return to work.)

STUDENTS

Student has ANY of the following symptom (new/different/worse from baseline of any chronic illness):

- Temperature 100.4 or signs of fever (chills/sweating)
- Sore throat
- New uncontrolled cough that causes difficulty breathing
- Diarrhea, vomiting, or abdominal pain
- New onset of severe headache

Excluded from school

They have ANY close contact or potential exposure risk in the past 14 days:

- Had close contact with a person with confirmed COVID-19
- Had close contact with person under quarantine for possible exposure to COVID-19
- Had travel history

Student may return based on the guidance for their symptoms (see “Managing Communicable Diseases in Schools”):

1. Fever: at least 24 hours have passed with no fever, without the use of fever-reducing medications
2. Sore throat: improvement (if strep throat: do not return until at least 2 doses of antibiotic have been taken);
3. Cough/Shortness of breath: improvement
4. Diarrhea, vomiting, abdominal pain: no diarrhea or vomiting for 24 hours
5. Severe headache: improvement

Diagnosed with COVID-19 OR no other diagnosis available

**HOME ISOLATION UNTIL:**

- At least 10 days since symptoms first appeared AND
- At least 24 hours with no fever without fever-reducing medication AND
- Symptoms have improved

COVID-19 Test Results NEGATIVE

Had close contact with a person with confirmed COVID-19 within last 14 days?

**YES**

Student may return

**NO**

Finish 14 Day Quarantine

1. Refer to Healthcare Provider
2. Refer to COVID-19 testing location for possible testing

(Schools should not require testing results as a part of return to school policies.)
### School Scenarios with Action Steps

**Student/Staff person is confirmed or symptomatic** pending results or a close contact.

<table>
<thead>
<tr>
<th>Scenario 1:</th>
<th>Scenario 2:</th>
<th>Scenario 3:</th>
<th>Scenario 4:</th>
</tr>
</thead>
<tbody>
<tr>
<td>A student/staff person within the school is confirmed to have COVID-19 (tests positive for COVID-19 with a nasal/throat swab).</td>
<td>A student/staff person within the school is symptomatic and lab result for COVID-19 is pending.</td>
<td>A student/staff person within the school is symptomatic and no testing for COVID-19 is done.</td>
<td>A student/staff person within the school is a close contact to a confirmed COVID-19 case.</td>
</tr>
</tbody>
</table>

The student/staff person **AND** all household members of the student/staff person are immediately excluded from school. The confirmed positive student/staff person must isolate at home. The student/staff person must be excluded from school until:

- 10 days since symptoms first appeared **AND**
- 24 hours with no fever (without the use of fever-reducing medication) **AND**
- Symptoms have improved.

Household members and student/staff who are close contacts are excluded for 14 days after their last date of close contact.

For ALL STAFF and STUDENTS ONLY IF the test returns positive, see scenario 1.

The student/staff is excluded from school until the result of the test is available.

If test result is negative and the ill student/staff had close contact to someone with COVID-19, they must still finish their quarantine.

If test result is negative and the ill student/staff had no known exposure to COVID-19, the student/staff person may return based on the guidance for their predominant symptoms (see “Managing Communicable Diseases in Schools”).

Household members and students/staff who are close contacts of the **pending** case with no history of COVID-19 exposure (prior to lab results) should be monitored for symptoms while waiting for test results. They do not need to be excluded from school. If symptoms develop, they should call their medical provider to be tested for COVID-19.

For ALL STAFF and for STUDENTS (only IF they answered YES to any questions in Section 2ª of Screener):

The student/staff person is excluded from school until:

- 10 days since symptoms first appeared **AND**
- 24 hours with no fever (without the use of fever-reducing medication) **AND**
- Symptoms have improved.

Household members and student/staff person who are close contacts: if the individual had close contact with a confirmed case of COVID-19 and suspicion for COVID-19 are high, they may need to be excluded from school. Consult your local health department.

Otherwise, household members and student/staff person who are close contacts do not need to be excluded from school. If symptoms develop, they should call their medical provider to be tested for COVID-19.

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^Symptoms for students: subjective fever, or temperature of 100.4 or greater, cough, difficulty breathing, sore throat, diarrhea, vomiting, abdominal pain, severe headache.

^Symptoms for staff: New or worsening: subjective fever, or temperature of 100.4 or greater, cough, difficulty breathing, sore throat, muscle aches, vomiting, diarrhea, new loss of taste or smell (Source: Should we be screening employees, Content of screening questions)
Household member of a student within the school is confirmed or symptomatic pending results or a close contact.

<table>
<thead>
<tr>
<th>Scenario 1:</th>
<th>Scenario 2:</th>
<th>Scenario 3:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Household member of a student within the school has been confirmed to have COVID-19.</td>
<td>Household member of a student within the school is symptomatic, pending results, and has had close contact with a known case.</td>
<td>Household member of a student within the school has had close contact to a known case of COVID-19.</td>
</tr>
<tr>
<td>Students who live in the same house with a COVID-19 positive person are excluded from school while the household member is in isolation (10 days). The student must quarantine for 14 days after the last date of close contact with that household member during their isolation period. *Quarantine may be longer than 14 days, if household members cannot isolate from each other.</td>
<td>Students who live in the same household with the family member are excluded from school until test results are in. If the household member is positive, see scenario 1. If the household member is negative, student may be able to return to school unless household member is determined to be a probable case of COVID-19.</td>
<td>Student can remain in school but should be monitored. They do not need to be excluded from school. If COVID-19 symptoms develop in the household member, students should be excluded from school, and should be treated as in Scenario 1 pending results.</td>
</tr>
</tbody>
</table>

*Close contact with a confirmed COVID-19 case is defined as being within 6 feet of a person who has tested positive for at least 15 minutes with or without a mask. Public health authorities may determine that distances beyond 6 feet can still result in high-risk exposures based on other considerations and circumstances in each particular case.

How Does COVID-19 Spread?

COVID-19 can spread by droplets (most likely), aerosols (less likely), and objects (least likely).

**Respiratory Droplets**

Respiratory droplets are small particles that enter the air when we cough, sneeze, laugh, yell, and talk. They are little flecks of spit. Respiratory droplets tend to settle out of the air after traveling several feet from the person that released them. Respiratory droplets can also spread directly by kissing or sharing personal items like food, drinks, vape pens, silverware, or other things that go from one person’s mouth to another. We can reduce the spread of droplets to each other by wearing face coverings, avoiding large crowded groups, and staying more than 6 feet apart from each other.
Aerosols
Aerosols are even smaller particles that are created when we breathe, talk, sing, sneeze, or cough. They are lighter and can stay suspended in the air much longer than respiratory droplets. Once aerosol particles settle, they dry up quicker than respiratory droplets. We can reduce the spread of aerosols by increasing outdoor air ventilation or filtering air that is being recirculated.

Objects
Objects can spread the COVID-19 virus when respiratory droplets or aerosols settle on them, leaving germs behind or if someone has the COVID-19 virus on their hands from touching their nose or mouth then touches an object. COVID-19 virus may be present on objects anywhere between a few hours to a few days depending on the material. We can reduce the spread of COVID-19 through objects by frequent handwashing, not touching our face, frequent cleaning and disinfection of high touch surfaces, and use of automatic or touchless controls.

How Do We Get Infected with COVID-19?

There is more to consider than whether you were less than 6 feet away from an infected person for 15 minutes. Additional factors include the intensity, frequency, and duration of exposure to someone contagious with COVID-19. Were you exposed to enough virus that your immune system couldn’t fight it off and you end up getting sick?

Intensity of Exposure
The intensity of exposure refers to the quantity of virus fragments you were exposed to. Was the sick person actively contagious when you were with them? Were they coughing and sneezing without a mask on versus having no symptoms with a mask on? Did you kiss them? Did you share personal items like a drink or a vape pen? Did you sit right next to them and have a face-to-face conversation or were you 6 feet away with your back to them? You can see how some situations can cause you to be exposed to a lot more virus than other situations. The more virus you are exposed to, the more likely you are to get sick.

Frequency of Exposure
The frequency of exposure refers to how often you had contact with someone who was contagious. If you had a brief face-to-face conversation with a teacher each day for several days while the teacher was contagious with COVID-19, those exposures may add up to be enough to overwhelm your system and lead to an infection.

Duration of Exposure
The duration of exposure refers to how long you were exposed. If you were in a classroom with someone contagious with COVID-19 for 6 hours a day for several days, yet your seat was not within 6 feet of them, you may still have had a long enough duration of exposure to that person to be at higher risk for developing COVID-19.

Personal Health
Your personal health, like the strength of your immune system, plays a part in whether or not you will be infected, as does whether you were using all the COVID-19 risk reduction methods possible.
When a Student Should Stay Home and Will Be Sent Home

Students should not go to school or any school activities (including sports) if they have symptoms of COVID-19. If symptoms of COVID-19 start while at school, they will need to be sent home. The complete list of symptoms are listed on the CDC website at https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html. The CDC recommends a shorter list be used for screening students to avoid unnecessary exclusions of students who do not have COVID-19. Screening students for illness and return to school decisions should include:

1. Symptom Screen: Students with any of the following symptoms should be excluded from school:
   - Temperature 100.4 degrees Fahrenheit or higher when taken by mouth
   - Sore throat
   - New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline)
   - Diarrhea, vomiting, or abdominal pain
   - New onset of severe headache, especially with a fever

2. Evaluation for COVID-19 Exposure Risks: To determine needed follow up and return to school for students with any of the above symptoms, determine if they have any of the following risks for COVID-19 in the prior 14 days:
   - Had close contact with a person with confirmed COVID-19
   - Had close contact with person under quarantine for possible exposure to COVID-19
   - Had travel history

If the student has one of the symptoms above and ANY of the exposure risks, the parent or guardian of the student will be instructed to call their health care provider, or if they do not have a health care provider, to follow up with a local clinic or urgent care center. The parent or guardian can also call 2-1-1 or go to www.mi.gov/coronavirustest to find the closest location to have the student tested for COVID-19.

For Students that Have Symptoms of COVID-19 AND have ANY of the High Risk Exposures:

If the health care provider and testing find:
Child has symptoms of COVID-19 and tests positive for COVID-19 with a nasal/throat swab*:
   - Keep out of school until it has been at least 10 days from the first day of symptoms AND they have been without fever for 24 hours AND symptoms are improving.
   - There is no need to get a “negative test” or a doctor’s note to clear the child or staff to return to school if they meet these criteria
   *If they have symptoms, they must stay out of school until test results are available

Child has symptoms of COVID-19 and no testing for COVID-19 was done:
   - Keep out of school until it has been at least 10 days from the first day they had symptoms AND they have had 24 hours with no fever and have improving symptoms.
Child has symptoms of COVID-19 and tests negative for COVID-19*:

- If they were exposed to COVID-19 within past 14 days (i.e., a close contact to a case of COVID): They must complete their full 14-day quarantine.
- Otherwise, they may return based on the guidance for their symptoms (see “Managing Communicable Diseases in Schools”)*if they have symptoms, they must stay out of school until test results are available

For Students that Have Symptoms of COVID-19 AND have NONE of the High Risk Exposures:

- Keep out of school until they have met the guidance for their symptoms (see “Managing Communicable Diseases in Schools”)

For Staff (see also Appendix A)

Symptoms recommended for employee screening per the MI Symptom Screener include any of the following that are new/different/worse from baseline of any chronic illness:

One of:
- Subjective fever, or temperature of 100.4 or greater
- Cough
- Shortness of breath
- New loss of taste or smell

OR Two of:
- Muscle aches without another explanation
- Chills
- Sore throat
- Headache
- Vomiting or diarrhea

Any adult working in the schools with any of these symptoms should be excluded from work and encouraged to follow up with their healthcare provider. They should not return until it has been:

- At least 24 hours with no fever without fever-reducing medication AND
- Symptoms have improved AND
- At least 10 days since symptoms first appeared OR they have a negative COVID-19 test.

(Employers should not require sick employees to provide a COVID-19 test result or healthcare provider’s note to validate their illness, qualify for sick leave, or return to work.)

Child or staff that has been exposed to COVID-19 but has no symptoms:

- Must be in quarantine (exclude from school) for 14 days from the last day they were exposed

See “Back to School during a Pandemic” for an infographic on the information found in this section.
International Travel

Since COVID-19 transmission is still high at a global level, all international travelers should stay home for 14 days after returning from travel, monitor their health, and practice social distancing. Students who are excluded from school should be afforded the opportunity, to participate in classwork if able, and to make up any missed classwork without penalty in order to reduce mental or physical anxieties about missed academic opportunities.

CDC Materials

- Handwashing is your Superpower!
- Wash your Hands!
- Stop the Spread of Germs that can make you and others sick!
- Stop the Spread of Germs
- Please Wear a Cloth Face Covering
- Wear a Cloth Face Covering to Protect You and Your Friends
- Symptoms of Coronavirus (COVID-19)
- Help Protect Yourself and Others from COVID-19
- Slow the Spread of COVID-19
- Do it for Yourself and Your Friends
- What Your Test Results Mean
- K-12 Students: Did You Wash Your Hands?
- K-12 Students: Don’t Feel Well? Stay Home When You are Sick
- K-12 Students: Keep Space Between Yourself and Others
- K-12 Students: Don’t Let Your Germs Go for a Ride
- K-12 Students: Class Rules

VIDEO: How to Wear a Cloth Face Covering
Appendix A

COVID-19 Workplace Health Screening

Company Name: ________________________________________________________________
Employee: ____________________________________________________________ Date: ______________________

Time In: ____________________

1. In the last 14 days, have you developed any of the following symptoms that are new/different/worse from baseline of any chronic illness:

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Subjective fever, or temperature of 100.4 or greater</td>
<td>□</td>
<td></td>
</tr>
<tr>
<td>New or worsening cough</td>
<td>□</td>
<td></td>
</tr>
<tr>
<td>Shortness of breath or difficulty breathing</td>
<td>□</td>
<td></td>
</tr>
<tr>
<td>New loss of taste or smell</td>
<td>□</td>
<td></td>
</tr>
</tbody>
</table>

2. In the last 14 days, have you developed any of the following symptoms that are new/different/worse from baseline of any chronic illness:

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chills</td>
<td>□</td>
<td></td>
</tr>
<tr>
<td>Headache</td>
<td>□</td>
<td></td>
</tr>
<tr>
<td>Sore throat</td>
<td>□</td>
<td></td>
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<tr>
<td>Runny nose or congestion</td>
<td>□</td>
<td></td>
</tr>
<tr>
<td>Muscle aches</td>
<td>□</td>
<td></td>
</tr>
<tr>
<td>Abdominal pain</td>
<td>□</td>
<td></td>
</tr>
<tr>
<td>Fatigue</td>
<td>□</td>
<td></td>
</tr>
<tr>
<td>Nausea</td>
<td>□</td>
<td></td>
</tr>
<tr>
<td>Vomiting</td>
<td>□</td>
<td></td>
</tr>
<tr>
<td>Diarrhea</td>
<td>□</td>
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</tr>
</tbody>
</table>

What is your current temperature?

DISCLAIMER: This screening tool is subject to change based on the latest information on COVID-19

If you answered YES to any of the symptoms listed in section 1, OR YES to two or more of the symptoms listed in section 2, OR your temperature is **100.4°F or higher**, please do not go into work. Self-isolate at home and contact your primary care physician’s office for direction.

In the past 14 days, have you:

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Had close contact with an individual diagnosed with COVID-19?</td>
<td>□</td>
<td></td>
</tr>
<tr>
<td>Traveled Internationally?</td>
<td>□</td>
<td></td>
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</tbody>
</table>

If you answered YES to either of these questions, please do not go into work. Self-quarantine at home for 14 days and contact your primary care physician’s office. If you are given a probable diagnosis or test positive call your local health department to ensure they are aware.

Signature: __________________________ Date: __________

For resources, visit bldhd.org. Contact Jamie Leyland-231-882-6366 or Michelle at 231-256-0210. August 28, 2020
COVID-19 School Health Screening Agreement

Instructions for Parents and/or Guardians

For the health and safety of our students, the local public health department requires students to be screened for symptoms of COVID-19 before entering the school building. The local public health department and CDC do not recommend that on site screening be conducted by schools due to the time and interruption to education this would cause.

We ask that you complete the steps of the student screening below, prior to sending your child to school, school activities, or sports. Your completion of this form (Appendix B page 1) affirms your understanding and agreement to perform daily symptom screenings for your child.

By signing this form, I am committing to screening my child daily for the 2020-2021 school year, unless otherwise directed. I also understand that it is my responsibility to call [THE SCHOOL] as soon as possible to let them know if my child is not going to school due to potential COVID-19 symptoms.

I commit to screening my child __________________________ for COVID-19 symptoms and exposure.

Parent(s)/ Guardian(s) Name: _______________________________________________________

Address: ______________________________________________________________________

Phone Number: ________________________________________________________________

Parent or Guardian Signature: ____________________________________________________

Date: __________________
Student Screening

Screen your child for the following symptoms daily before they leave for school. Follow the directions below if your child displays symptoms or has been exposed.

**Symptoms**
- ☐ Temperature 100.4 degrees Fahrenheit or higher
- ☐ Sore throat
- ☐ New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline)
- ☐ Diarrhea, vomiting, or abdominal pain
- ☐ New onset of severe headache, especially with a fever

**Close Contact/Potential Exposure**
In the past 14 days, has your child:

- ☐ Had close contact (within 6 feet of an infected person for at least 15 minutes) with a person with confirmed COVID-19: OR
- ☐ Had close contact (within 6 feet of an infected person for at least 15 minutes) with person under quarantine for possible exposure to COVID-19: OR
- ☐ Had a travel history

If the answer is **YES** to any of the symptom questions, keep your child(ren) home from school.

If the answer is **YES** to any symptoms question and **YES** to any close contact/potential exposure question, call the school as soon as possible to let them know the reason your child(ren) won’t be there today. Call your healthcare provider right away. If you don’t have one or cannot be seen, go to [www.mi.gov/coronavirustest](http://www.mi.gov/coronavirustest) or call 2-1-1 to find a location to have your child(ren) tested for COVID-19.

If the answer is **YES** to any of the symptom questions, but **NO** to any close contact/potential exposure questions, your student may return based on the guidance for their symptoms (see “Managing Communicable Diseases in Schools”):

- Fever: at least 24 hours have passed with no fever, without the use of fever-reducing medications
- Sore throat: improvement (if strep throat: do not return until at least 2 doses of antibiotic have been taken);
- Cough/Shortness of breath: improvement
- Diarrhea, vomiting, abdominal pain: no diarrhea or vomiting for 24 hours
- Severe headache: improvement

**DISCLAIMER:** This screening tool is subject to change based on the latest information on COVID-19.

Source: Centers for Disease Control and Prevention; [Screening K-12 Students for Symptoms of COVID-19: Limitations and Considerations](http://www.mi.gov/coronavirustest)
Contact Tracing

Contact Tracing is a public health tool that is used to help stop the spread of certain communicable diseases. For schools, it involves identifying others that may have had recent close contact with a person confirmed to have the virus and giving that information to the local public health department. The local public health department will provide guidance on how to stay safe, protect others, and quarantine to prevent further spread of the virus.

Quarantine separates people who were exposed to a contagious disease from others in order to monitor them for development of symptoms or illness. This is important because people who are infected with COVID-19 are contagious two days before they develop any symptoms. Therefore, unless they are kept separated from other people, they may spread the illness without even knowing it. Since close contacts are not yet known to be infected, the contacts to those contacts do not need to be in quarantine and do not need to be identified or contacted. Not every close contact will get COVID-19, but, because it is a contagious virus, we must be cautious.

This form is intended to assist the local public health department in identifying close contacts within the school. Please return this form to the local health department as soon as possible. Also, a blank form can be shared with parents to identify any close contacts outside of school.

### Staff or student has a positive nasal/throat test.

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<tr>
<th></th>
<th>For symptomatic cases</th>
<th>For asymptomatic positive tests</th>
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<tbody>
<tr>
<td>Date symptoms started</td>
<td>____ / ____ / ____</td>
<td>Test date: ____ / ____ / ____</td>
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<tr>
<td>48 hours prior to this</td>
<td>____ / ____ / ____</td>
<td>48 hours prior to test date: ____ / ____ / ____</td>
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Dates staff or student attended school starting from 48 hours from onset of symptoms (or test date)

____ / ____ / ____ through ____ / ____ / ____

**Close contacts** * on those dates (additional space on back)

<table>
<thead>
<tr>
<th>Date</th>
<th>Contact Name (if a minor include parent/guardian’s name)</th>
<th>Phone Number</th>
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* A close contact is someone being within 6 feet (about 2 arms’ length) of an infected person for at least 15 minutes. Public health authorities may determine that distances beyond 6 feet can still result in high-risk exposures based on other considerations and circumstances in each particular case.
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<th>Date</th>
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What happens when someone at school gets COVID-19?

1. The school and health department learn about someone with COVID-19 (someone diagnosed with COVID-19 is a "case").

Only a select few at the school will know the identity of the person. They help the health department figure out who were close contacts to the case. The person’s identity is kept confidential to respect their privacy as well as following regulations of FERPA (for schools) and HIPAA (for the health department).

2. Close contacts are identified and notified.

What is a close contact? It typically is someone being within 6 feet (about 2 arms’ length) of an infected person for at least 15 minutes.

A person with COVID-19 is considered contagious starting 2 days (48 hours) before they started having symptoms. If they never have symptoms, they are considered contagious starting 2 days (48 hours) before their COVID-19 test was performed.

Close contacts are at risk of getting sick, and must be identified and be in quarantine. Quarantine separates people who were exposed to a contagious disease to see if they become sick.

...but what about contacts to close contacts?

Since close contacts are not yet known to be infected, the contacts to those contacts do not need to be in quarantine and do not need to be identified or contacted.

EXAMPLE

Bob sits next to Fred in class. Fred gets sick with COVID-19. Bob needs to be quarantined, even though he is healthy at this time. Bob plays on the football team, and Fred does not. No one on the football team has been near Fred. Therefore, the football team does not need to be quarantined. Hopefully, Bob will not get sick and will be back to school and football in a couple of weeks.
Cohorts help to limit COVID-19 contacts

Cohorts: Keep close contacts to a minimum

- One technique to minimize the number of people that need to be excluded from school is to group children together consistently.

Meet the Tadpole Pod!
- This group of second graders has been assigned to a "pod". Their classroom has 4 pods of 5 children each.
- This group of students sits next to each other in the classroom, while still staying as far apart as practicable.
- They eat lunch together, travel the halls together, and go to recess together.

Meet the Wildcat Bubble.
- This group of ninth graders has been assigned to a "bubble". There are many bubbles of 9th graders at their school.
- This group of students sits next to each other in the classroom, while still staying as far apart as practicable. They stay in the same room for math, English, and history, and their teachers come to them. They eat lunch together.

Cohorting can happen at many levels.

- Small groups of 4-8 students -- breaking up a classroom, in space or time
- Classroom level -- keeping classrooms as contained as possible

Because cohorts keep the number of different people interacting to a minimum, it’s a way to limit the number of close contacts that need to be quarantined if one person develops COVID-19.
How does COVID-19 spread?

**DROPLETS** Respiratory droplets are small particles that enter the air when we cough, sneeze, laugh, sing, yell, and talk. Basically, they are little flecks of spit. Droplets tend to settle out of the air after traveling several feet from the person that released them. Droplets can also spread directly by kissing or sharing personal items like drinks, vape pens, silverware, or other things that go from one person’s mouth to another.

We can reduce the spread of respiratory droplets to each other by wearing face coverings, avoiding large crowded groups, and staying more than 6 feet apart from each other.

**AEROSOLS** Aerosols are even smaller particles that are created when we breathe, talk, sing, sneeze, or cough. They are lighter and can stay in the air much longer than respiratory droplets but dry up more quickly.

We can reduce the spread of aerosols by increasing outdoor air ventilation or filtering air that is being recirculated.

**OBJECTS** Objects can spread the COVID-19 virus when respiratory droplets or aerosols settle on them, leaving germs behind or if someone has the coronavirus on their hands from touching their nose or mouth than touches an object. COVID-19 appears to stay on object for one to three days.

We can reduce the spread of COVID-19 by objects by frequent handwashing, not touching our face, frequent cleaning and disinfection, and use of automatic or touchless controls.
What are the chances of catching COVID-19?

While the definition of a close contact for COVID-19 is being 6 feet away from an infected person for 15 minutes or more, other factors can also come into play.

**INTENSITY OF EXPOSURE**

The intensity of exposure refers to how much virus you were exposed to.

- Was the sick person really contagious when you were exposed to them?
- Were they coughing and sneezing without a mask on versus having no symptoms with a mask on? Did you kiss them?
- Did you share personal items like a drink or a vape pen?
- Did you sit right next and have a face to face conversation to them or were you 6 feet away with your back to them?

The more virus you are exposed to, the more likely you are to get sick.

**DURATION OF EXPOSURE**

The duration of exposure refers to how long were you exposed. If you were in a classroom with someone contagious for COVID-19 for 6 hours a day while they were contagious for several days, yet your seat was not within 6 feet of them, you may still have had a long enough duration of exposure to that person, particularly to aerosols and objects in that classroom.

**PERSONAL HEALTH**

Your personal health, like how good your immune system is, also plays a part in whether or not you will get infected, as does whether you were using all the COVID-19 risk reduction methods possible.

**AGE**

Age also seems to play a part in risks for COVID-19. Children may be at lower risk of catching COVID-19 and children may be a lower risk of spreading COVID-19 to others, both to other children and adults.
Who might be a close contact?

**CLASSMATES**
Classmates sitting or often within 6 feet of someone with COVID-19, either in the classroom or on the bus, for 15+ minutes.

**LUNCH MATES**
Lunch mates of person with COVID-19 if sitting within 6 feet for 15+ minutes. This is a higher risk time as face coverings cannot be worn.

**PLAY MATES**
Playmates on the playground or in gym within 6 feet of someone with COVID-19 for 15+ minutes.

**TEAMMATES**
Sports teammates within 6 feet of someone with COVID-19 for 15+ minutes.

**OPPOSING TEAMMATES**
Opposing teammates in sporting events that shared time on the field or court and were within 6 feet of someone with COVID-19 for 15+ minutes.

**OTHER CLASSMATES**
Any others that had interactions with someone with COVID-19 lasting over 15 minutes in confined areas such as bathrooms, office room, where distancing of 6 feet is difficult.

**ENTIRE CLASSROOMS**
If the contagious individual is a teacher and was frequently less than 6 feet away from students while teaching, the entire class may need to be on quarantine.

**OTHERS**
Public health authorities may determine that distances beyond 6 feet or less than 15 minutes can still result in high-risk exposures based on other considerations and circumstances in each particular case.

**OTHERS**
Any other person outside of school that had similar exposure to a contagious individual is considered a close contact.

Version: 7/28/2020
DISCLAIMER: This information was developed based on the latest information, but is subject to change at any time.
When a student should stay home or may be sent home

Students should not go to school or any school activities or sports if having symptoms of COVID-19. If they start having symptoms of COVID-19 while at school, they will need to be sent home. They may return based on the guidance for their diagnosis (See “Managing Communicable Diseases in Schools”) unless they are at risk for COVID-19 exposure.

As long as there are cases of COVID-19 in the community, there will be no way to prevent all risks of COVID-19 spread in schools. The goal is to keep the risk as low as possible and keep school and school activities as safe as possible.

If your child has been placed into isolation or quarantine for COVID-19, they may not attend school.

1. **SYMPTOMS OF COVID-19 (CDC VERSION FOR K-12)**
   (If new, different, or worse than any longstanding conditions)
   - Temperature 100.4 or signs of fever (chills/sweating)
   - Sore throat
   - New uncontrolled cough that causes difficulty breathing
   - Diarrhea, vomiting, or abdominal pain
   - New onset of severe headache

2. **IS YOUR CHILD AT RISK FOR EXPOSURE TO COVID-19?**

   Students are at higher risk for COVID-19 if in the past 14 days:
   - Had close contact with a person with confirmed COVID-19
   - Had close contact with person under quarantine for COVID-19
   - Have a history of travel

   If "YES" to any questions in Section 1, and "NO" to all questions in Section 2, student should stay out of school until they meet criteria for return based on their symptoms.

   If "YES" to any question in Section 1, and "YES" to any question in Section 2, student should stay out of school, and be evaluated by their healthcare provider and possibly receive COVID-19 testing.

   If "NO" to all questions in Section 1, and "YES" to any questions in Section 2, students need only be excluded from school if they have had close contact to someone with confirmed COVID-19, as they should be in quarantine.

   If you are asked to get a medical evaluation for your child, you may call your health care provider, or to follow up with a local clinic or urgent care center. You can also call 2-1-1 or go to www.mi.gov/coronavirustest to find the closest testing location. While testing is not required, students may need to be excluded from in-person instruction for a longer period of time.

SEE NEXT PAGE
When a student should stay home or may be sent home

**HOW LONG MUST THEY STAY OUT OF SCHOOL?**

If your child has symptoms of COVID-19, and tests positive for COVID-19

Keep out of school until it has been at least 10 days from the first day they had symptoms, they have had 24 hours with no fever and other symptoms have improved. There is no need to get a “negative test” or a doctor’s note to clear the child or staff to return to school if they meet these criteria.

If your child has symptoms of COVID-19, has risk for exposure to COVID-19, and no testing has been done (or results are pending)

Keep out of school until it has been at least 10 days from the first day they had symptoms, they have had 24 hours with no fever and other symptoms have improved.

If your child has symptoms of COVID-19, has risk for exposure to COVID-19, and tests negative for COVID-19

Your student may return based on the guidance for their symptoms (see “Managing Communicable Diseases in Schools”):

- **Fever**: at least 24 hours have passed with no fever, without the use of fever-reducing medications
- **Sore throat**: improvement in symptom (if strep throat: do not return until at least 2 doses of antibiotic have been taken);
- **Cough/Shortness of breath**: improvement in symptom
- **Diarrhea, vomiting, abdominal pain**: no diarrhea or vomiting for 24 hours
- **Severe headache**: improvement in symptom
COVID-19
SCHOOL TOOLKIT

Definitions

**Coronavirus:** Coronavirus Disease (COVID-19) is an illness caused by a virus that can spread from person to person. The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.

**Contact Tracing:** A strategy for slowing the spread of disease in which public health workers communicate with infectious people to identify their contacts. They then follow up with those contacts to provide guidance on how to quarantine themselves and what to do if they develop symptoms of disease.

**Quarantine:** The practice of keeping someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine must stay home (usually 14 days), separate themselves from others, monitor their health, and follow directions from their state or local health department.

**Isolation:** The practice of separating people infected with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected. People who are in isolation (usually for 10 days) must stay home until it’s safe for them to be around others. In the home, anyone sick or infected must separate themselves from others by staying in a specific “sick room” or area and using a separate bathroom (if available).

**Close Contact:** A person who was within 6 feet of a person infected with COVID-19 for more than 15 minutes with or without a mask.

Examples of close contacts include individuals who were close to a person who is infected with COVID-19 by providing care to them at home, sharing a living space, having direct physical contact with them (touched, hugged or kissed them), and sharing eating or drinking utensils. People may also be close contacts if they were somehow exposed to droplets from an infected person (sneezed or coughed on).

**Types of Masks:**
- **Cloth Face Coverings:** Cloth face coverings are masks made from material that are meant to cover your nose and mouth and to be secured under the chin and are not considered personal protective equipment (PPE). These are effective in reducing the spread of the virus.

- **Surgical Masks:** Surgical masks were originally intended to be worn by health professionals and are considered personal protective equipment. These are effective in reducing the spread of the virus.

- **N95 or N95 respirator:** A N95 mask, also known as a respirator, filters particles that meet a certain standard for air filtration, meaning that it filters at least 95% of airborne particles. These are recommended only for use by healthcare personnel who need protection from both airborne and fluid hazards (e.g., splashes, sprays).
Recommended Scripts for School Community

**General COVID-19 Exposure in a School Setting**

“We recently became aware of a [staff member/student/child] in our [school/childcare] setting that tested positive for COVID-19. We found out on [Insert Date Here] that the test came back positive. We are responsible for informing all [staff member/students/child(ren)] who are considered “close contacts” by the CDC guidelines. If you are required to quarantine because of an exposure, we will contact you. If your [student/child] does not qualify as a close contact, you will not hear from us. We want to protect the confidentiality of this person unless there is a reason to inform you of this person’s identity. At this time, it is our role to tell all the families of [Insert School/Program Name Here] that we are moving forward under the guidance of the Benzie-Leelanau Health Department and that all measures have been taken to protect the wellbeing of your child(ren). Please monitor for onset of symptoms related to COVID-19, including fever, cough, difficulty breathing, headache, sore throat, runny nose/congestion, diarrhea, or new fatigue. If you note any change in the health of your child, please call your regular medical provider. A health professional from the Benzie-Leelanau District Health Department will be contacting you for further information and to answer your questions. You may also contact the health department at 231-882-6366 or email to hotline@bldhd.org.”

**COVID-19 Exposure in a Specific Group in School Setting:**

“A [staff member/student] involved with [Insert Group Name] was exposed to COVID-19. When the [staff member/student] became aware of this exposure, they were tested. The [staff member/student] was with the [Insert Group Name] on [Insert Date Here] for approximately [Insert Amount of Time]. If you are required to quarantine because of an exposure, we will contact you. If your [student/child] does not qualify as a close contact, you will not hear from us. We want to protect the confidentiality of this person unless there is a reason to inform you of this person’s identity. At this time, it is our role to tell all the families of [Insert School/Program Name Here] that we are moving forward under the guidance of the Benzie-Leelanau District Health Department and that all measures have been taken to protect the wellbeing of your child(ren). Please monitor for onset of symptoms related to COVID-19, including fever, cough, difficulty breathing, headache, sore throat, runny nose/congestion, diarrhea, or new fatigue. If you note any change in the health of your child, please call your regular medical provider. A health professional from the Benzie-Leelanau District Health Department will be contacting you for further information and to answer your questions. You may also contact the health department at 231-882-6366 or email to hotline@bldhd.org.”
Who must stay home or will be sent home?

**Isolation** is for people who are already sick. Isolation separates and restricts sick people so they can’t spread the disease to healthy people.

**Quarantine** is for people who are not sick but may have been exposed. Quarantined people may or may not become sick.

- Anyone in isolation or quarantine for COVID-19.
- Anyone who has symptoms of COVID-19.
  - Temperature 100.4 or signs of fever (chills/sweating)
  - Sore throat
  - New or worsening cough
  - Difficulty breathing
  - Diarrhea, vomiting, or abdominal pain
  - New onset of severe headache
  
  *CDC: New uncontrolled cough that causes difficulty breathing

- Anyone who is considered a close contact that had a potential exposure within the last 14 days.
  - A person who was within 6 feet for at least 15 minutes of a confirmed COVID-19 case or someone under quarantine for possible exposure to COVID-19.
  - Public health authorities may determine that distances beyond 6 feet or less than 15 minutes can still result in high-risk exposures based on other considerations and circumstances in each particular case.
  - A person with a history of travel.

If excluded, you may not return to school or any school activity until authorized by public health. For a medical evaluation and/or COVID-19 testing, contact your health care provider or call 2-1-1 for resources.

How long do they have to stay home and out of school?

If symptomatic AND tests positive for COVID-19 OR has risk for exposure but no testing (or results are pending), stay home:
- for at least 10 days from the first day symptoms started
- and until no fever and other symptoms have improved for at least 24 hours.

If symptomatic BUT has no known risk for exposure OR tests negative for COVID-19, stay home:
- until no fever, without the use of fever-reducing medications, for 24 hours
- and other symptoms have improved for at least 24 hours.

A person with COVID-19 is considered contagious starting 2 days (48 hours) before they started having symptoms. If a person never had symptoms, they are considered contagious starting 2 days (48 hours) before their COVID-19 test was performed.

If someone is awaiting test results, their household members must stay home until results are in.

Classmates, and other close contacts of a symptomatic but undiagnosed person, or a quarantined person may continue to attend school and should monitor for symptoms. They do not need to be excluded from school.
HANDBSING is your superpower!

FIGHT OFF GERMS!

WASH YOUR HANDS!

cdc.gov/coronavirus
Hands that look clean can still have icky germs!  

**WASH YOUR HANDS!**

1. Wet
2. Get Soap
3. Scrub
4. Rinse
5. Dry

This material was developed by CDC. The Life is Better with Clean Hands campaign is made possible by a partnership between the CDC Foundation, GOJO, and Staples. HHS/CDC does not endorse commercial products, services, or companies.
Stop the spread of germs that can make you and others sick!

- Wash your hands often
- Wear a cloth face cover
- Cover your coughs and sneezes
- Keep 6 feet of space between you and your friends

CDC.gov/coronavirus
Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

Stay at least 6 feet (about 2 arms’ length) from other people.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.

When in public, wear a cloth face covering over your nose and mouth.

Do not touch your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

cdc.gov/coronavirus
Please wear a cloth face covering.

Maintain a distance of 6 feet whenever possible.

cdc.gov/coronavirus
Wear a Cloth Face Covering to Protect You and Your Friends

**PUT ON**
- Wash your hands
- Place over nose and mouth
- Make sure you can breathe easily

**TAKE OFF**
- Take off your face covering
- Fold outside corners together
- Put aside for washing
- Wash your hands

Wash your hands often, wear a mask, and stay 6 feet from others.
Symptoms of Coronavirus (COVID-19)

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

- Cough
- Fever
- Chills
- Muscle pain
- Shortness of breath or difficulty breathing*
- Sore throat
- New loss of taste or smell

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

*Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.
Help Protect Yourself and Others from COVID-19

Stay 6 feet from others

Wear a cloth face covering

Wash your hands often

cdc.gov/coronavirus
Wash your hands often when out with your friends, wear a cloth face covering. Clean frequently touched objects. Do not touch your eyes, nose, and mouth. Cover your coughs and sneezes. Stay home if you are sick.

And stay 6 feet apart from others.

Visit cdc.gov/coronavirus for more information.
Do it for Yourself and Your Friends

If you have or think you have COVID-19
Stay home, get rest, and hydrate

And later you can...

cdc.gov/coronavirus
What Your Test Results Mean

If you test positive, stay home
- Separate yourself from others
- Rest & hydrate

If you test negative, prevent getting sick by
- Social distance
- Wear a face covering
- Wash your hands

cdc.gov/coronavirus