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Health and Human
Services

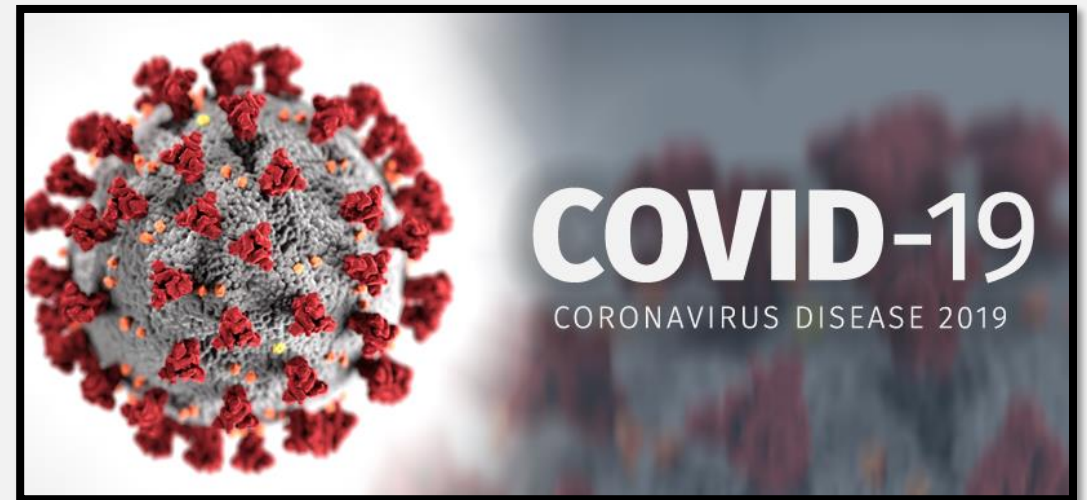
**Texas Department of State
Health Services**

COVID-19 Overview for Independent School Districts

DSHS Public Health Region 2/3

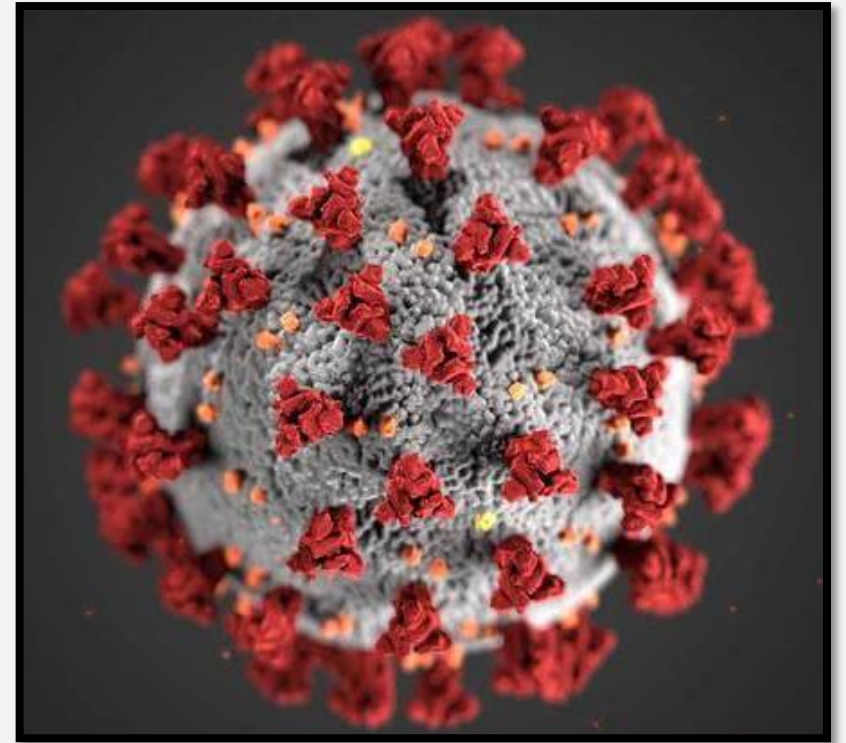
What is COVID-19?

- COVID-19 is a disease caused by a virus
- This virus belongs to a group called coronaviruses



What are coronaviruses?

- Coronaviruses cause mild to moderate illnesses, like the common cold
- Most people get infected with one or more of these viruses at some point in their lives



What is a novel coronavirus?

- Novel coronaviruses are new or different from previously known viruses
- Recent novel coronaviruses cause
 - Middle Eastern Respiratory Syndrome (MERS)
 - Severe Acute Respiratory Syndrome (SARS)
 - Coronavirus Disease 2019 (COVID-19)

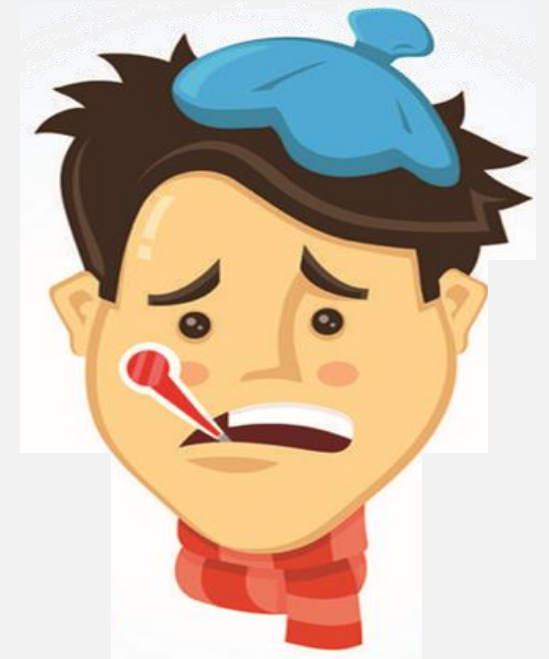


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What are the symptoms of COVID-19?

COVID-19 symptoms* can 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



**This list does not include all possible symptoms. Symptoms can be mild to severe.*

How is COVID-19 spread?

- COVID-19 is spread from person to person through respiratory droplets
- Respiratory droplets are bits of moisture produced when someone coughs or sneezes



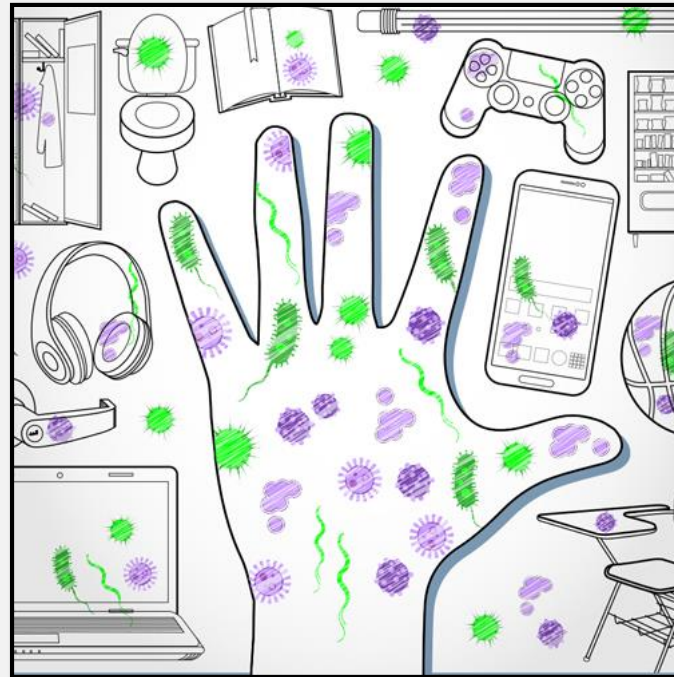
How is COVID-19 spread?

- Respiratory droplets can spread illness up to 6 feet away from a sick person
- People are thought to be most contagious when they have symptoms



How is COVID-19 spread?

- It may also be possible to get COVID-19 by touching a surface or object that has the virus on it





How can I help stop the spread?





How can I help stop the spread?

- Avoid close contact with people who are sick
 - NO Touching
 - NO Shaking hands
 - NO Hugging and/or kissing
 - NO Sharing food or drink
- Avoid touching your eyes, nose, and mouth
- Stay home when you are sick



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How can I help stop the spread?

- Cover your cough or sneeze
 - Use a tissue or the inside of your elbow, never your hands
 - Throw the tissue in the trash
 - Wash your hands after sneezing or coughing!



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How can I help stop the spread?

- Clean and disinfect frequently touched objects and surfaces using an EPA List N: Disinfectants for Use Against SARS-CoV-2 .
 - Read product labels
 - Follow product labels



School Specific Guidance to Stop the Spread



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Know The Resources

Up-to-date guidance can be found at

- DSHS COVID-19 webpage:
<https://www.dshs.state.tx.us/coronavirus/>
- Texas Education Agency (TEA) webpage:
<https://tea.texas.gov/texas-schools/health-safety-discipline/covid/coronavirus-covid-19-support-and-guidance>
- Centers for Disease Control and Prevention (CDC) webpage:
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/index.html>



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Prevention Strategies: Screening

School systems should require teachers and staff to self-screen for COVID-19 symptoms before coming onto campus each day.

- CDC does not recommend schools conduct entry screening of students on-site
- Test-based prerequisite for on-site attendance is not recommended

www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/symptom-screening.html



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Prevention Strategies: Isolation

If teachers, staff, or students have COVID-19 symptoms or have lab confirmed COVID-19, they must remain in isolation (off campus) until they meet the criteria for re-entry:

- at least 24 hours since resolution of fever without the use of fever-reducing medications; *and*
- the individual has improvement in symptoms; *and*
- at least ten days since symptoms first appeared



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Prevention Strategies: Quarantine

If teachers, staff, or students have had close contact with an individual who has lab-confirmed COVID-19, CDC recommends self-quarantine (off campus) for the duration of the 14-day incubation period

- Day one begins following the last day of exposure
- A negative test result does not shorten the exclusion period
- Symptoms should prompt isolation criteria use
- A positive test should prompt isolation criteria use



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Prevention Strategies

- Provide adequate supplies
 - Tissues
 - Disinfectant wipes
 - Hand sanitizer with at least 60% alcohol
 - Sinks, soap, paper towels
 - No-touch/foot-pedal trash can
- Evaluate transportation to/from school
- Some activities may pose a higher risk
 - Singing, playing wind/brass instruments
 - Contact sports
 - Exercises causing increased respiratory rate
- Campus dining, snacks, and break rooms

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Stop the Spread of Germs

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



Response Strategies: Case Separation

- Immediately separate any staff/student who has COVID-19 symptoms while at school until the individual can leave campus
- Notify teachers, staff, and student families if a lab-confirmed COVID-19 case is identified among teachers, staff, and students who participate in any activities on campus



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Response Strategies: Cleaning

- Clean the areas used by the teacher, staff, or student
 - Close off areas used by the person who is sick
 - Wait 24 hours (or, as long as possible) before cleaning
 - Clean and disinfect all areas used by the person who is sick, such as classrooms, bathrooms, common areas, shared electronic equipment like computers, touch screens, keyboards, etc. (EPA-registered disinfectants on List N are encouraged:
<https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19>)
- If more than 7 days passed since the sick person visited or used the facility, additional cleaning is not necessary



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Response Strategies

Report the case to the health department, or to PHR 2/3

- Preferred: PHR 2/3 School COVID19 reporting email
PHR2_3VPFteam@dshs.texas.gov
(please encrypt if sending via email)
- Alternate: Fax 817-264-4557 or 817-264-4910



General Instructions

This form may be used to **report suspected cases and cases of notifiable conditions** in Texas, listed with their reporting timeframes on the current *Texas Notifiable Conditions List* available at <http://www.dshs.state.tx.us/ldcu/investigation/conditions/>. In addition to specified reportable conditions, **any outbreak, exotic disease, or unusual group expression of disease that may be of public health concern should be reported by the most expeditious means available**. A health department epidemiologist may contact you to further investigate this Infectious Disease Report.

Suspected cases and cases should be reported to your local or regional health department.



Contact information for your local or regional health department can be found at:
<http://www.dshs.state.tx.us/ldcu/investigation/conditions/contacts/>

Public Health Region 2/3 Fax: 817-264-4557 OR 817-264-4910

As needed, cases may be reported to the Department of State Health Services Public Health Region 2/3 by calling 817-822-6786

| | | | | | |
|--|--|---|--|--|--|
| Disease or Condition | | Date: _____ (Check type) <input type="checkbox"/> Onset <input type="checkbox"/> Specimen collection (Please fill in onset or closest known date) <input type="checkbox"/> Absence <input type="checkbox"/> Office visit | | | |
| Practitioner Name | | Practitioner Address/ See Facility address below | | Practitioner Phone/ See Facility phone below () - | |
| Diagnostic Criteria (Diagnostic Lab Test Type, Result, and Specimen Source if applicable and/or Clinical Indicators) | | | | | |
| Patient: Name (Last) | | (First) | | (MI) | |
| Address (Street) | | City | | State | |
| Date of Birth (mm/dd/yyyy) | | Age | | Sex <input type="checkbox"/> Male <input type="checkbox"/> Female <input type="checkbox"/> Other | |
| Ethnicity <input type="checkbox"/> Hispanic <input type="checkbox"/> Not Hispanic | | Race <input type="checkbox"/> White <input type="checkbox"/> Black <input type="checkbox"/> Asian <input type="checkbox"/> Other <input type="checkbox"/> Unknown | | Phone Number: () - | |
| Notes, comments, additional information such as other lab tests/results, clinical info, pregnancy status, occupation (food handler), school name/grade, travel history | | | | | |
| Name of Reporting Facility | | Address | | | |
| Name of Person Reporting | | Title | | Phone Number () - extension | |
| Date of Report (mm/dd/yyyy) | | E-mail | | | |
| Health Department (local, regional, or state) use only | | | | | |

Mitigation Strategies: Contacts

- DSHS PHR 2/3 staff will assist schools as they learn to identify close contacts who should be excluded
 - Close contact* is defined by TEA as:
 - a. being directly exposed to infectious secretions (e.g., being coughed on, sneezed on, etc.), or
 - b. being within 6 feet for a cumulative duration of 15 minutes; additional factors like case/contact mask wear (i.e., both the infectious individual and the potential close contact have been consistently and properly masked), ventilation, presence of dividers, and case symptomology may affect this determination
- *Either a. or b. defines close contact if it occurred during the case infectious period (i.e., two days prior to symptom onset to 10 days after symptom onset)



Mitigation Strategies: Dismissal

- DSHS does not use numeric thresholds for recommending school dismissal or closure
- <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>



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Mitigation Strategies

- Hand washing (or sanitizing) stations at each entrance and in every classroom
- More frequent cleaning by janitorial staff
 - Especially for high touch areas/surfaces
 - Clean classrooms between class groups
- Ensure executive order compliance (masks)
 - Sometimes it is impractical for students to wear masks or face shields during athletic activities
 - Require students, teachers, staff, and visitors to wear masks or face shields when entering and exiting facilities and practice areas and when not actively engaging in those activities

Wear a Face Covering Help Protect Texans



Your face covering helps protect others
Their face covering helps protect you

Wear a face covering and stay 6 feet apart in public places to help stop COVID-19 from spreading.

Those who cannot take off a face covering by themselves or have trouble breathing should not wear a face covering.

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For updates and more information, visit dshs.texas.gov/coronavirus

KEEP SPACE BETWEEN YOU AND OTHERS

when outside

6 FT



in the classroom

6 FT



on the bus



try to skip a row if possible



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KEEP YOUTH ATHLETES SAFE

Reduce the Spread of COVID-19 in Youth Sports

Reduce physical closeness between players when possible

- Allow players to focus on building individual skills, like batting, dribbling, kicking, and strength training
- Limit full contact between players to game days (avoid during practice)
- Increase space between players in the practice areas, including on the sideline, dugout, and bench
- Avoid high fives, handshakes, fist bumps or hugs

Minimize sharing of equipment or gear

- Encourage players to bring their own equipment, like gloves, balls, and helmets (if possible)
- Clean and disinfect shared items between use

Limit travel outside of your area

- Consider competing against teams in your local area (neighborhood, town, or community)

Identify small groups and keep them together

- Avoid mixing between groups
- Stagger the arrival and drop off of each group to limit interaction
- Have scrimmages within team to limit exposure

Implement plans to **space out spectators by 6 feet** at games or competitions. Limit nonessential visitors, spectators, and volunteers.



Lower Risk



Skill-building drills at home



Within-team competition



Full competition from different areas

Higher risk



CS 317099-C 05/26/2020

cdc.gov/coronavirus

Resources

- For more resources, please visit
 - <https://dshs.texas.gov/coronavirus/tools.aspx>
 - <https://dshs.texas.gov/coronavirus/tools/print.aspx#school>
 - <https://dshs.texas.gov/coronavirus/tools/multimedia.aspx>
 - <https://dshs.texas.gov/coronavirus/tools/sm-tools.aspx>

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Students: Let's work together to stop the spread of COVID-19

DID YOU WASH YOUR HANDS?

stop



think



wash hands



ASK YOURSELF:

Did I just go to the bathroom?

Am I about to eat?

Did I just eat?

Did I cough or sneeze?

Did I touch supplies or objects
that other people have touched?

Did I touch garbage?

Did I touch my cloth face cover?

If you can't wash your hands,
ask your teacher or another
adult for hand sanitizer.

Thank you!

COVID-19 Overview for Independent School Districts

DSHS PHR 2/3 Regional Office: 817-264-4500

Epidemiology Main Line: 817-264-4541