



**CROSBY  
INDEPENDENT  
SCHOOL DISTRICT**

# Crosby ISD Health Services

## COVID-19 Return to School Plan for School Nurse's Office

THE PURPOSE OF THIS POLICY IS TO OUTLINE THE CROSBY ISD HEALTH CLINICS COMPLIANCE WITH THE COVID-19 PANDEMIC GUIDELINES. THIS PROCEDURE HAS BEEN CAREFULLY CONSIDERED TO ADDRESS AND PROMOTE THE HEALTH AND SAFETY OF ALL STUDENTS, EMPLOYEES AND THE COMMUNITY. THESE PROCEDURES COMPLY WITH LOCAL, STATE, AND NATIONAL GUIDELINES TO ENSURE BEST PRACTICE. SEE REFERENCES AT THE END OF DOCUMENT.

### I. School Support

A. Students, faculty, and staff will be highly encourage to stay home if they are sick. If an individual comes to school with "Sick Day Guidelines" symptoms (see below), they will be sent home until clearance criteria for school return is met.

B. Crosby ISD will continue to support students with acute or chronic health conditions. Short-term absences will be handled on a case-by-case basis. Long-term absences may be evaluated if criteria is appropriate for medical leave r other potential medical accommodations (IEP IHP, 504, homebound).

### II. Students may NOT need to come to the Nurse's Office with the following common situations:

A. Paper cuts, small abrasions, picked scabs

1. Wash hands
2. Use first aid kit to apply band aid

B. **Minor** headaches and/or fatigue & student is not acting ill in the classroom, especially immediately after lunch or recess/activity:

1. Encourage snack or drink water
2. Take student's temperature (if fever send immediately)
3. Rest 30 minutes
4. If worsening, send to Nurse's Office

C. Mild indigestion and/or upset stomach especially immediately after lunch or recess/activity:

1. Allow to use the restroom
2. Drink water. Rest for 30 minutes
3. If worsening, send to Nurse's Office

D. Localized bug bite (does not include stings)

1. Apply cool paper towel
2. Use anti-itch relief / alcohol swab, located in first aid kit

- E. Clothing or glasses repair
  - 1. Email or call the Nurse's office to determine what supplies are needed
  - 2. Supplies may be sent to the classroom
- F. Over the counter medications
  - 1. Over the counter medications will not be kept in the Nurse's office. Parent, guardian, or emergency contact will be required to bring and administer as needed.
  - 2. Students will not be allowed to carry any over the counter medications
- G. First Aid Kit.
  - 1. First Aid supplies will be distributed to all teachers at the start of the school year
  - 2. Replacements can be obtained from the Nurse's Office
  - 3. Please utilize supplies to reduce Nurse Office visits

### **III. Non-pharmacological Intervention (NPI) Recommendations for Communicable Disease**

- A. Individual
  - 1. Avoid close contact (less than 6 feet space greater than 10 minutes) with people who are ill.
  - 2. Stay home when you are ill.
  - 3. Cover your cough or sneeze into your elbow or a tissue. Throw the tissue in the trash. Follow with hand hygiene.
  - 4. Avoid touching your eyes, nose, and mouth. If you do, wash your hands afterwards.
  - 5. Wash hands with soap and water (20 seconds) at least every 2 hours.
  - 6. If you don't have soap and water, use hand sanitizer (60-95% alcohol based).
  - 7. Promote non-contact methods of greeting.
- B. Community
  - 1. Promote up-to-date vaccinations, including the flu vaccine, in accordance with the Texas Department of State Health/ state law.
  - 2. Place hand sanitizer dispensing units at each entrance to the building, the entrance to the Nurse's Office, and every classroom.
  - 3. Environmental cleaning of the Nurse's Office during the school day
    - a. Frequently touched objects and surfaces will be cleaned using a regular household cleaning spray or wipe.
    - b. Items contaminated with blood, respiratory, or gastrointestinal material.
    - c. Face shields and masks will be cleaned at least daily. Clean goggles/masks will be stored separately; contaminated goggles/masks will be sanitized.

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

- A. Uniform and close toed shoes are recommended for Nurse's office staff.
- B. A reusable jacket to protect scrubs from contamination in the office will be worn as "Standard Precaution" and should be removed if leaving the Nurse's Office. Appropriate PPE must be utilized in conjunction with universal precautions and proper hand hygiene. Consider NASN PPE considerations.

1. Hand hygiene is required before and after each office encounter and after each intervention.
2. Soap and water scrubbing for 20 seconds is the preferred method. Hand sanitizer with at least 60% alcohol is also acceptable.
3. Soap and water handwashing must be used in the case of gross soiling.
4. Reusable PPE will be cleaned daily. PPE should be discarded after gross contamination, at least weekly and more frequently per RN discretion.

#### C. PPE for Non-Respiratory Condition

1. Abdominal pain or vomiting
  - a. Direct student to a separated area in the case of active emesis.
  - b. Use standard precautions including mask and protective eye wear in the case of active or impending emesis.
2. Integumentary- Use standard precautions dependent on clinical picture. (i.e. draining wounds, potential exposure to blood borne pathogens)
3. Miscellaneous- Headache, sore throat, muscle aches, etc.
  - a. Evaluate if they have been exposed to someone with positive or presumed positive COVID-19
  - b. Evaluate temperature
    - i. Direct student to isolation area PRN
    - ii. Use standard precautions including mask
4. Respiratory Condition and Afebrile- Triage if acute respiratory illness or chronic condition exacerbation.
  - a. Allergy and asthma symptoms are NOT acute respiratory illnesses.
  - b. Use standard precautions including mask.
  - c. Evaluate if the individual has been exposed to someone with positive or presumed positive COVID-19.
  - d. Per CDC, patients with even mild symptoms that might be consistent with COVID-19 (i.e. cough, sore throat, shortness of breath, muscle aches) should be cared for by health care professional wearing jacket, gloves, mask, and eye protection.
5. Respiratory Condition and Febrile
  - a. Don jacket, gloves, mask, and eye protection.
  - b. Direct student to isolation area.
  - c. Apply face mask to patient, if tolerated and developmentally appropriate.
  - d. Evaluate if the individual has been exposed to a person with positive or presumed COVID-19.

## V. Sick Day Guidelines

### A. Symptoms Requiring Absence

1. Active vomiting or diarrhea- return 24 hours after last episode
2. The first 24 hours of antibiotic treatment for bacterial conditions (i.e. strep throat, pink eye)
3. Fever/chills/generalized body aches- 24 hours without the use of fever-reducing medication and no respiratory symptoms.
4. Instruct parent/guardian to call Primary Care Physician or Harris County Health Department for guidance to return to school.

5. Doctor's note requiring an individualized plan of care to stay home.

B. In the case of an individual who was **diagnosed with COVID-19**, the individual may return to school when ***all four of the following criteria are met:***

1. At least one day (24 hours) have passed since resolution of fever without the use of fever-reducing medications **AND**;
2. The individual has improvement of symptoms **AND**;
3. At least 10 days have passed since symptoms first appeared **AND**;
4. Provide the negative test results from an approved COVID-19 testing location (Non-rapid test only) <https://tdem.texas.gov/covid-19/>

C. In the case of an individual who **has symptoms that could be COVID-19 and who is not evaluated by a medical professional**, such individuals are assumed to have COVID-19, and the individual may not return to campus until the individual has completed the same four-step set of criteria listed above.

D. If the individual **has symptoms that could be COVID-19 and wants to return to school before completing the above stay at home period**, ***3 out of 4 conditions below must be met:***

- (a) Medical professional complete this form clearing the individual to return based on an alternative diagnosis
- (b) Provide the negative test results from an approved COVID-19 testing location (Non-rapid test only) <https://tdem.texas.gov/covid-19/>
- (c) At least one day (24 hours) have passed since resolution of fever without the use of fever-reducing medications
- (d) The individual has improvement of symptoms

E. If a student, staff, or visitor test positive for COVID after being on campus, advise the Principal, School Nurse (students only) and Human Resource (staff only). **This is a reportable condition (see below)**. Likely the healthcare provider who diagnosed COVID has already reported to TCHD. Follow these CDC Guidelines:

1. Employees who have been exposed to the virus ("close contact" within 6 feet for greater than 15 minutes) should notify their supervisor, Human Resources, and Primary Care Physician or Harris County Public Health for instructions.
2. Employees not considered exposed should self-monitor for symptoms such as fever, cough, or shortness of breath.
3. If an individual who has been in school is lab confirmed to have COVID-19, the school must notify its local health department, in accordance with applicable federal, state, and local laws and regulations, including confidentiality requirements of the Americans with Disabilities Act (ADA) and Family Educational Rights and Privacy Act (FERPA).

### **Identifying Possible COVID-19 Cases on Campus**

- Schools must immediately separate any student who shows COVID-19 symptoms while at school until the student is picked up by a parent, guardian, or emergency contact.
- Students **MUST** be picked up within 45 minutes of notification.
- COVID-19 Student Triage form will be used for all symptomatic students.
- Schools should clean the areas used by the individual who shows COVID-19 symptoms while at school (student, teacher, or staff) as soon as feasible.
- Students who report feeling feverish should have temperature checked to determine if they are symptomatic for COVID-19.

## VI. Communicable Disease Monitoring

- A. Collaborate with site Secretaries/Attendance office to record and track student absences for illness.
- B. RN will monitor site illness symptoms and disease trends.
- C. If 10% of the student population at a site call out sick for similar symptoms, report to the Principal.

### **Screening Questionnaire Information for Faculty**

- 1. When asking individuals if they have symptoms for COVID-19, school systems must only require the individual to provide a “Yes” or “No” to the overall statement that they are symptomatic for COVID-19, as opposed to asking the individual for specific symptom confirmation. School systems are not entitled to collect information during screening on the specific health information of an individual beyond that they are symptomatic.
- 2. Once it is determined that individuals who responded “Yes” to this question have met the criteria for re-entry, school systems must destroy those individuals’ responses.

## VII. Resources

- A. 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)
- B. Centers for Disease Control and Prevention. (2020, March 12). Interim guidance for administrators of US K-12 schools and childcare programs. Plan, Prepare, and Respond to Coronavirus Disease 2019 (COVID19),  
<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/guidance-for-schools.html>
- C. 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.
- D. 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)
- E. Centers for Disease Control and Prevention, Coronavirus Disease 2019 (COVID-19)  
<https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.
- F. Handwashing and Hand Sanitizer Use at Home, at Play, and Out and About,  
<https://www.cdc.gov/handwashing/pdf/hand-sanitizer-factsheet.pdf>
- G. Return to Work/School after COVID19 diagnosis with/without test an/or symptoms:  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>
- H. 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)
- I. Discontinuation of Home Isolation for those with COVID 19 Symptoms:  
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html>
- J. WHO Return to work guidelines/temp threshold reference:  
<https://www.who.int/docs/default-source/coronaviruse/getting-workplace-ready-for-covid-19.pdf>

K. How to Reuse PPE: <https://www.registerednursing.org/how-reuse-ppe/> L. CDC Optimizing PPE:

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/index.html>

M. CDC Healthcare Infection and Preventions FAQs for COVID-19:

[https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-faq.html?deliveryName=USCDC\\_2067-DM26308](https://www.cdc.gov/coronavirus/2019-ncov/hcp/infection-control-faq.html?deliveryName=USCDC_2067-DM26308)

N. Discontinuing home isolation guidelines from the CDC:

[https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html?deliveryName=USCDC\\_2067-DM27395](https://www.cdc.gov/coronavirus/2019-ncov/hcp/disposition-in-home-patients.html?deliveryName=USCDC_2067-DM27395)









O. AAP COVID-19 Planning Considerations for Return to In-Person Education in Schools:


<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/covid-19-planning-considerations-return-to-in-person-education-in-schools/>

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

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

**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, ridesharing, 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 sneezes.** 
- 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 cloth face covering. 
- 9. Avoid sharing personal items** with other people in your household, 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. 



© 2020 CDC

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