

**SEARCH Day Program Health Office COVID-19 Return to School Plan (7.8.20)**

## SEARCH Day Program

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Per Executive Order 104 (2020) and Executive Order 107 (2020), effective Wednesday, March 18, 2020, all New Jersey public, private and parochial schools from Pre-Kindergarten to grade 12 will be closed to students as a result of COVID-19 and education will continue remotely, for as long as the Orders remain in effect.

The purpose of this plan is to outline the SEARCH Day Program return to school guidelines and re-opening of campus after the COVID-19 pandemic by phases as recommended by the CDC. These guidelines have been carefully considered to address and promote the safety, health, and welfare of our community.

As the summer unfolds, and we receive additional guidance from the Governor's office, NJDOH, NJDOE, and the CDC, we will update and adapt our plans accordingly.

On July 1, 2020, SEARCH Day Program revised the SEARCH Day Program Health Office COVID-19 Return to School Plan according to Executive Order 149.

**I. Staff training**

On June 16, 2020, staff training conducted by the school principal, supervisor, and school nurse to address the basic principles of social distance, emergency first aid, infection control, hand washing practices, personal protective equipment (PPE) and COVID-19 signs and symptoms.

During the first week of back on the campus, the school nurse will be conducting the annual mandatory training on blood borne pathogens.

**II. Screening and Admittance**

Persons that have a fever of 100.4° or above or other signs of COVID-19 illness should not be admitted to SEARCH Day Program.

- A. Designated and trained faculty will screen the staff for fever or signs of COVID-19 illness before being permitted to enter the facility at four entry points: HERSH Building FRONT Entrance, HERSH Building SIDE Entrance, IVY Building Entrance, and CLC Entrance.
- B. At the bus exit, the students will be screened by designated and trained faculty, for fever or signs of COVID-19 illness before being permitted to enter the facility or participate in school programming.

Symptoms related to COVID-19 include:

- 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

Daily health surveillance screening for students/staff will be documented when signs and symptoms of illness are observed. See Appendix A

Any students or staff will be isolated and removed if symptoms are related to COVID-19. The school nurse will follow current Communicable Disease Service Guidance for illness reporting <https://www.nj.gov/health/cd/>

### **III. Face masks, Infection Control and Social distancing strategies**

#### **A. Face coverings**

Staff and students will wear face coverings when social distancing of 6 feet between individuals and/or assigned groups cannot be maintained, except where doing so would inhibit that individual's health. Additionally, staff and students are encouraged to wear face coverings unless (1) doing so would inhibit the individual's health, (2) the individual is in extreme heat outdoors, or (3) the individual is in the water.

#### **B. Infection Control Strategies**

Search Day Program implements the following prevention and mitigation strategies to slow and limit COVID-19 exposure and spread:

- i. Approximately 50% of the students:
  - On July 13 2020, Group I, will resume education in person for consecutive three weeks then switch with Group II (approximately 50% of remaining students)
- ii. During ESY 2020-2021, early dismissal days
- iii. Communicate and educate staff, parents, and students in COVID-19 safety measures including:
  - Staying home when ill
  - Proper hand hygiene and respiratory etiquette
  - Wearing face coverings
  - Avoiding touching your face as much as possible
  - Reporting illnesses and symptoms to the school nurse immediately
- iv. Face coverings are encouraged to be worn by students and are most essential in times when physical distancing is difficult to maintain. It is

understood that face coverings may be challenging to students (especially younger ones) to wear in all-day settings such as school

- Students and faculty are treated as groups/cohorts. The students may not wearing face covering within classroom/cohort/group
  - Students encourage to wear face covering when transition or in common /public areas
- v. Allocate time for handwashing
- vi. Hand sanitizers stations installed in the common areas such as hallways, front lobbies, at the classes entrances. Hand sanitizers are available for the faculty
- vii. Implement enhanced cleaning and disinfection procedures using EPA approved disinfectants and following [CDC guidance](#)
- Checklists created and redistributed to the each classroom for implementation and documentation of high touch surface cleaning
  - High touch surface cleaning such as desks, countertops, doorknobs, computer keyboards, hands-on learning items, faucet handles, phones and toys
- viii. Discourage sharing of items that are difficult to clean, sanitize, or disinfect
- Classrooms have been re-arranged to eliminate sharing of classroom supplies, such as toy, book, or other material reinforces; materials for pre-vocational tasks; instructional locations and supplies have been separated in classrooms to reduce potential for cross-contamination.
- ix. Visitor Policy
- Visitors will need to be scheduled in advance with the school office
  - Prior to arrival into the school building, they will be required to submit to a COVID-19 screening and temperature check to be completed by the school nurse, or nurse's designee
  - Visitors will be advised to wear a face covering (unless doing so would inhibit the visitor's health, the visitor is under two years of age, or the face covering is impractical due to a disability).
  - Where possible, meetings (such as parent teachers conferences, IEP's, etc.) will be conducted using various internet platforms for teleconferencing
- x. Ventilation
- Ventilation filters have been routinely changed
  - Windows in the classrooms will be open minimum 3-4 times per day for air circulation

## 1. Sick Day Guidelines (see Appendix B)

### a. Symptoms Requiring Absence

#### i. Infectious Disease Symptoms:

- Fever or fever-like symptoms
  - Temperature above 100.4 F, with, or without the presentation of fatigue/body aches/chills/rigors.
- Respiratory symptoms
  - Cough, congestion, runny nose, sore throat, shortness of breath not appeared to be related to allergies or asthma.
- Gastrointestinal symptoms
  - Diarrhea, vomiting, or severe nausea.
- New unexplained loss of taste or smell  
Student reported or has been notified that they have been in close contact with a sick individual with COVID-like symptoms –OR- a positive COVID-19 case

#### ii. Other Conditions:

- Confirmed non-COVID viral infectious disease
  - Ex: influenza or rhinovirus
- Contagious infections requiring antibiotic treatment, the first 24 hours of various antibiotic treatments
  - Ex: Strep throat or pink eye
- Undiagnosed, new, and/or untreated skin rash or condition
- Doctor's note requiring an individualized plan of care to stay home due to medical concerns.
- Out of state travel in the past 2 weeks
- Any active bleeding conditions or acute situations.

### b. When to Return

- i. If diagnosed with COVID19, with or without positive test and/or symptoms, please refer to [CDC protocol](#) and [NJDOH home isolation for persons diagnosed with COVID-19](#) for return to school or work.
  1. If tested positive: stay home and self-isolate
  2. Individual must self-isolate until 3 full days (72 hours) have passed since a fever without the use of fever-reducing medications **AND**
  3. Other symptoms are greatly improved **AND**
  4. At least 10 days have passed since symptoms first started
  5. **OR**, if no symptoms: stay home 10 days after an individual received positive test results

6. If tested for COVID-19, provide copy of test results to the school nurse
- ii. What if a student/staff has been in close contact with someone who has COVID-19?
    - Individuals have been in close contact with someone who has COVID-19 if:
      1. They live with or care for someone with COVID-19.
      2. They have been within 6 feet of someone with COVID-19 for more than 10 minutes.
      3. They have been in direct contact with secretions from someone with COVID-19 (being coughed on, kissing, sharing utensils, etc.).
  - If notified to self-quarantine due to a close exposure to a COVID + case or person with symptoms, stay home and monitor symptoms for 14 days. Call the New Jersey Department of Health coronavirus hotline **1-800-962-1253** for specific guidance.
    - If an individual has not been in close contact with a person with COVID-19, they are considered low-risk for infection. They can continue to go to work and school but should monitor their health for 14 days.
  - iii. Students/Staff who are close contacts of someone with confirmed COVID-19 and do not have symptoms should:
    1. Not go to work or school and avoid public places except to get medical care for 14 days.
    2. Monitor their health for fever, cough and shortness of breath for 14 days after exposure.
    3. Contact their healthcare provider to let them know they have been exposed if they are pregnant, have medical conditions, or are 60+ years old.
  - iv. Students/Staff that have been exposed to someone with confirmed COVID-19 and have symptoms should:
    1. Not go to work or school and avoid public places except to get medical care.
    2. Self-quarantine for 14 days from the last date of exposure with the person
      - a. It may take 2-14 days for symptoms to develop
    3. Wear a facemask when around other people or pets.
    4. Separate themselves from people and pets in the home and avoid sharing household items.
    5. Practice good hygiene habits: cover coughs and sneezes, wash hands often, clean all “high touch” surfaces daily.

6. Monitor symptoms and seek prompt medical attention if illness worsens. Call ahead before visiting your healthcare provider.
- v. How long students/staff diagnosed with COVID-19 should be excluded from school/work?
    1. After an individual is diagnosed, they will be asked to isolate themselves at home until 7 days after they first developed symptoms **AND** 72 hours (3 days) after their fever has ended without the use of fever reducing medications and symptoms have significantly improved (whichever period is longer).
  - vi. First month after school re-opens
    1. Active vomiting or diarrhea - 72 hours since last episode
    2. Fever - 72 hours fever-free without the use of fever-reducing medication
    3. After 24 hours on antibiotics for variety of bacterial causes
    4. Doctor's note of clearance for various student-specific medical conditions or upon request from school.
  - vii. After the first month
    1. Same as above, with the exception that the 72 hours is reduced to 24 hours symptom-free.
- c. School Support
- i. Students, faculty, and staff have been informed to stay home if they are sick. If an individual presents to school with those mentioned above "Sick Day Guidelines" symptoms, they will need to go home until clearance criteria for school return are met.
  - ii. *Academic*
    1. SEARCH Day Program will continue to support students with acute or chronic health conditions. Short-term absences will be handled on a case-by-case basis with the student in touch with their corresponding Districts. Long-term absences will be evaluated if criteria is appropriate for medical leave or other potential medical accommodations.
  - iii. *When to Visit Health Office*

1. Student may independently ambulate to office with staff for variety of individualized needs, so long as **none** of the following symptoms are present:
  - a. Confusion/ “doesn’t seem to be themselves”/disorientation
  - b. Decreased level of consciousness
  - c. Shortness of breath/respiratory distress
  - d. Seizure
  - e. Dizziness/lightheadedness
  - f. Spinal cord injury/head injury, complaining of neck pain - DO NOT MOVE POSITION
  - g. Vision impairment
  - h. Diabetic “lows”
  - i. Hemodynamic compromise (active bleeding)
  - j. Individualized triage judgment call of faculty/staff or based off reported condition as directed by school nurse
2. Students need to stay in place for in-person evaluation by nurse if any of criteria mentioned above are met or per faculty best judgment.
  - a. If it is an emergency, 911 should NEVER be delayed. Activate EMS and delegate as appropriate.
  - b. School nurse and administration should be notified immediately.
3. In order to prevent potential exposure to infectious diseases, promote isolation, and decrease office congestion, please note that students do **NOT** need to present to Health Office with the following everyday situations:
  - a. Paper cuts, small abrasions, picked scabs - have them wash hands and apply Band-Aid if needed.
  - b. Minor headaches and/or fatigue - allow them to get snack/drink water first. Better after 20 minutes?
    - i. If not better after 20 minutes call the nurse

- c. Mild stomachaches and/or nausea - allow to use the restroom, drink water, and have snack first. Better after 20 minutes?
  - i. If not better after 20 minutes call the nurse
- d. Localized bug bite - if no allergy history and not spread over large area of skin, apply cool paper towel to area to help prevent scratching

## 2. Nonpharmacological Intervention (NPI) Recommendations for Communicable Disease

### a. Individual

- i. Avoid close contact with people who are sick.
- ii. Stay home when you are sick.
- iii. Cover your cough or sneeze into your elbow or a tissue, then throw the tissue in the trash. Follow with hand hygiene.
- iv. Avoid touching your eyes, nose, and mouth. If you do, wash your hands afterward.
- v. Wash often hands with soap and water (20 seconds).
- vi. If you don't have soap, use hand sanitizer (60–95% alcohol-based).
- vii. Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- viii. Ensure that all vaccines are up to date of self and household members.
- ix. Promote non-contact methods of greeting

### b. Community

- i. Promote up-to-date vaccinations, including the flu vaccine, following New Jersey State law.
- ii. Plan interventions proactively for communicable disease outbreaks.
- iii. Social distancing measures when there is a communicable disease outbreak.
  - 1. In a multidisciplinary approach, evaluate ways to decrease community congestion. i.e. classes outside when appropriate

2. Evaluate the need for closures in conjunction with Executive Director, Principal, and Supervisor, the DOH, DOE and CDC (below):

- The Centers for Disease Control and Prevention:  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-schools.html>
- New Jersey Department of Health:  
<https://www.nj.gov/health/cd/topics/schoolhealth.shtml>
- New Jersey Department of Education:  
<https://www.nj.gov/education/>

c. Environmental

- i. High touch surface cleaning such as desks, countertops, doorknobs, computer keyboards, hands-on learning items, faucet handles, phones and toys
- ii. Routine environmental cleaning
- iii. Postage throughout campus encouraging frequent handwashing
- iv. Hand sanitizer dispensing units at each building entrance and classrooms
- v. Limit food-sharing activities
- vi. Increase ventilation - keep windows open when possible

**3. Isolation and Personal Protective Equipment (PPE) Standards in the Health Office**

- a. Appropriate PPE must be utilized in conjunction with universal precautions and proper hand hygiene.
  - i. Hand hygiene is required before and after each office encounter and after each intervention.
    1. Soap and water scrubbing for 20 seconds is the preferred method. Hand sanitizer with at least 60% alcohol is also acceptable
    2. Soap and water handwashing must be used in the case of gross soiling.
- b. Non-Respiratory Condition
  - i. *GI*

1. Consider the use of gowns, mask/facial shield, protective eyewear and shoe covers in the case of active or impending emesis.
  2. Move students to separate isolation area in the case of active emesis.
- ii. *Integumentary*
1. Standard precautions, evaluate the need for escalation of PPE dependent on clinical picture. i.e. draining wounds, potential exposure to blood borne pathogens.
- iii. *Miscellaneous*
1. Use clinical judgment to evaluate the risk of exposure and implement appropriate PPE.
- c. Respiratory Condition and Afebrile
- i. *Upper Respiratory Complaint*
1. Carefully consider mask use during assessment to prevent droplet transmission during close contact.
    - a. If lung sounds auscultated clear, secretions are clear or absent, and cough is intermittent or absent in nature teach student proper respiratory hygiene etiquette. Evaluate clinical picture if appropriate to remain in school.
    - b. If lungs sounds auscultated other than clear and/or secretions are yellow or green, and cough is persistent - use mask and face shield and refer student out for further evaluation. Move the student to isolation room.
- d. Respiratory Condition and Febrile
- i. Per the CDC and NASN, “The use of facemasks for persons with respiratory symptoms and fever over 100.4 is recommended if available and tolerated by the person and developmentally appropriate.”
    1. Dependent on the clinical picture, consider use of protective eyewear, facial shield, gown, and shoe covers if assessing within close proximity and risk of droplet transmission.
    2. If a mask is not tolerated by the student, health

office staff should use proper personal protective equipment.

- ii. Isolate students in separate areas.
  - 1. Isolation area located in gym in HERSH Building
  - 2. Medical isolation tent has separate entrance and necessary medical supplies
  - 3. While in isolation area, the student will be with a nurse or staff member all the times
- iii. Must be sent home and follow up with a medical provider with a clearance note if longer than 3 days before returning to school.
  - 1. Have parent/guardian call NJDOH hotline [1-800-962-1253](tel:1-800-962-1253) for guidance regarding presenting symptoms if testing for COVID-19 is warranted.
  - 2. Encourage tele-visits and telephone calls first to prevent potential community transmission of infectious disease if stable and clinically appropriate referral at time of assessment.
- iv. If SEARCH Day Program has direct cases of COVID-19, local health officials will help identify those individuals and we will collaborate to follow up on next steps.
- v. Call local DOH [732-493-9520](tel:732-493-9520) for further guidance.
- e. Febrile with/without Acute or Comorbid Condition
  - i. Send home until “Return to School” guidelines met.
  - ii. Educate parents on recognizing warning signs about when to consult a higher level of care.

#### **4. Communicable Disease Monitoring**

##### **a. Internal**

- i. Collaborate with office personnel, to record symptoms or transfer phone call to the Health Office when students are called in for sick days.
  - 1. Health Office to record this in the student's health record.

2. RN will monitor community illness for communicable disease trends.
  - ii. If 10% of the student population, whether it is across a division or entire student population, calls out sick for similar symptoms it must be reported to the DOH.
    1. This also applies to faculty/staff illness absences.
  - iii. See above guidelines under “Respiratory Condition and Febrile” for COVID-19 monitoring. If a case is positive in our school, this is a reportable condition (Although likely reported by healthcare provider first, call local/state DON [732-493-9520](tel:732-493-9520)/[609-392-2020](tel:609-392-2020) for guidance.)
- b. External
- i. Refer to above “Community NPI Recommendations”
  - ii. Maintain ongoing monitoring of local, national, and global health trends.
  - iii. Continue to follow up-to-date communications from the NJDOH, CDC, WHO, Office of the Governor, and DOE regarding community-specific communicable disease concerns, planning, and interventions
- c. Considerations for Closure of School
- i. Correspond with [DOH](#) and [CDC guidelines](#) regarding interventions when considering school closure and guidance.
  - ii. School closures and school dismissals are two recommended strategies to limit transmission within the community.
  - iii. Ensure communication with parents of medications in school about retrieval, storage, or destruction options. Chart communications in daily logs.
  - iv. Coordinate with administration and scenario planning group for community support and guidance. This may include updating available hotlines, websites, local food shelters, daycare options, and more.
    1. Various disciplines in the scenario-planning group will ensure proper action and interventions within their departments.
  - v. Travelers returning from countries with level 3 travel advisories

( <https://www.cdc.gov/coronavirus/2019ncov/travelers/index.html>) or the states with high community transmission will undergo various levels of quarantine and monitoring to ensure they have not contracted the virus and do not pose a public health risk.

1. SEARCH will offer alternate instruction while a student is quarantined
2. The faculty required to be tested and provide a copy of test results to school nurse prior resuming work
3. Monitoring their symptoms for 10 days after returning from the state with high community transmission.

#### **IV. SEARCH Situation-Specific Protocols**

##### **A. Physical Intervention and Restraint Protocols:**

*Physical Restraint and COVID-19: These guidelines are to be used in conjunction with New Jersey regulations and local procedures.*

The faculty should be mindful that seeing staff putting on protective equipment or being approached by staff wearing protective equipment could create anxiety in students. Use a student-centered approach and offer reassurance throughout interactions.

##### **• Limiting Risk of Infection Prior to a Physical Restraint**

- Plastic protective gowns that can be easily ripped or torn are not advised, as they may become a hazard.
- Ensure staff are wearing disposable gloves, disposable masks, face shields, and long sleeves to the maximum extent possible.
- Only staff required for safely restraining a student should be involved; school nurse or/and administrator should monitor and address protective equipment needs for those staff who are involved in the restraint in the event that protective equipment needs to be altered or adjusted.
- Team involving in direct contact should switch every 10 minutes to prevent close contact exposure

##### **• Limiting Risk of Infection During a Physical Restraint**

- Keep hands clear of eyes, mouth, and nose of self and others.
- First responders should be relieved as soon as possible if not wearing appropriate protective equipment.
- Given the risk of COVID-19, it is even more important than usual to try to avoid long and extended restraints.

##### **• Limiting Risk of Infection After a Physical Restraint**

- Remove and dispose of and/or clean protective equipment immediately in the manner that you were trained.
- Avoid touching your face and limit contact with hard surfaces before immediately washing hands.

- To minimize exposure, it is recommended that staff have a change of clothes available in cases where their clothes become contaminated.
- Staff shall wash their neck, hands, and anywhere touched by a child's secretions
- Once all health and safety issues have been addressed, follow debriefing and reporting procedures for the restraint.

**B. Toileting Protocols:**

- Staff must change students' clothing and their own clothing when soiled with secretions or body fluids. Students' soiled clothing must be bagged and sent home sealed in a plastic container or bag.
- Toileting and diapering areas must be cleaned and disinfected after each use.
  - **Note:** Cleaning and disinfecting are two separate tasks:
    - **Clean:** To physically remove dirt, debris, and sticky film by washing, wiping, and rinsing.
    - **Disinfect:** To kill nearly all of the germs on a hard, non-porous surface with a recommended chemical to remove bacteria.
- Disinfect when students are not in the area. Surfaces should be dry by the time students use the area.
- Toileting/diaper procedures (including extra COVID-19 steps) must be posted in the bathroom changing area.
- On June 16 2020, staff was trained on [proper removal of gloves, gowns, facial masks, and other protective equipment](#) and on handwashing before donning and after removing equipment in order to reduce contamination.
- To ensure the student's safety, make the change more efficient, and reduce opportunities for contamination, assemble all necessary supplies before bringing the student to the changing area.
- To reduce contamination, wash the student's hands after the toileting/diaper change.



## Appendix B

Dear Parent or Guardian,

Your student has met criteria for our sick day policy. We ask that you please keep the school nurse informed of illness-related absences and/or COVID-19 diagnosis or exposure, and contact the Health Office for any questions at 732-531-0454 EXT.109.

*Symptoms and conditions requiring absence from campus:*

Infectious Disease Symptoms	Other Conditions:
<ul style="list-style-type: none"> <li>• <u>Fever or fever-like symptoms</u> <ul style="list-style-type: none"> <li>○ Temperature above 100.4 F or with or without the presentation of fatigue/body aches/chills/rigors.</li> </ul> </li> <li>• <u>Respiratory symptoms</u> <ul style="list-style-type: none"> <li>○ Cough, congestion, runny nose, sore throat, shortness of breath not appeared to be related to allergies or asthma.</li> </ul> </li> <li>• <u>Gastrointestinal symptoms</u> <ul style="list-style-type: none"> <li>○ Diarrhea, vomiting, or severe nausea.</li> </ul> </li> <li>• <u>New unexplained loss of taste or smell</u></li> <li>• <u>Student reported or has been notified that they have been in close contact with a sick individual with COVID-like symptoms –OR- a positive COVID-19 case</u></li> </ul>	<ul style="list-style-type: none"> <li>• <u>Confirmed non-COVID viral infectious disease</u> <ul style="list-style-type: none"> <li>○ Ex: influenza or rhinovirus</li> </ul> </li> <li>• <u>Contagious infections requiring antibiotic treatment</u> <ul style="list-style-type: none"> <li>○ Ex: Strep throat or pink eye</li> </ul> </li> <li>• <u>Undiagnosed, new, and/or untreated skin rash or condition</u></li> <li>• <u>Doctor’s note requiring an individualized plan of care to stay home due to medical concerns.</u></li> <li>• <u>Out of state travel in the past 2 weeks</u></li> <li>• <u>Any active bleeding conditions or acute situations.</u></li> </ul>

*Procedure for Return to School*

Infectious Disease Symptoms	Other Conditions:
<ul style="list-style-type: none"> <li>• If <u>presenting</u> with symptoms, please test student for COVID-19 and/or provide doctor’s note for other treatment-specific guidelines. If you choose <b>not</b> to test student, student must stay home for 10 days minimum and return when symptom-free for 3 days.</li> <li>• If notified to self-quarantine due to a <u>close exposure to a COVID + case or person with symptoms</u>, stay home and monitor symptoms for 14 days. Call the New Jersey Department of Health coronavirus hotline <b>1-800-962-1253</b> for specific guidance.</li> <li>• If <u>NEGATIVE</u> for COVID-19, please remain home for 72 hours symptom-free without the use of medication. Please reconsider testing if symptoms worsen.</li> <li>• If <u>POSITIVE</u> for COVID-19, student must stay home for 10 days minimum and return when symptom-free for 3 days OR two negative viral test results spaced at least 24 hours apart.</li> </ul>	<ul style="list-style-type: none"> <li>• If confirmed that student has non-COVID viral illness please provide a negative COVID test result and/or a doctor’s note to confirm other diagnosis. Student may return once 72 hours symptom-free without the use of medication.</li> <li>• After the first 24 hours of various antibiotic treatments for contagious infections (i.e. strep throat, pink eye, etc.)</li> <li>• Doctor’s note requiring an individualized plan of care to stay home due to medical concerns as specified.</li> <li>• 2-week quarantine ends without illness after out-of-state travel</li> </ul>

**800-962-1253** New Jersey Department of Health (NJDOH) Coronavirus Hotline

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html> CDC Symptom checker

## Interim CPR Guidelines (American Heart Association)

1. Make sure the scene is safe
2. Call 911
3. Limit personnel in area or scene of resuscitation
4. Provide CPR with compressions and breaths (if rescuer is willing and able) otherwise perform Hands-Only CPR
5. Follow standard precautions. Use a face mask or covering of the mouth and nose of the rescuer and/or victim to reduce the risk of transmission of COVID-
6. Use AED as indicated when it arrives.
7. Continue CPR until EMS arrives

### American Heart Association COVID-19 Guidance

Given the ongoing threat of exposure to COVID-19, with many communities under shelter in place orders to minimize the spread of the disease, the AHA is extending AHA Instructor and Provider Course Completion Cards for 120 days beyond their recommended renewal date, beginning with cards that expire in March 2020.

## COVID-19 and Adult CPR

If an adult's heart stops and you're worried that they may have COVID-19, you can still help by performing Hands-Only CPR.

Step 1	Step 2	Step 3	Step 4
 <p style="margin: 5px 0;">Phone 9-1-1 and get an AED.</p>	 <p style="margin: 5px 0;">Cover your own mouth and nose with a face mask or cloth.</p>	 <p style="margin: 5px 0;">Cover the person's mouth and nose with a face mask or cloth.</p>	 <p style="margin: 5px 0;">Use an AED as soon as it is available.</p>
 <p style="margin: 5px 0;"><b>Perform Hands-Only CPR.</b> Push hard and fast on the center of the chest at a rate of 100 to 120 compressions per minute.</p>		 <p style="margin: 5px 0;">Use an AED as soon as it is available.</p>	

## COVID-19 and Child and Infant CPR

If a child or an infant's heart stops and you're worried that they may have COVID-19, you can still help.

<p><b>Step 1</b></p> <p>Make sure the scene is safe.</p> <p>Check to see if the child or infant is awake and breathing normally.</p>	<p><b>Step 3</b></p> <p>Provide CPR with compressions and breaths (if you're willing and able).</p> <ul style="list-style-type: none"> <li>■ <b>Start child CPR</b> Push on the middle of the chest 30 times at a depth of 2 inches with 1 or 2 hands. Provide 30 compressions and then 2 breaths. Repeat cycles.</li> <li>■ <b>Start infant CPR</b> Push on the middle of the chest 30 times at a depth of 1½ inches with 2 fingers. Provide 30 compressions and then 2 breaths. Repeat cycles.</li> </ul> <p><b>Use the AED as soon as it arrives. Continue CPR until EMS arrives.</b></p>
<p><b>Step 2</b></p> <p>Shout for help.</p> <p>If you're alone, phone 9-1-1 from a cell phone, perform CPR with 30 compressions and then 2 breaths (if you're willing and able) for 5 cycles, and get an AED.</p> <p>If help is available, phone 9-1-1. Send someone to get an AED while you start CPR.</p>	<p style="font-size: small;">KJ-1424 4/20 © 2020 American Heart Association</p>

**Figures**

1. Figure A: [Guide to Donning and Doffing PPE](#)

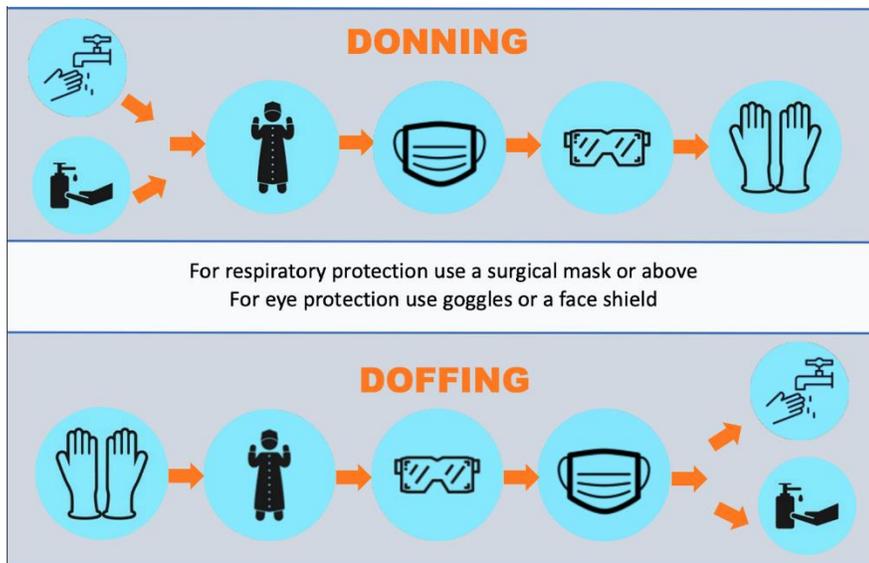


Figure B: [CDC COVID-19 PPE](#)

## COVID-19 Personal Protective Equipment (PPE) for Healthcare Personnel

Preferred PPE – Use N95 or Higher Respirator	Acceptable Alternative PPE – Use Facemask
<p>Face shield or goggles</p> <p>N95 or higher respirator When respirators are not available, use the best available alternative, like a facemask.</p> <p>One pair of clean, non-sterile gloves</p> <p>Isolation gown</p>	<p>Face shield or goggles</p> <p>Facemask N95 or higher respirators are preferred but facemasks are an acceptable alternative.</p> <p>One pair of clean, non-sterile gloves</p> <p>Isolation gown</p>

cdc.gov/COVID19

3. Figure C. [CDC How to Manage Your COVID Symptoms at Home](#)

## 10 things you can do to manage your COVID-19 symptoms at home

**If you have possible or confirmed COVID-19:**

- 1. Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ride-sharing, or taxis.


- 2. Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.


- 3. Get rest and stay hydrated.**


- 4. If you have a medical appointment, call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.


- 5. For medical emergencies, call 911 and notify the dispatch personnel** that you have or may have COVID-19.


- 6. Cover your cough and sneeze.**


- 7. Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.


- 8. As much as possible, stay in a specific room and away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.


- 9. Avoid sharing personal items** with other people in your households, like dishes, towels, and bedding.


- 10. Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

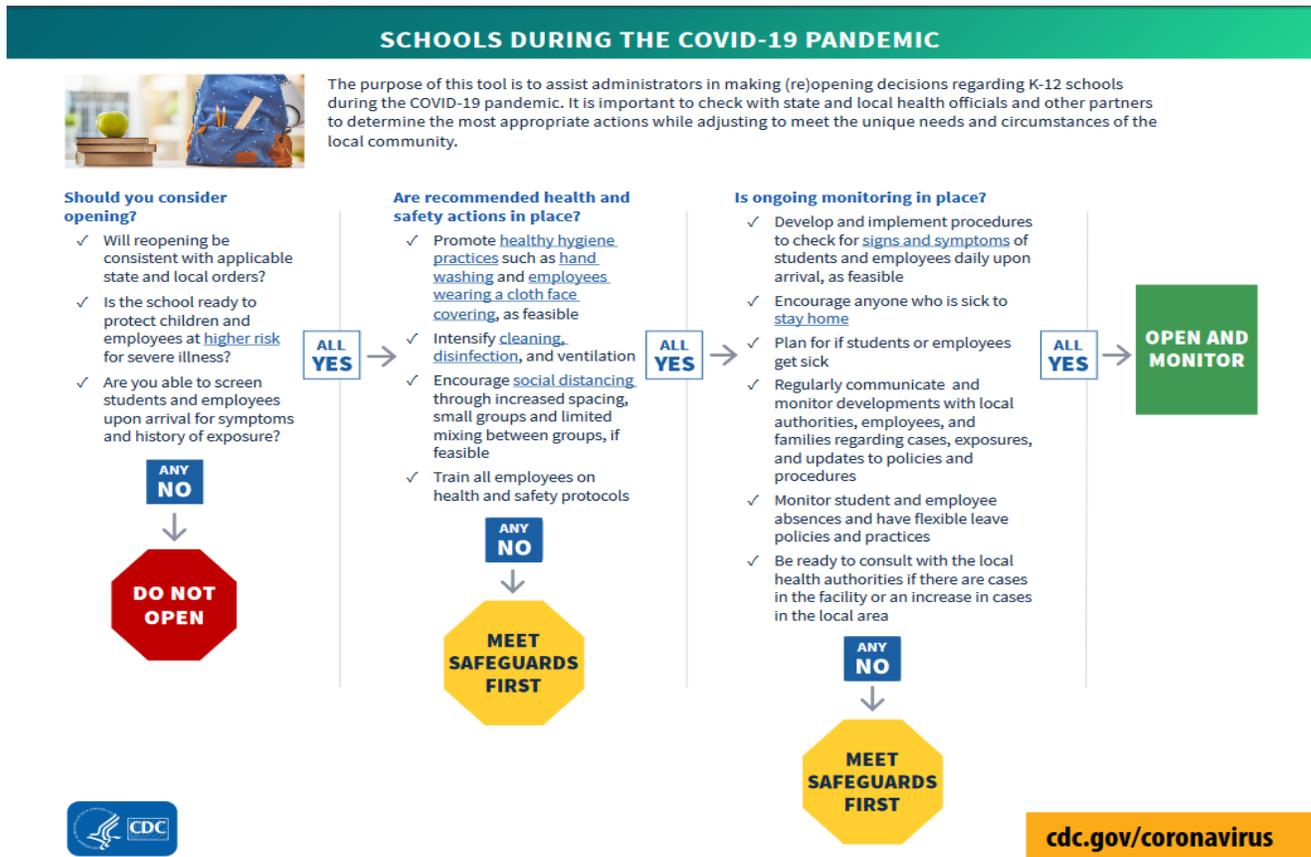




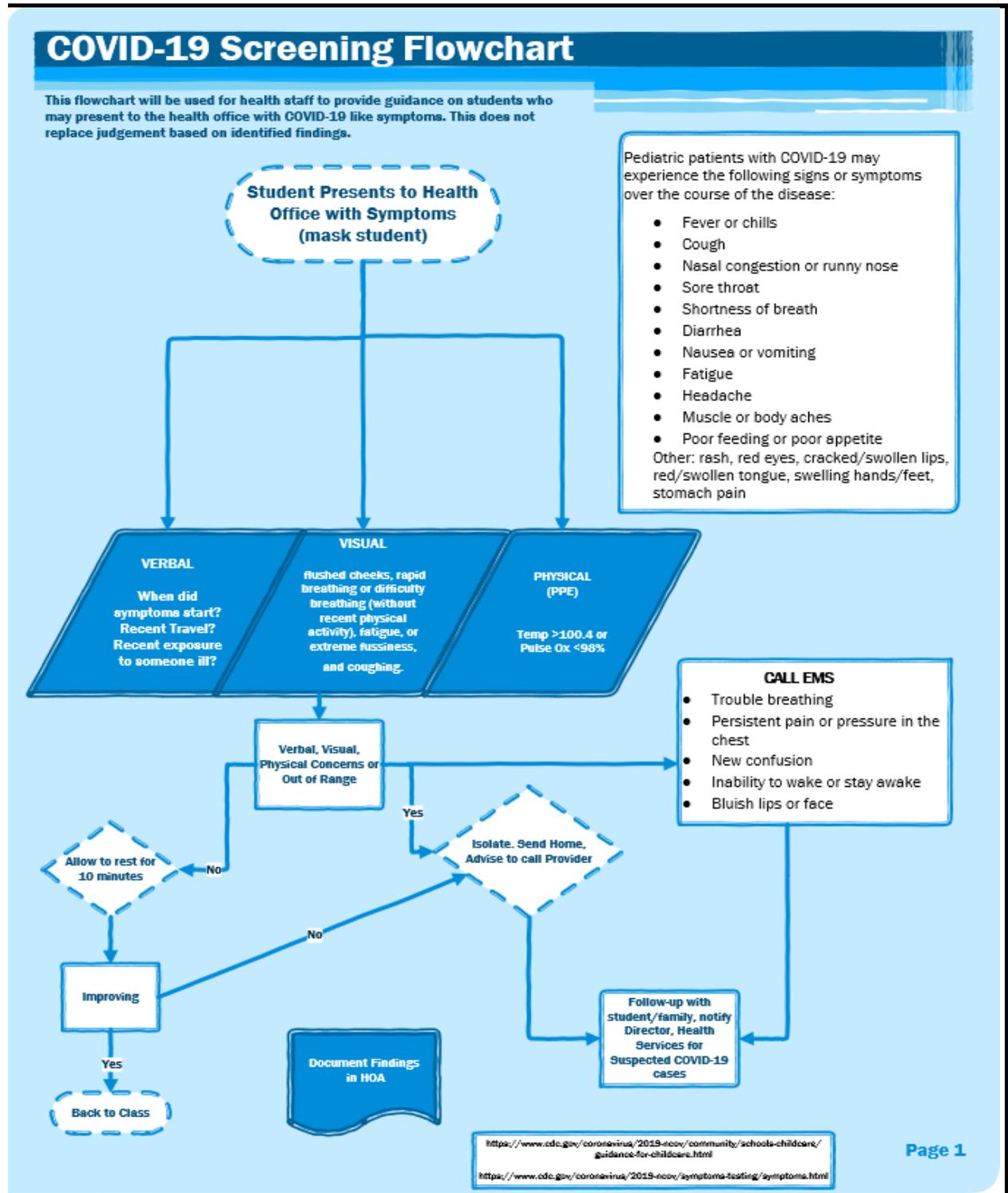
[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

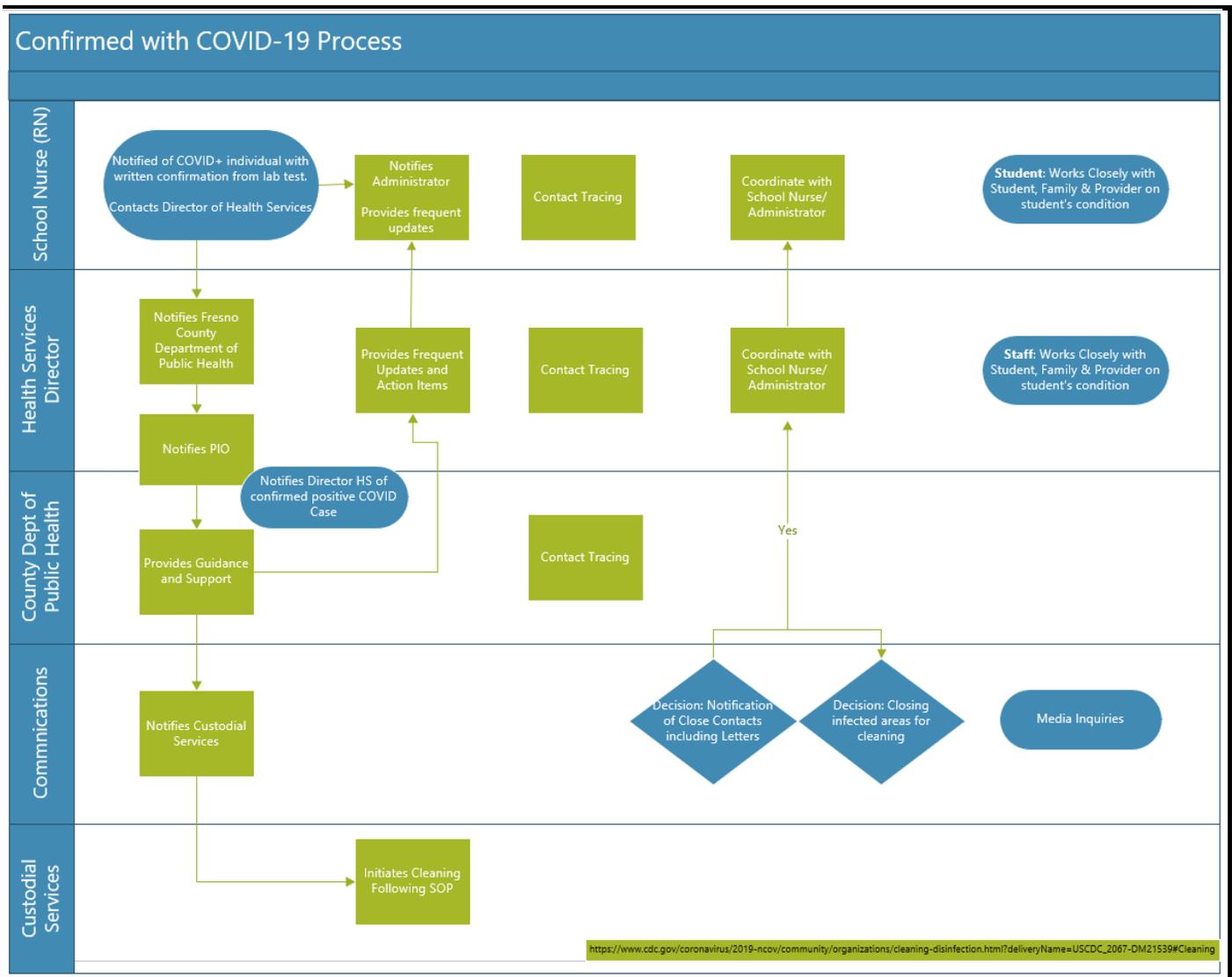
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4. Figure D. CDC Re-Opening Tool for Schools During the COVID-19 (May 2020)



5. Figures D & E: CDC Coronavirus School Decision Tree <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/Schools-Decision-Tree.pdf>





**Figure E :** [For Parents: Multisystem Inflammatory Syndrome in Children \(MIS-C\) associated with COVID-19](#)

### What we know about MIS-C

[Multisystem inflammatory syndrome in children \(MIS-C\)](#) is a condition where different body parts can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes, or gastrointestinal organs. We do not yet know what causes MIS-C. However, we know that many children with MIS-C had the virus that causes [COVID-19](#), or had been around someone with COVID-19. MIS-C can be serious, even deadly, but most children who were diagnosed with this condition have gotten better with medical care.

## What to do if you think your child is sick with MIS-C

Contact your child's doctor, nurse, or clinic **right away** if your child is showing **symptoms** of MIS-C:

- Fever
- Abdominal pain
- Vomiting
- Diarrhea
- Neck pain
- Rash
- Bloodshot eyes
- Feeling extra tired

Be aware that not all children will have all the same symptoms.

**Seek emergency care right away** if your child is showing any of these **emergency warning signs** of MIS-C or other concerning signs:

- Trouble breathing
- Pain or pressure in the chest that does not go away
- New confusion
- Inability to wake or stay awake
- Bluish lips or face
- Severe abdominal pain

## Appendix C - Self Screening Tools

<https://self.covid19.nj.gov/>

## Appendix D - Sample Student Symptom Checkers

### Sample Student Symptom Checker #1

Student Name: \_\_\_\_\_ Site Location: \_\_\_\_\_ Date: \_\_\_\_\_ Event: \_\_\_\_\_

**Instructions:** Under order of the Public Health Officer, students must undergo a symptom check prior to coming to school or participating in an event. Please check your symptoms at home. Please select Y=Yes and N=No and record on the sheet. If you answer **YES** to any of the below questions, under order of the Public Health Officer you must stay home until 14 days after your last exposure or at least 10 days have passed since symptoms first appeared.

Please record your temperature here_____. If your temperature is more than 100.4F, you may not participate.	No	Yes
Have you been exposed to someone with COVID-19 in the past 14 days?		
Do you feel ill?		
Do you have:		
<ul style="list-style-type: none"> <li>· Cough</li> <li>· Shortness of breath or difficulty breathing</li> <li>· Chills</li> <li>· Fatigue</li> <li>· Muscle or body aches</li> <li>· Congestion or runny nose</li> <li>· Sore throat</li> <li>· Headache</li> <li>· New loss of taste or smell</li> <li>· Nausea</li> <li>· Vomiting (unidentified cause, unrelated to anxiety or eating)</li> <li>· Diarrhea</li> </ul>		

I, \_\_\_\_\_ the parent of the above named student, attest that the answers above are accurate to the best of my knowledge. I confirm that the above named student has not been exposed to anyone with COVID-19 in the past 14 days.

PrintedName: \_\_\_\_\_

Signature of Parent: \_\_\_\_\_

Date: \_\_\_\_\_

Current Phone Number: \_\_\_\_\_

### Sample Student Symptom Checker #2

Student Name: \_\_\_\_\_ DOB: \_\_\_\_\_

School Site: \_\_\_\_\_ Grade: \_\_\_\_\_ Teacher: \_\_\_\_\_

Student complaint (Include duration, precipitating factors):

\_\_\_\_\_

Student Health Problem(s) (as noted in School Health System or as stated by student/parent):

\_\_\_\_\_

Student Medication Orders (indicate either on file in the health office or at home):

\_\_\_\_\_

Has the student been around someone with COVID-19 in the past 10 days?

Student Vitals: Temperature: \_\_\_\_\_ O2: \_\_\_\_\_ HR: \_\_\_\_\_

Respiration: \_\_\_\_\_ BP: \_\_\_\_\_

Symptoms (Mark all observed):

- Non-productive cough
- Shortness of breath (circle all that apply)
  - gasping, grunting, wheezing, rapid, slow, shallow, nasal flaring, thoracic contracture
- Fever (above 100.4F)
  - Chills, shivering
- Skin (circle all that apply) pink, pale, white, dry, sweating, red, swollen, rash
- Headache
  - location, pain rating (1-5),
- Sore Throat
  - redness, white spots, enlarged tonsils
- New loss of smell or taste
- Gastrointestinal symptoms

Add a section for Authorized Health Care Provider to evaluate and clear student to return to the school environment.

*(Included in Footer School Nurse Called, Parent Contacted, Documented)*

**Resources**

- a. American Academy of Pediatrics [2019 Novel Coronavirus \(COVID-19\)](#) webpage regarding how to prevent transmission, how to care for infected individuals, activities when school and day care are closed, how to speak to kids about the virus.
- b. CDC Algorithm and Flowchart for School Closure Considerations: <https://www.cdc.gov/coronavirus/2019-ncov/downloads/considerations-for-school-closure.pdf>
- c. Centers for Disease Control and Prevention, (2020). Interim Guidance for Administrators of US K-12 Schools and Childcare Programs. Plan, Prepare, and Respond to Coronavirus Disease 2019 (COVID-19), <https://www.cdc.gov/coronavirus/2019-ncov/community/schoolschildcare/guidance-for-schools.html>  
Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About, <https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf>
- d. Centers for Disease Control and Prevention, Coronavirus Disease 2019 (COVID-19) <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.
- e. Mayo Clinic Guidance on non-COVID19 Fevers: <https://www.mayoclinic.org/diseases-conditions/fever/symptoms-causes/syc-20352759>
- f. NASN Care of Ill Students/Staff in School Setting in Response to COVID-19: [https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/03182020\\_NASN\\_Considerations\\_for\\_School\\_Nurses\\_Regarding\\_Care\\_of\\_Students\\_and\\_Staff\\_that\\_Become\\_Ill\\_at\\_School\\_or\\_Arrive\\_Sick.pdf](https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/03182020_NASN_Considerations_for_School_Nurses_Regarding_Care_of_Students_and_Staff_that_Become_Ill_at_School_or_Arrive_Sick.pdf)
- g. NASN letter to school principals and superintendents: [https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02282020\\_NASN\\_Coronavirus\\_19\\_Guidance\\_for\\_School\\_Principals\\_and\\_Superintendents.pdf](https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/02282020_NASN_Coronavirus_19_Guidance_for_School_Principals_and_Superintendents.pdf)
- h. New Jersey COVID-19 Information Hub (2020). Self-symptoms checker. Retrieved from <https://self.covid19.nj.gov/>
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- j. New Jersey Department of Health (June 16, 2020). COVID-19 Guidance for Reopening Childcare.  
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- l. New Jersey Department of Health. School Health  
<https://www.nj.gov/health/cd/topics/schoolhealth.shtml>
- m. NJ Department of Health (2020). Quick Reference: Discontinuation of Transmission-Based Precautions and Home Isolation for Persons Diagnosed with COVID-19.  
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- n. NJ Department of Health (June, 2020). Youth Camps.  
<https://www.nj.gov/health/ceohs/sanitation-safety/youthcamps.shtml>
- o. NJ Department of Health (June, 2020). New Jersey COVID-19 Youth Summer Camp Standards.  
[https://www.state.nj.us/health/cd/documents/topics/NCOV/COVID\\_Youth\\_Day\\_Camps\\_Standards.pdf](https://www.state.nj.us/health/cd/documents/topics/NCOV/COVID_Youth_Day_Camps_Standards.pdf)
- p. Readiness and Emergency Management for Schools  
[https://rems.ed.gov/Resources\\_Hazards\\_Threats\\_Biological\\_Hazards.aspx](https://rems.ed.gov/Resources_Hazards_Threats_Biological_Hazards.aspx)
- q. Return to Work/School after COVID19 diagnosis with/without test and/or symptoms: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>
- r. Social Distancing:  
<https://www.washingtonpost.com/graphics/2020/world/coronasimulator>
- s. World Health Organization rolling updates on COVID-19  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>