



2021-2022 School Year Guidance for COVID-19 Mitigation and Prevention

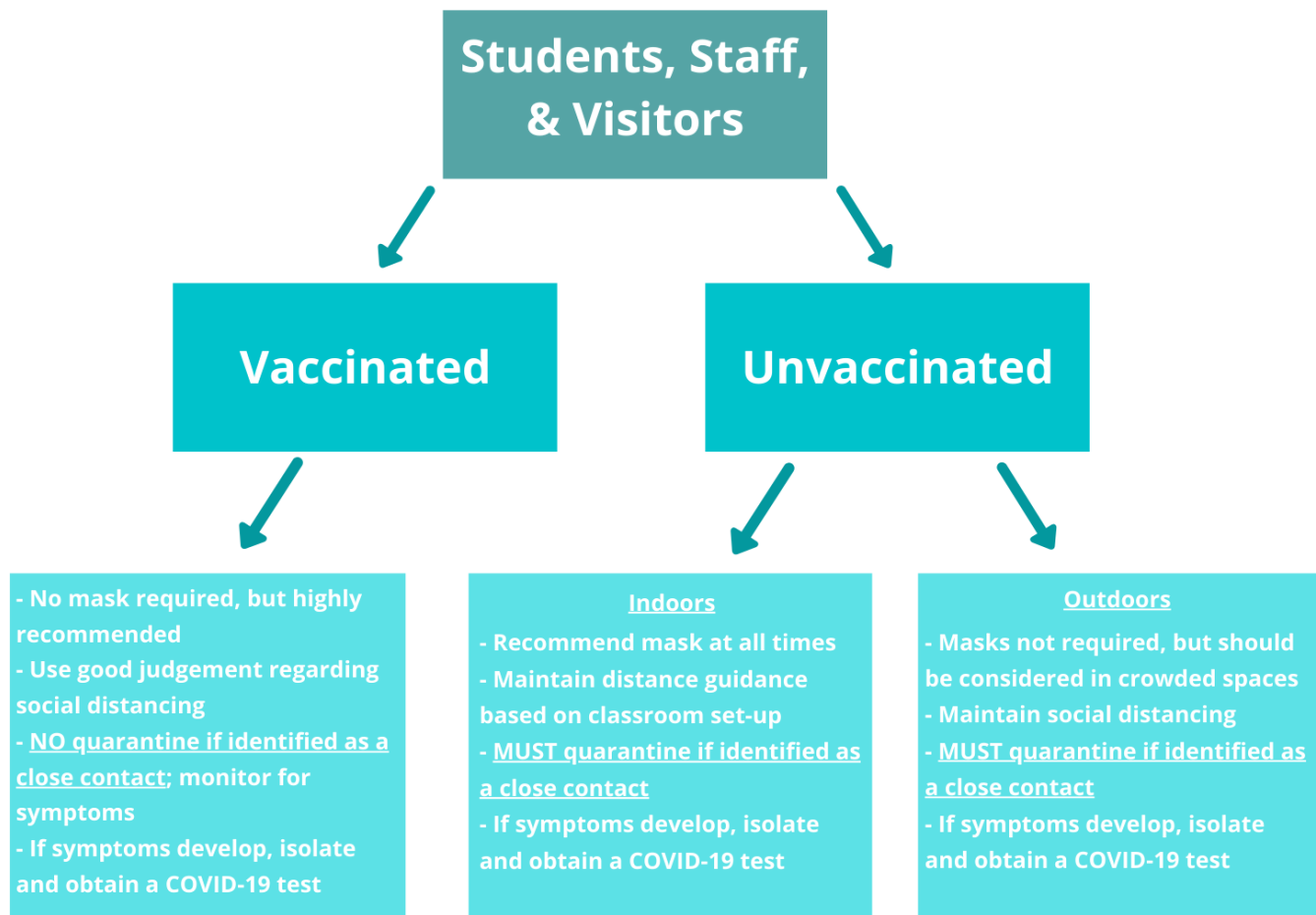
Social Distancing Recommendations

- At least **3 feet** between all students in a classroom (during educational school day and encourage cohorting)
- At least **6 feet** of distance:
 - Between adults in the school building and between adults and students
 - In common areas, such as school lobbies and auditoriums
 - When masks can't be worn, such as when eating
 - During activities when increased exhalation occurs, such as singing, shouting, band practice, sports, or exercises. (These activities should be moved outdoors or to large, well-ventilated spaces whenever possible.)
 - In community settings outside of the classroom

Masking/ Face Coverings

In schools we recommend masking

- Indoors for:
 - All individuals regardless of vaccination status
 - Vulnerable individuals who may be at increased risk of illness
- Masks may not be necessary when you are outside by yourself away from others, or with people who live in your household.
- **Masks are required on the public transport including school buses per current federal requirement.**





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Hand Hygiene Guidance

- Wash hands with soap and water for at least 20 seconds in the following situations:
 - Whenever hands are visibly soiled
 - Before and after meals and snacks
 - Before and after recess
 - Before and after sharing supplies or equipment
 - After going to the restroom
- Build time into daily routines to incorporate hand washing
- Consider making hand sanitizers with at least 60% alcohol available for everyone near frequently touched surfaces, doors, shared equipment, and where soap and water are not readily available
- Promote hand hygiene throughout the school by placing visual reminders

Cleaning Recommendations

- Follow a daily cleaning schedule for routine cleaning
- Clean high touch surfaces and objects frequently
- Limit sharing of high touch objects that are difficult to regularly clean and wash hands before and after sharing items
- Sanitize surfaces when food is involved, including before and after food prep and eating meals and snacks
- Disinfect in areas such as:
 - Nurse Clinic and isolation room
 - Space occupied by people at increased risk for severe illness from COVID-19 (i.e., SPED classrooms)

Note: If there has been a sick person or someone who tested positive for COVID-19 in the facility within the last 24 hours, you should clean AND disinfect the space.

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

Ventilation Recommendations

- Consider being outside as much as possible. If indoors, bring in as much fresh air into classrooms and buildings as possible. Bringing fresh, outdoor air indoors helps keep virus particles from concentrating inside.
- Open windows and doors, when possible, use fans to increase the effectiveness of open windows, and decrease occupancy in areas where outdoor ventilation cannot be increased.
- Ventilation, including opening windows, when possible, is also important on buses and other transport vehicles.
- Consider updates to HVAC systems to improve air exchanges and overall air quality
- For recommendations on improving ventilation/HVAC in schools see CDC guidance

Links:

<http://www.cdc.gov/coronavirus/2019-ncov/community/ventilation.html>

<http://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/ventilation.html>

Water Systems

- The temporary shutdown or reduced operation of schools and reductions in normal water use can create hazards for returning students and staff.
- Take steps to ensure that all water systems and features (for example, sink faucets, drinking fountains, showers, decorative fountains) are safe to use to prevent lead or copper exposure, Legionnaire's disease, and other diseases associated with water when reopening facilities after prolonged closure.



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- Follow the Environmental Protection Agency's (EPA's) 3Ts, (Training, Testing, and Taking Action) external icon for reducing lead in drinking water. It might be necessary for you to conduct ongoing regular flushing after reopening.
- For additional resources, refer to EPA's Information and Maintaining or Restoring Water Quality in Buildings with Low or No Use.
- Clean drinking fountains should allow for physical distancing for unvaccinated individuals.
- Encourage students and staff to bring their own water or water bottles when possible.
- Consider installing no-touch activation methods for water fountains.

<http://www.cdc.gov/coronavirus/2019-ncov/php/building-water-system.html>

Nurse Clinic Recommendations

- Identify isolation area to hold potentially infectious individuals separately from others receiving routine healthcare
- Continue wearing appropriate PPE for the environment you are supporting (at least a surgical mask) during the school day when caring for students and staff
 - Additional PPE may be required (i.e. N95 mask or gown) if performing viral swab
- Follow current CDC guidance related to infection control, cleaning and disinfecting in the school clinic
- Discuss opportunities for increasing/improving ventilation in the school clinic and throughout the building with administration
- Communicate vaccine safety and encourage those who are eligible to obtain their COVID-19 vaccinations

Nursing Considerations for COVID-19 Symptoms

- At least two of the following symptoms: fever (measured or subjective), chills, rigors, muscle pain, headache, sore throat, nausea or vomiting, diarrhea, fatigue, congestion or runny nose
OR
- At least one of the following symptoms: cough, shortness of breath, difficulty breathing, new loss of smell, new taste disorder or new loss of taste
- If an individual becomes symptomatic while at school, isolate them until they can be transported home
- Encourage COVID testing or other evaluation for COVID infection if symptoms suspicious for COVID-19
- Report positive cases to Erie County Health Department (ECHD)
- Remind parent to monitor child daily and should keep student home if symptoms of COVID-19 or other illness is present
- This interactive tool can be used to help parents decide whether a student needs to stay home from school. The tool is based on current CDC COVID-19 guidance and community transmission risk. It is available in both English and Spanish.

<http://schoolnursenet.nasn.org/covid19ref/featured-content/interactive-send-student-school>

Guidance for Parents:

If your student has **symptoms** and has had **close contact** with someone with COVID-19, it is important to follow these guidelines even if your student has already had COVID-19:

YES, my student is symptomatic, has been tested, and the result was **POSITIVE**.

KEEP YOUR STUDENT AT HOME.

Contact your school



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- Let them know about student's absence and COVID-19 status.
- Find out if there are any school-specific requirements for returning to school.
- Discuss how to continue instruction for your student during the absence.

When can your student come back?

You can send your student back to school once ALL of the following statements are true, and your student meets the school criteria for return to school:

- It has been at least 10 days since the symptoms started.
- The symptoms have improved.
- Your student has not had a fever for the last 24 hours (without the assistance of fever-reducing medication, such as acetaminophen or ibuprofen).

YES, my student is symptomatic, has been tested, and the result was **NEGATIVE**.

STAY HOME.

Students who are sick should not attend school in person. Stay home and quarantine for 10 days after your students last contact with a person who has COVID-19.

Contact your school

- Let them know about your student's absence and COVID-19 status.
- Find out if there are any school-specific requirements for returning to school.
- Discuss how to continue instruction for your student during the absence.

NO, my student is symptomatic, but has **NOT been tested**.

STAY HOME.

Students who are sick should not attend school in person and seek COVID-19 testing. If COVID-19 testing is refused, the student may return to school after 10 days from symptom onset.

Contact your school

- Let them know about your student's absence and COVID-19 status.
- Find out if there are any school-specific requirements for returning to school.
- Discuss how to continue instruction for your student during the absence.

Quarantine and Isolation Updates

Isolation and quarantine fall under the public health authority granted by the Ohio Revised Code. Isolation and quarantine requirements for individuals who have COVID-19 and their close contacts have **NOT** changed.

- Quarantine should be used for students, teachers, and staff who might have been exposed to COVID-19. Close contacts, identified through contact tracing, should quarantine unless they are fully vaccinated, or have tested positive in the last 3 months, and do not have any symptoms.
 - Students, teachers, and staff who are in quarantine should stay home and follow the direction of the local public health department about when it is safe for them to be around others.
- **Without full prevention measures in place, modified school quarantine no longer applies.**
 - If an individual is exposed to a COVID-19 case in the classroom setting without masking and social distancing, they are required to quarantine, unless they are fully vaccinated. Contacts are NOT permitted to attend in person school or participate in extracurricular activities, unless fully vaccinated.
- **If full prevention measures remain in place, modified school quarantine can be implemented.**



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- If an individual is exposed to COVID-19 case in the classroom setting and both the case and contact were masked and social distanced, the contact is permitted to attend in person school and participate in extracurricular activities regardless from their last exposure to the infected individual.
- **Close contacts of COVID-19 case that are exposed outside of the classroom setting are required to quarantine** for 10 days from their last exposure to the infected individual, unless they are fully vaccinated.
- **Fully vaccinated individuals are NOT required to quarantine** if they were exposed to a COVID-19 case. However, they should monitor for symptoms for 14 days, wear a mask for 14 days, and obtain a negative test on days 3-5 from their last exposure to the infected individual. An individual should isolate immediately if they develop symptoms.
- **All close contacts of a COVID-19 case should monitor for symptoms** for 14 days from their last exposure to the infected individual and isolate immediately if they develop symptoms, regardless of where they were exposed, the prevention measures in place, or their vaccination status.
- **Isolation** should be used for individuals with COVID-19 illness to separate them from those who are not infected (even at home).
 - At home, anyone sick or infectious should separate from others, stay in a specific “sick room” and use a separate bathroom if available.
 - Stay home for at least 10 days following the onset of symptoms or a positive test result. Individuals may return after 10 days as long as symptoms are improving, and they are fever free for at least 24 hours without use of fever reducing medications.

Isolation release criteria, CDC: <http://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>

Testing Guidance and Quarantine Options

- All fully vaccinated individuals who remain asymptomatic (even if a close contact) do not need to quarantine but should monitor for symptoms throughout the 14 days following their exposure.
- Close contacts who are unvaccinated **MUST** quarantine for 10 days from exposure.
- A modified option for unvaccinated individuals is available. The individual will be required to receive a viral COVID-19 test that is completed on day 5-7 after exposure. The student may return to school **on day 7** following exposure if a negative result is received and they are not showing symptoms.
 - **The school will be responsible for having documented record of negative result before allowing the student to return.**
 - **At-home tests cannot be used to reduce quarantine.**

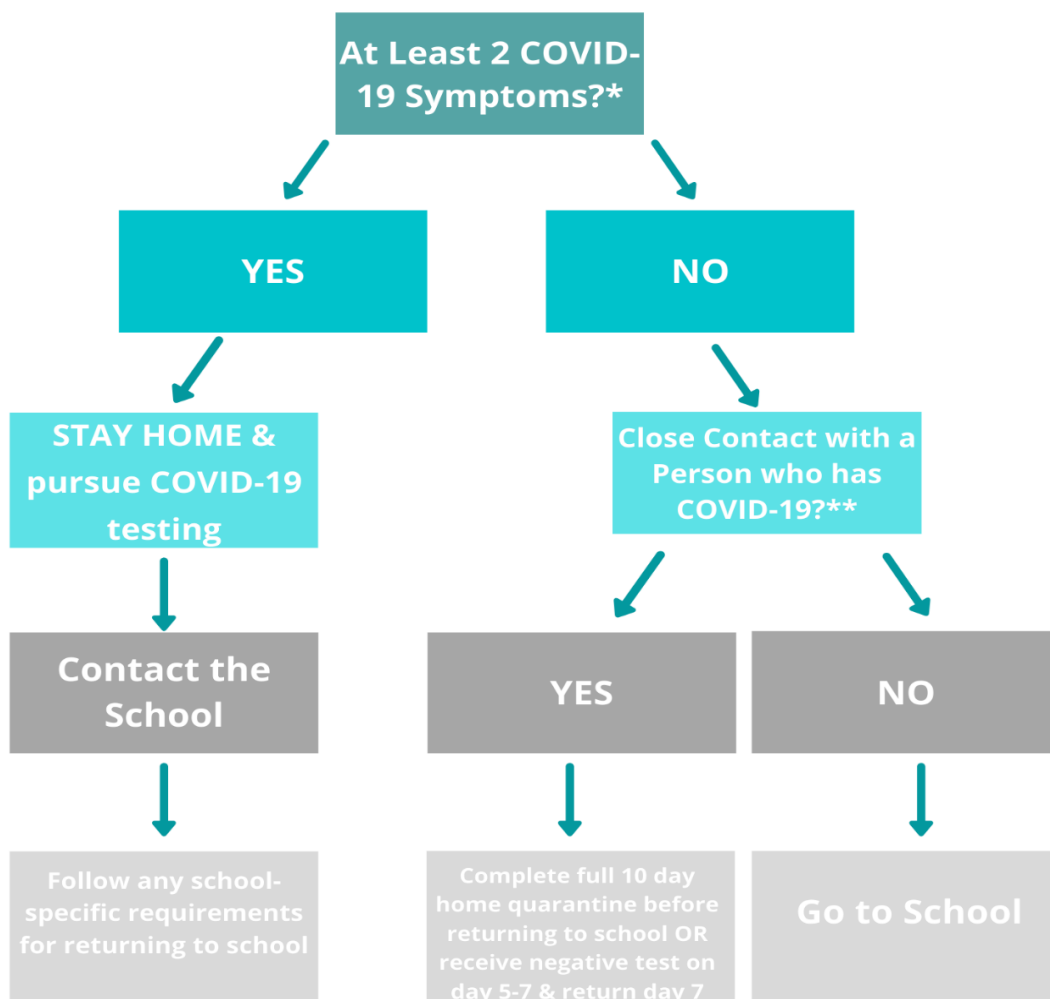
Prevention Measures for Early Return for Unvaccinated Individuals

- Masked at all times on bus and during school day for 14 days after exposure.
- Distance of at least 3 feet from others when inside the classroom, forward facing and receiving instructions during the school day.
- Lunch to be eaten separately from others as mask will be off when eating. Remain 6 ft. from others, no exceptions.
- Prioritize hand hygiene
- Symptom monitoring daily by parents and if needed by school nurse/staff during the school day.
 - If ANY signs or symptoms of COVID-19 are identified while at home, student/ teacher/ staff should NOT come to school.
 - If symptoms develop during the school day, individual should be sent home as soon as possible.



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- Individual should obtain a COVID-19 viral test. 1) If test is positive, begin 10 days of isolation starting from the date symptoms began. 2) If test is negative, must complete remainder of 10-quarantine at home and may return on normal school illness policy.
- For ALL extracurricular activities including but not limited to athletics, cheerleading, band, choir, and orchestra.
 - Masked at all times – no exceptions both inside and outside for 14 days from exposure
 - If mask cannot be worn due to risk associated with mask during activity, student should not practice, compete, or attend the activities until after it has been 14 days since exposure.
 - Distance at least 6 ft. away from others (when the activity is indoors or outdoors).
 - If 6 ft of distance between others cannot be maintained at all times when indoors, student should not practice, compete or attend the activities until after full 14 days from exposure is complete.
 - Wash hands with soap and water or utilize hand sanitizer before and after playing/touching equipment
 - Stay home if symptoms appear or if feeling sick



***COVID-19 symptoms include: temperature (100.4°F or higher); nausea, vomiting, or diarrhea; cough; congestion or runny nose; new onset of severe headache; muscle or body aches; sore throat; stomach ache; shortness of breath; poor appetite; chills; new loss of taste or smell; tiredness/fatigue**

****Close contact is defined as one of the following: 1. Within 6 feet of a person with COVID-19 (3 feet if all students are facing forward in the classroom with masks on) for a total of 15 minutes or more over a 24-hour period 2. Provided care at home to someone who is sick with COVID-19 3. Had direct physical contact with someone with COVID-19 (hugged/kissed them) 4. Shared eating or drinking utensils with a person with COVID-19 5. Contact with a person with COVID-19's respiratory droplets (sneezes)**



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Nutrition and Food Service Recommendations

- Food service recommendations are for all grades K-12
- Practice hand hygiene before and after meals by providing hand washing stations or hand sanitizer with at least 60% alcohol for employees, students and visitors.
- Serve grab and go or individually plated meals. Avoid milk coolers, instead provide individual drinks along with child's meal or snack.
- Consider the safety of those with allergies and help expediate meal choices by separating or clearly labeling meals specifically prepared for those with allergies or dietary restrictions
- Use disposable food service items when possible. If disposable items are not feasible, make sanitized to meet food safety requirements.
- Eat outside whenever possible or increase ventilation if indoors

Transportation Considerations

- Current guidance from CDC and National Association for Pupil Transportation (NAPT)
- Requirement for face masks on public transportation includes on school buses except for those:
 - Under the age of 2 years
 - Those with a disability who cannot wear a mask safely because of the disability as defined by the Americans with Disabilities Act.
 - A person for whom wearing a mask would create significant risk
- Follow current mask guidance until further notice

<http://www.cdc.gov/coronavirus/2019-ncov/travelers/face-masks-public-transportation.html>

Close Contact Definitions and Guidance

- An individual who was within 6 feet of a person diagnosed with COVID-19 for a total of 15 minutes or more over a 24-hour period.
- The definition applies regardless of whether either person was wearing a mask except in the following situations:
 - If all students are masked and facing forward receiving education during the school day- 3 feet or more of distance can be used to begin contact tracing if a positive case is identified
 - In all other school day situations, use 6 feet as the threshold for contact tracing if a positive case is identified

Note: All close contacts should be reported ECHD (even if vaccinated). This provides consistent reporting and vaccination surveillance.

COVID-19 Cases and Contacts

- Remember to report your positive cases and close contacts to Erie County Health Department (ECHD).
- Cases and close contacts should be reported by filling out COVID-19 School Reporting Form and email to: epi@echdohio.org OR fax to (419) 626-8778.
- Schools should work with ECHD if they have questions or concerns while identifying any COVID-19 close contacts within the school system.
- ECHD will communicate to the school COVID coordinator and/or school nurse any COVID-19 close contacts within the school system that are identified during COVID-19 case investigation.



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- Individuals who are fully vaccinated against COVID-19 OR those known to have had a COVID-19 infection confirmed with a viral test within the past 3 months do not need to quarantine even if they are close contacts. However, it is required that fully vaccinated individuals wear a mask for 14 days after exposure UNLESS a negative test is completed on days 3-5 from last known exposure. If a negative test is completed on days 3-5, then the individual can discontinue mask wearing if they do not have symptoms. All individuals should continue to monitor daily for symptoms and report any symptoms to the school nursing staff.
- Anyone who develops symptoms of COVID-19 should stay home and obtain COVID-19 testing regardless of their COVID-19 vaccine status.

Performing Arts and Other Extracurricular Activities

With the rapid spread of more aggressive variants, health officials do not recommend a change in social distancing for activities that have increased exhalation.

Further research is being done, but for now the following are the recommendations for performing arts activities:

- Bell covers for woodwinds and brass should be made with a multi-layer cover with the center layer being made of MERV-13 filter material, or a 3-layer surgical style mask using an ASTM F2100 or GB/T32610 standard.
- Singers produce aerosol at similar rates as woodwinds and brass. The amount of aerosol varies depending on consonants, vowels, intensity, and pitch. A singer wearing a well fit 3-layer surgical style mask that meets the ASTM F2100 or GB/T32610 standard reduces aerosol emission.
- Face shields are only effective at close range to stop large droplets; they do not prevent aerosol from being inhaled or released unless a mask is also worn.
- Reduced time in performing arts activities:
 - Indoors- 30- minute restrictions followed by a minimum of one (1) air exchange
 - Outdoors- 60-minute restriction followed by a five (5) minutes break
- Practice good hygiene by washing hands, using sanitizers, and preventing uncontrolled spit valve release.
- Rehearsal space recommendations in order of preference:
 - Outdoor rehearsals, using individual mitigation techniques described above.
 - Indoors with elevated outdoor air exchange rate from HVAC.
 - Indoors with typical outdoor air exchange rate from HVAC plus recirculation air through MERV 13 filters or addition of appropriately size HEPA air cleaners.
 - Indoors with outdoor air exchange rate from open windows supplemented with appropriately sized HEPA air cleaners when airflow is reduced under certain outdoor wind conditions.

Please refer to the Association for Heating, Ventilation and Air-Conditioning Engineers (ASHRAE) guidance on ventilation during COVID-19: <http://www.ashrae.org/technical-resources/resources>