

2020

Irvine Unified School District Health Guidelines for COVID-19

Table of Contents

| | |
|---|----|
| Healthy Hygiene Practices | 3 |
| Handwashing | 3 |
| Physical Distancing | 3 |
| Face Coverings..... | 3 |
| For Students | 4 |
| For Staff..... | 4 |
| Face Mask Exemptions..... | 5 |
| Home-Daily Symptom Screening for Students..... | 5 |
| Student and Staff Education for Healthy Hygiene Practices | 6 |
| Preparing for Student Illness and Injury | 6 |
| Updates for the Classroom..... | 6 |
| Check for Signs and Symptoms of COVID-19 | 7 |
| COVID-19 sign and symptoms include:..... | 7 |
| Designation of School Site Isolation Room..... | 8 |
| Isolation Room setup | 8 |
| Isolation Room Use | 8 |
| Personal Protective Equipment (PPE) for staff | 8 |
| Health Office..... | 8 |
| Isolation Room PPE..... | 9 |
| CPR..... | 9 |
| Student Mental Health Needs | 10 |
| Return-To-School | 10 |
| Confirmed Positive COVID-19 with symptoms | 10 |
| Confirmed Positive COVID-19 Without Symptoms..... | 10 |
| Presumed Cases (Symptoms only): student sent home from school with Symptoms of COVID-19:..... | 10 |
| Exposed to COVID-19 | 11 |
| Maintaining Healthy Environments | 11 |
| Cleaning and Disinfecting | 11 |
| Shared Objects | 12 |
| Health Office Restroom (and Isolation Room Restroom)..... | 12 |
| Maintaining Healthy Operations | 12 |
| Health Office sign out | 12 |
| Beginning of the year Medication Drop-off | 13 |

| | |
|---|-----------|
| Specialized Procedures | 13 |
| Catheterization Care | 13 |
| G-Tube Feedings or Reinsertion | 14 |
| Oral / Nasal / Pharyngeal Suctioning and Tracheostomy Care..... | 14 |
| Diapering | 14 |
| Toileting..... | 14 |
| Oral Feeding | 14 |
| Accommodations and Special Considerations | 14 |
| Additional Considerations..... | 14 |
| New and Transferring Students..... | 15 |
| Resources | 15 |
| Appendix..... | 16 |

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HEALTHY HYGIENE PRACTICES

HANDWASHING

Proper hand hygiene, with soap and water or with hand sanitizer, should be completed prior to entering the health office or isolation area.

Proper hygiene practices include:

- Wash hands with soap and water for 20 seconds, rubbing thoroughly after application. Rinse thoroughly and use paper towels (or single-use cloth towels) to dry hands.
- Cover nose/mouth when coughing or sneezing (face mask/tissue). Use disposable tissue and discard after use. Perform hand hygiene after contact with respiratory secretions.
- Avoid touching eyes, nose, and mouth with unwashed hands
- Wash hands before and after eating, after coughing or sneezing, after being outside, and before and after using the restroom.
- Fragrance-free hand sanitizer (at least 60% ethyl alcohol) should be used when handwashing is not feasible.
 - Sanitizer must be rubbed into hands until completely dry.
 - Frequent handwashing is more effective than the use of hand sanitizer.
 - Children under the age of nine should have supervision when using hand sanitizers.

PHYSICAL DISTANCING

In areas where health services are being provided, maximize physical distancing of six feet to the greatest extent practicable. Also limit communal activities, stagger use, properly space occupants and disinfect in between uses.

School nurses will work with school site administration to promote physical distancing in the health office. For sites where health offices cannot ensure physical distancing, consider providing care for one student at a time.

FACE COVERINGS

Face coverings must be used in accordance with [CDPH guidelines](#) unless a person is exempt as explained in the guidelines, particularly in indoor environments, on school buses, and areas where physical distancing alone is not sufficient to prevent disease transmission. See [CDPH](#) reference for COVID-19 and Reopening in-Person Learning Framework for K-12 Schools in California. See [COVID19.CA.GOV](#) for information on Masks and Face Coverings .

Per [CDPH COVID-19 Industry Guidance: Schools and School Based Programs](#), in order to comply with this guidance, schools must exclude students from campus if they are not exempt from wearing a face covering under CDPH guidelines and refuse to wear one provided by the school. Schools should develop protocols to provide a face covering to students who inadvertently fail to bring a face covering to school to prevent unnecessary exclusions. Schools should offer alternative educational opportunities for students who are excluded from campus.

FOR STUDENTS

Teach and reinforce, with students and staff, the use of face coverings and face shields as follows:

- Wash hands before putting on a cloth or disposable face covering.
- Make sure that it covers both nose and mouth and goes under the chin.
- Ensure it fits snugly against the sides of your face and does not restrict breathing
- Refrain from touching face covering during use.
- A cloth face covering, or face shield should be removed for meals, snacks, naptime, or when it needs to be replaced.
- During outdoor activities such as recess and P.E., masks may be removed when physical distancing is being observed, especially if activity is vigorous or in excessive heat.
- When a cloth face covering is temporarily removed, it should be placed in a clean paper bag (marked with the student's name and date) until it needs to be put on again.
- At the end of the day, take cloth face covering home and machine or hand wash after each use. If using a disposable face covering, dispose of it in a trash receptacle.
- To remove mask:
 - Untie the strings behind the head or stretch the ear loops
 - Handle only by the ear loops or ties
 - Fold outside corners together
 - Wash your hands with soap and water

FOR STAFF

Healthcare workers must use proper PPE when exposed to a [student or staff] with suspected or confirmed COVID-19 or other sources of SARS-CoV-2 (See OSHA's PPE standards at 29 C FR 1910 Subpart I) [OSHA](#).

OSHA recommends that healthcare workers with minimal exposure to suspected or confirmed COVID-19 [students or staff in the **health office**] wear:

- Eye/face protection (e.g., goggles, face shield)
- Surgical masks or better

OSHA recommends that healthcare workers with exposure to suspected or confirmed COVID-19 [students or staff in the **isolation room**] wear:

- Gloves
- Gowns

- Eye/face protection (e.g., goggles, face shield)
- NIOSH-certified, disposable N95 filter facepiece respirators or better*

*If there is a shortage of PPE or supplies available, staff will follow recommended alternative public health guidelines.

FACE MASK EXEMPTIONS

Staff will receive training which will include policies as to how individuals who are exempted from wearing face coverings will be addressed.

The following individuals are exempt from wearing a face covering per:

[CDPH Guidance for the Use of Face Coverings](#)

- Persons younger than two years old.
- Persons with a medical condition, mental health condition, or disability that prevents wearing a face covering. This includes persons with a medical condition for whom wearing a face covering could obstruct breathing or who are unconscious, incapacitated, or otherwise unable to remove a face covering without assistance.
- Persons who are hearing impaired, or communicating with a person who is hearing impaired, where the ability to see the mouth is essential for communication.
- Persons for whom wearing a face covering would create a risk to the person related to their work, as determined by local, state, or federal regulators or workplace safety guidelines.
- Persons exempted from wearing a face covering due to a medical condition should wear a non-restrictive alternative, such as a face shield with a drape on the bottom edge, as long as their condition permits it.
- In limited situations where a face coverings cannot be used for pedagogical or developmental reasons, (i.e. communicating or assisting young children or those with special needs) a face shield can be used instead of a cloth face covering, while in the classroom, as long as the wearer maintains physical distance from others, to the extent practicable. Staff must return to wearing a face covering outside of the classroom.

HOME-DAILY SYMPTOM SCREENING FOR STUDENTS

Parents, in combination with their students, should complete a symptom self-assessment daily, prior to arrival at school. Students should not be sent to school if there is **ANY** indication of illness or possible exposure.

Parents to use the following [screening tool](#) to screen students daily prior to arrival at school:

Section 1: Symptoms:

- | | |
|----------------------------------|-------------------|
| • Fever of 100.4° F or higher | • Nausea/Vomiting |
| • Chills | • Diarrhea |
| • Cough | • Rash |
| • Nasal Congestion or Runny nose | • Headache |

- Sore throat
- Fatigue
- New loss of taste or smell
- Difficulty breathing
- Muscle or body aches

Section 2: Close Contact/Potential Exposure:

- Had close contact (within 6 feet of an infected person for at least 15 minutes) with a person with confirmed COVID-19.
- Contact with anyone in the home who is exhibiting COVID-19 symptoms as listed above.
- Travel to or lived in an area where the local, Tribal, territorial, or state health department is reporting large numbers of COVID-19 cases.
- Live in areas of high community transmission while the school remains open.

| Section 1 | Section 2 | Guidance for School Attendance |
|-----------|-----------|--|
| NO | NO | Proceed to school. |
| NO | YES | No school; follow public guidelines for quarantine |
| YES | NO | No school; follow the school guidelines to return to school, CDC Symptoms based strategy |
| YES | YES | No school; refer to their primary care provider for further evaluation |

[CDPH Industry Guidance sections 8 and 9](#)

Students and staff who present at school with symptoms of illness will be sent home. In the absence of COVID testing or exposure, students and staff will be permitted to return when they have been cleared by their doctor or using the symptoms-based strategy ([CDPH Reopening Framework](#)):

- At least 10 days since symptoms first appeared **and**
- At least 3 days with no fever without fever-reducing medications **and**
- Symptoms have improved **or**
- Cleared by a medical provider and symptom free for 72 hours

STUDENT AND STAFF EDUCATION FOR HEALTHY HYGIENE PRACTICES

Ensure that staff training presentations are completed at each school site prior to the first day of school or within a reasonable time thereafter.

PREPARING FOR STUDENT ILLNESS AND INJURY

UPDATES FOR THE CLASSROOM

Teachers should call the health office prior to referring students and indicate the reason for referral so health staff are aware. This will help maximize health and safety practices for all students and staff. Teachers should program health office extension on classroom phone and

should call the main office number if there is no answer in the health office. Teachers may continue to provide minor first aid in the classroom using the updated [Classroom-Based First Aid & Triage](#) for guidance.

Due to the COVID-19 Pandemic, the following changes have been made:

- Students with **any** signs of illness, should be referred to the health office for further assessment.
- Call the health office **prior** to sending **any** students so they can be triaged and directed to the appropriate location for care.
- Provide students with a face mask prior to arrival in the health office.

CHECK FOR SIGNS AND SYMPTOMS OF COVID-19

Follow [Health Office Screening Flow Chart](#) for assessing symptoms:

COVID-19 SIGN AND SYMPTOMS INCLUDE:

- Fever of 100.4° F or higher
- Chills
- Cough
- Nasal Congestion or Runny nose
- Sore throat
- Fatigue
- New loss of taste or smell
- Nausea/Vomiting
- Diarrhea
- Rash
- Headache
- Difficulty breathing
- Muscle or body aches

Precautionary measures to be taken when a student or staff member presents with Covid-19 symptoms:

- Isolate the student or staff member temporarily, in the designated isolation room, so that any contact with other students or staff can be avoided. Staff please refer to the Illness and Injury Prevention Protocol for further guidance.
- Contact the parents/guardians and request that the student be picked up.
- Contact the school nurse.

Students who develop ANY symptoms while at school will be sent home.

For taking temperatures:

- Wash hands with soap and water or use hand sanitizer (at least 60% ethyl alcohol).
- Ensure surgical mask, face shield and gloves are donned.
- Use a non-contact thermometer and follow the directions for use that are specific to the manufacturer.
- Keep as much distance as possible between the staff member and student; stand to the side of the student when possible.
- Disinfect thermometer after use, with approved IUSD cleaner.
- Remove gloves and wash hands or use hand sanitizer.
- Record results.
- Based upon results, take next steps to either have the individual resume normal activity or go to isolation room.

DESIGNATION OF SCHOOL SITE ISOLATION ROOM

Each school nurse, in collaboration with the site administrative team, will identify a location for an isolation room for those students with possible COVID-19 symptoms. School sites will refer to the isolation room by its location (e.g. Room 3 or Conference Room B) rather than isolation room, in an attempt to destigmatize this area for students.

When students are in the health office or isolation room, the areas will be supervised by staff wearing proper PPE.

ISOLATION ROOM SETUP

- Prepare a room that is preferably separate from classrooms and other areas that are regularly used. The route to the room should be planned to avoid any possible contact with other persons.
- The room should have access to a designated phone and computer.
- Stock the room with district approved supplies including PPE and disinfectants, 32-gallon trash can with a lid and double bags for disposal of PPE when leaving the area. This will be emptied by the custodian at the end of each day.
- All furniture in the room must be washable and easily sanitized and disinfected.
- A separate bathroom should be dedicated to students and staff in isolation
- The room should have good, natural ventilation.
- Isolation room [supply list](#)

ISOLATION ROOM USE

- Proper PPE should be used at all times in the isolation room.
- A distance of 6 feet between individuals inside the room should be maintained. An isolation room should preferably not be shared.
- Both the isolation room and bathroom should be cleaned regularly with the prescribed disinfectant.
- Once the ill person has vacated and prior to disinfecting, ventilate the room.

PERSONAL PROTECTIVE EQUIPMENT (PPE) FOR STAFF

[PPE](#) Information from Cal/OSHA

[OCDE Protocols](#) for when someone gets sick

HEALTH OFFICE

Health offices will serve as a well room, designed for first aid for injuries, medication administration, etc.

OSHA recommends that healthcare workers with minimal exposure to suspected or confirmed COVID-19 [students or staff in the **health office**] wear:

- Eye/face protection (e.g., goggles, face shield)
- Surgical masks or better

A face shield and surgical mask shall be worn by any IUSD employee caring for a student or another staff member in the health office.

Face shields should be cleaned and taken home at the end of every day. Take precautions not to touch the surface of the face shield as it may be contaminated. If the surface of the face shield is touched, immediately wash hands with soap and water.

Instructions for cleaning face shields:

- While wearing gloves, carefully wipe the inside, followed by the outside of the face shield or goggles using a disinfectant wipe or a clean cloth saturated in disinfectant.
- Fully dry; air dry or use clean absorbent towels.
- Remove gloves and perform hand hygiene.

ISOLATION ROOM PPE

Healthcare workers must use proper PPE when exposed to a [student or staff] with suspected or confirmed COVID-19 or other sources of SARS-CoV-2 (See OSHA's PPE standards at 29 C FR 1910 Subpart I) [OSHA](#).

If there is a shortage of PPE, alternative guidelines for PPE will be followed as directed.

OSHA recommends that healthcare workers with exposure to suspected or confirmed COVID-19 [students or staff in the **isolation room**] wear:

- Gloves
- Gowns
- Eye/face protection (e.g., goggles, face shield)
- NIOSH-certified, disposable N95 filter face piece respirators or better

CPR

If a student or staff member requires CPR intervention while on the school campus, follow the procedure below:

- Make sure the scene is safe.
- Call 911, following the [IUSD 911 guidelines](#).
- Limit students and staff in the area near the resuscitation.
- Ensure that the rescuer is wearing a face covering and a face shield.
- Cover victim's mouth and nose with a face covering to reduce the chance for possible transmission of COVID-19.
- Provide CPR-Hands-Only compressions.
- Use AED, as indicated, when it arrives.

- Continue Hands-Only CPR until EMS arrives.

| | |
|--|--|
| Healthcare provider infographic: AHA Guidance for Resuscitation | Layperson CPR Infographic: COVID-19 Bystander CPR Infographic |
|--|--|

* To view sample posters, see [Appendix](#)

STUDENT MENTAL HEALTH NEEDS

Coordinate with the site mental health specialist to design a plan for students requesting to come to the health office for mental health needs.

RETURN-TO-SCHOOL

The district will follow CDPH guidelines regarding a student returning to school. The link and narrative information are highlighted below:

[CDPH Reference](#) for return to school

CONFIRMED POSITIVE COVID-19 WITH SYMPTOMS

May discontinue isolation under the following conditions:

- At least 10 days have passed since symptoms first appeared
AND
- At least 3 days have passed since last fever without the use of fever-reducing medications
AND
- Other symptoms have improved

CONFIRMED POSITIVE COVID-19 WITHOUT SYMPTOMS

May discontinue isolation and other precautions:

- 10 days after the date of their positive test

PRESUMED CASES (SYMPTOMS ONLY): STUDENT SENT HOME FROM SCHOOL WITH SYMPTOMS OF COVID-19:

May return to school if:

- At least 10 days since symptoms first appeared
AND
- At least 3 days with no fever and without fever-reducing medication
AND
- Symptoms have improved

OR

- Cleared by your primary care provider and symptom free for 72 hours

EXPOSED TO COVID-19

If you had **close contact** with a person with Confirmed COVID-19:

- Stay home until 14 days after your last contact.
- Check your temperature twice a day and watch for symptoms of COVID-19.
- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.
- Contact your health care provider if you have questions or you develop serious symptoms of illness.

All confirmed positive COVID-19 test results will be reported to Orange County Public Health Department.

What counts as close contact?

A close contact is defined as a person who is <6 feet from a case for >15 minutes ([CDPH reference](#)). In some school situations, it may be difficult to determine whether individuals have met this criterion and an entire cohort, classroom, or other group may need to be considered exposed, particularly if people have spent time together indoors.

- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (touched, hugged, or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

OCHCA will work with the school for purposes of contact tracing. School nurse will contact the Orange County Health Care Agency [COVID Schools Team](#) and Marcia Noonan, IUSD Health Services Coordinator, upon the identification of any student that has tested positive for COVID-19.

For staff who are positive or presumptive cases, please refer to the Injury and Illness Prevention Program Addendum (COVID-19) or Human Resources.

MAINTAINING HEALTHY ENVIRONMENTS

CLEANING AND DISINFECTING

Health office staff will continue with current practices of cleaning the health care areas daily and in between each student using the district provided, EPA approved, disinfectant.

Gloves and mask should be worn to disinfect all contact surfaces after each student including cots, chairs, and doorknobs.

SHARED OBJECTS

Remove all non-essential shared objects (books, toys, etc.) from the health office and ensure that essential shared objects (thermometers, etc.) are properly cleaned and disinfected between uses.

Limit sharing of telephones, keyboards, chairs, etc. Disinfect surface prior to and after using any shared surface using the district approved EPA spray disinfectant or disinfectant wipes in the isolation area.

To prevent cross contamination, each room should maintain its own supplies and equipment.

HEALTH OFFICE RESTROOM (AND ISOLATION ROOM RESTROOM)

The health office restroom and any restroom serving the isolation room is limited to students receiving care in those areas unless special arrangements are made with the school nurse.

- The restroom will be cleaned by staff between students using gloves and the EPA approved disinfectant.
- Sink, faucet, doorknobs, light switches, and toilet seats will be wiped down between uses.
- Trash can inside the restroom should be double bagged and may be disposed of in the regular trash pickup at the end of the day.

MAINTAINING HEALTHY OPERATIONS

HEALTH OFFICE SIGN OUT

Consider techniques to minimize the number of parents coming into the health office. Implement physical distancing for parent pick up.

- Student will be escorted outside by staff to meet parent or designee for pickup.
- To minimize contact with surfaces, in lieu of a parent signature, health services staff will document in Aeries under Medical Log the date/time the student was picked up as well as the name and relationship of the person picking up. Continue to follow current practices for releasing students to parent/guardian or designated person.
- At the end of the day, health services staff will print and provide a copy of the Daily Medical Log to the staff member that manages attendance at the school site. (For secondary schools, include periods the student was absent in comments.)

BEGINNING OF THE YEAR MEDICATION DROP-OFF

In collaboration with the site school nurse, ensure that medications can be dropped off in a way that minimizes contact, utilizes safe hygiene, and allows physical distancing guidelines:

- Consider options such as setting up staggered medication drop off appointments with parents, establishing a drop-off location that is outside the school building or using vehicle pick-up/drop-off lines.
- When communicating about the drop off, explicitly communicate to parents NOT TO COME if they have any symptoms. Suggest sending someone else or waiting until they are no longer symptomatic.
- Take all necessary measures to clean the drop-off area after each drop-off cycle.
- Perform hand hygiene in between each medication drop off, and as needed.
- Any nebulizer medication delivery should be converted to an inhaler with a spacer, whenever possible, to avoid Aerosolized Transmissible Diseases (ATD) of COVID-19 ([Taras, 2020](#)).

Please follow IUSD guidelines for [Medication Administration](#) outlined on our website.

- [Medication Request Form](#)

SPECIALIZED PROCEDURES

Specialized Physical Healthcare Services (SPHCS) are provided to students with disabilities to ensure equal access to educational support in the school environment.

In the educational setting, for close face-to-face contact in an enclosed space, school staff who are working with students should wear the recommended PPE including face mask, face shields, and if there is probable contact with body fluids, gloves and gowns.

For aerosol generating procedures, wear the following PPE: gown, N95 mask, goggles or face shield, and gloves. Aerosol generating procedures should be provided in a well-ventilated area. Whenever feasible, separate the student receiving the aerosol generating procedure from other students and staff. [CDC Reference](#)

- Procedures that have the potential to generate aerosol include, but are not limited to, nebulizer treatments, oral nasal suctioning, tracheostomy cares, BiPAP, CPAP and CPR.

Staff training will include considerations for SPHCS during the COVID pandemic.

CATHETERIZATION CARE

Requires close contact with the student and potential for splash.

- PPE needed: Gown, surgical mask, face shield, and gloves.
- Otherwise follow standard procedures for catheterization.

G-TUBE FEEDINGS OR REINSERTION

Requires close contact with a student for more than 15 minutes with a potential for splash.

- PPE needed: Gown, surgical mask, face shield, and gloves.
- Otherwise follow standard procedures for g-tube feeding or reinsertion.

ORAL / NASAL / PHARYNGEAL SUCTIONING AND TRACHEOSTOMY CARE

Requires close contact with student and is an aerosol generating procedure.

- PPE needed: Gown, N95 mask, goggles or face shield, and gloves.
- Aerosol generating procedures should be provided in a well-ventilated area, separated from other students, and staff other than the staff providing the procedure whenever feasible.

DIAPERING

Requires close contact with potential for droplets of body fluid/biologic material.

- PPE needed: Gown, surgical mask, face shield, gloves.
- Wash hands assist student to wash hands after diapering.
- [Safe and Healthy Diapering Poster](#)

TOILETING

Requires close contact and potential for droplets of body fluid/biologic material.

- If full assistance, PPE needed: Gown, surgical mask, face shield, gloves.
- If only assistance with clothing is required, PPE needed: Face covering, gloves.
- Wash hands and assist student to wash their hands after toileting.

ORAL FEEDING

Requires close contact with a student for more than 15 minutes with a potential for exposure to oral secretions.

- PPE needed: Surgical mask, face shield, gloves.
- Wash hands, wash student's hands before and after feeding.

ACCOMMODATIONS AND SPECIAL CONSIDERATIONS

ADDITIONAL CONSIDERATIONS

School nurses, in conjunction with general education and special education teams, shall support students who may be at increased risk of becoming infected or having unrecognized illness due to COVID-19.

School nurses, in conjunction with school site teams, will review existing student health plans to identify students who may need additional accommodations. Teams will collaborate with families regarding concerns that may need an accommodation.

NEW AND TRANSFERRING STUDENTS

The District will follow current CDPH guidelines regarding new and transferring students to IUSD

RESOURCES

| | |
|--|---|
| American Heart Association (AHA) | Interim FAQs for Communities: Covid-19 and CPR Training |
| CA.GOV | County Variance Info |
| CDPH- California Department of Public Health | COVID-19 Industry Guidance: Schools and School-Based Programs |
| OCDE- Orange County Department of Education | Orange County Together |
| OCHCA- Orange County Health Care Agency | OCHCA Case Counts and Daily Figures County Variance Info |

APPENDIX

Daily Home Screening for Students

Daily Home Screening for Students

Parents: Please complete this short check each morning and report your child's information [INSERT YOUR SCHOOL REPORTING INSTRUCTIONS] in the morning before your child leaves for school.

SECTION 1: Symptoms

If your child has any of the following symptoms, that indicates a possible illness that may decrease the student's ability to learn and also put them at risk for spreading illness to others. Please check your child for these symptoms:

| | |
|--------------------------|---|
| <input type="checkbox"/> | Temperature 100.4 degrees Fahrenheit or higher when taken by mouth |
| <input type="checkbox"/> | Sore throat |
| <input type="checkbox"/> | New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough, a change in their cough from baseline) |
| <input type="checkbox"/> | Diarrhea, vomiting, or abdominal pain |
| <input type="checkbox"/> | New onset of severe headache, especially with a fever |

SECTION 2: Close Contact/Potential Exposure

| | |
|--------------------------|--|
| <input type="checkbox"/> | Had close contact (within 6 feet of an infected person for at least 15 minutes) with a person with confirmed COVID-19 |
| <input type="checkbox"/> | Traveled to or lived in an area where the local, Tribal, territorial, or state health department is reporting large numbers of COVID-19 cases as described in the Community Mitigation Framework |
| <input type="checkbox"/> | Live in areas of high community transmission (as described in the Community Mitigation Framework) while the school remains open |

[Back to Daily Symptom Screening](#)

OSHA- Face Coverings, Masks and Respirators

FACE COVERINGS, MASKS & RESPIRATORS



When to Use Them to Prevent the Spread of COVID-19

California and the Centers for Disease Control and Prevention (CDC) are encouraging everyone to use cloth face coverings when around coworkers or in public to prevent the spread of COVID-19. Employers must provide face coverings for workers or reimburse them for the reasonable costs of obtaining them.



Graphic: CDC



Graphic: CDC



| | Reusable Cloth Face Covering | Disposable Surgical Mask or Procedure Mask | Disposable N95 Respirator, PAPR, Elastomeric Respirator |
|---|------------------------------|--|---|
| Respiratory protection for the wearer | ✗ | ✗ | ✓ |
| Protects people near the wearer (Use with physical/social distancing) | ✓ | ✓ | ✓ |
| Who should use it? | General public, most workers | Surgical masks are currently prioritized for source control and other specified uses in health care facilities and other workplaces. | Health care workers, first responders, others at highest risk of exposure to COVID-19 |

- All face coverings, surgical masks, and respirators must cover the nose and mouth.
- Wash or sanitize hands before and after using or adjusting face coverings, surgical masks, and respirators.
- Wash face coverings after each shift and discard if they no longer cover the nose and mouth, have stretched-out or damaged ties or straps, cannot properly stay on the face, or have holes or tears.
- When removing any face covering, surgical mask, or respirator, do not touch the outside.
- N95 and other tight-fitting respirators must be fit tested to select a model and size that fits the individual and provides a reliable level of protection. At this time, they are reserved primarily for health care workers, first responders, and those exposed to other hazardous particles.

Updated 7/9/2020

Facemask Do's and Don'ts

Facemask Do's and Don'ts

For Healthcare Personnel

When putting on a facemask

Clean your hands and put on your facemask so it fully covers your mouth and nose.



DO secure the elastic bands around your ears.



DO secure the ties at the middle of your head and the base of your head.

When wearing a facemask, don't do the following:



DON'T wear your facemask under your nose or mouth.



DON'T allow a strap to hang down. DON'T cross the straps.



DON'T touch or adjust your facemask without cleaning your hands before and after.



DON'T wear your facemask on your head.



DON'T wear your facemask around your neck.



DON'T wear your facemask around your arm.

When removing a facemask

Clean your hands and remove your facemask touching only the straps or ties.



DO leave the patient care area, then clean your hands with alcohol-based hand sanitizer or soap and water.



DO remove your facemask touching ONLY the straps or ties, throw it away*, and clean your hands again.

*If implementing limited-reuse: Facemasks should be carefully folded so that the outer surface is held inward and against itself to reduce contact with the outer surface during storage. Folded facemasks can be stored between uses in a clean, sealable paper bag or breathable container.

Additional information is available about how to safely put on and remove personal protective equipment, including facemasks:

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



CS 3164004 June 2, 2020 11:30 AM

cdc.gov/coronavirus

911 Emergency Calls



IUSD HEALTH SERVICES GUIDELINES FOR 911 EMERGENCY CALLS

There are a number of conditions that warrant activating Emergency Medical Services (911). These conditions include, but are not limited to, those listed below.

MEDICAL EMERGENCIES FOR 911 CALLS INCLUDE

- First time seizure or seizure lasting longer than 5 minutes
- Any time Diastat is given
- Severe or open fracture (bone punctures the skin), any possible long bone fracture or severe dislocation
- Suspected head, neck or back injury
- Extreme difficulty with or cessation of breathing, or any time CPR is initiated
- Any incident affecting the airway, breathing or circulation
- Unconscious condition or any change from individual's normal mental status
- Any time Glucagon is given
- Chest pain that lasts more than 5 minutes
- Severe abdominal injury
- Severe bleeding that is difficult to control
- Severe allergic reaction where breathing might be jeopardized
- Any time an EpiPen is used
- Drug overdose
- Any injury where moving the individual may pose a risk of further serious injury. Examples: neck, lower body fractures, shock, internal injury, spinal injury
- Heat stroke
- Gunshot or knife wound
- Any condition where shock becomes significant and does not improve with treatment
- **When in doubt, call 911.**

911 CALL STEPS

1. First IUSD personnel on site is to determine emergency and make 911 call.
2. Designate someone to wait in front of school to direct paramedics to the injured party.
3. Notify school principal or designee.
4. Call parent/guardian.
5. Call your school nurse.
6. Complete and fax 911 Report to Health Services at (949) 936-7539.
7. Retain original copy of 911 Report in student's health cum and document incident in Aeries Med Notes.
8. **If requested to do so, print a Student Emergency Card ("face sheet") for the Paramedics;** go to student's Aeries screen, select "Student Data", "Demographics", and "Reports" (scroll to bottom of screen), select "Emergency Card", then select "Contacts Red Flag", "Student Picture" and "Medical Information" **only**.

Revised 07-01-19

[Back to CPR](#)

Isolation Room Supply List

Isolation Room Supply List

PPE - School site to order through Warehouse:

Personal Protective Equipment (PPE)

- Level 3 Gowns
- Gloves
- Medical grade face shields
- Surgical Masks
- N95 masks*
- Kleenex
- Hand Sanitizer

Provided/ordered through as indicated:

Supplies

- Camping cots (District/Risk Management)
- Paper head protectors for cot (Warehouse)
- Trash can with lid (M & O)
- Cleaning supplies (M&O)
- First Aid Kit (Health Services)
- Infrared Thermometer (Health Services - 2 per site – 1 for Health Office, 1 for Isolation Room)
- HEPA Fan (District/Risk Management)

Provided by school site unless indicated otherwise:

For staff use in the isolation room

- Cleaning Supplies
- Chrome books
- Phone access
- Copies of the parent letter for students sent home ill (Health Services)
- Pens/Pencils/Paper

* If there is a national shortage of PPE or supplies, we will follow recommended alternative guidelines.

Created: 08-19-2020

[Back to Isolation Room Setup](#)

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.



American Heart Association.

Step 1

Make sure the scene is safe.

Check to see if the child or infant is awake and breathing normally.



Step 2

Shout for help.

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.

If help is available, phone 9-1-1. Send someone to get an AED while you start CPR.



Step 3

Provide CPR with compressions and breaths (if you're willing and able).



Start child CPR

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.



Start infant CPR

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.

Use the AED as soon as it arrives. Continue CPR until EMS arrives.

KJ-1424 4/20 © 2020 American Heart Association

[Back to CPR](#)

COVID-19: Quarantine at Home



COVID-19: QUARANTINE AT HOME WHAT YOU NEED TO KNOW



Quarantine is used to **keep someone who might have been exposed to COVID-19 away from others**. This helps prevent the spread of COVID-19 that can happen before a person knows they are sick or if they are infected with the virus without feeling symptoms.

Isolation is used to **keep someone who has COVID-19 or symptoms of COVID-19 away from others**, even in their own home.

You should quarantine for 14 days after your last exposure to COVID-19, if you:

- had close contact (within 6 feet for 15 minutes or more) with someone who has COVID-19 or symptoms of COVID-19
- have been instructed by your health provider (doctor) or local health department that you may have been exposed and need to quarantine

While you quarantine at home, you should:



Stay home for at least 14 days after your last close contact or exposure.



Ask for help to get necessary items (food, medicines, essentials).



If you must go out, avoid close contact and keep at least 6 feet apart from others. Wear a cloth face covering when out.



Check your temperature twice a day, and monitor yourself for COVID-19 symptoms (fever of 100.4°F or higher, cough, body aches, sore throat, chills, loss of taste or smell, etc.).



Separate yourself from others if you develop symptoms, and contact your healthcare provider (doctor) to see if you should get tested.



FREE COVID-19 TESTING

If you think you or someone in your home has COVID-19 and would like to get tested, visit ohealthinfo.com/covidtest to find where you can get tested.

COVID-19 RESOURCES

For more information on help with getting food, resources related to job loss, trouble paying rent, or getting medical care, visit together.ocgov.com.

For more COVID-19 information, please visit www.ohealthinfo.com/novelcoronavirus or call the OC Health Care Agency's Health Referral Line at (800) 564-8448.



7/15/2020

Orange County Health Care Agency COVID Schools team

Orange County Health Care Agency COVID Schools Team

The COVID Schools Team is a unit of Public Health Nurses, Supervising Public Health Nurse and Physicians dedicated to providing guidance to childcare facilities, schools, schools-based programs, camps, colleges and universities that have experienced a COVID-19 exposure or are seeking general guidance.

Public Health Nurses (PHNs) will triage calls coming in to the COVID [schools](#) line at Orange County Health Care Agency (HCA).

The COVID Schools Team provides the following services:

- responds to general questions about COVID-19
- provides information about testing and testing locations
- provides education regarding isolation and quarantine
- conducts case investigations and contact tracing activities

PHNs provide post-exposure recommendations and provide exposure-specific notification letters to aid facilities/sites in their post-exposure outreach to children, parents, teachers and/or school staff impacted. Guidance provided by HCA staff is in accordance with Centers for Disease Control and Prevention (CDC), California Department of Public Health (CDPH), California Department of Education (CDE) and Orange County Department of Education (OCDE).

Contact the COVID School Team for more information:

Calls are routed to the COVID School Team through the Orange County Health Referral Line: (800) 564-8448 – option 2, Monday-Friday 8:00 a.m. to 5:00 p.m.

The School Team Mailbox is monitored 7 days per week from 8:00 a.m.-5:00 p.m.

CCICOVIDSchools@ochca.com



[Back to Return to school](#)

Health Office Screening Infographic

IRVINE UNIFIED SCHOOL DISTRICT

Health Office Screening Guidelines



1.) CALL HEALTH OFFICE BEFORE SENDING ANY STUDENT. SEND WITH GREEN SLIP IF USED IN YOUR SCHOOL.

2.) PROVIDE STUDENT WITH A FACE COVERING IF THEY DO NOT ALREADY HAVE ONE AND SEND TO HEALTH OFFICE TRIAGE AREA

Triage



3.) ASK ALL STUDENTS THE FOLLOWING QUESTIONS

- What brings you to the health office?
- Recent COVID-19 exposure?
- Any symptoms of illness (see list below)?
- Are these symptoms new and/or not typical?

YES YES AND/OR HAVE AN ILLNESS ISOLATE STUDENT

NO NO AND/OR HAVE AN INJURY SEND TO HEALTH OFFICE FOR TREATMENT

Evaluation and Treatment

EVALUATE THE STUDENT FOR ANY OF THE FOLLOWING SYMPTOMS

- Temp ≥ 100.4
- Fatigue/not feeling well
- Headache
- Sore throat
- Cough
- Runny nose/congestion
- Diarrhea
- Nausea/Vomiting
- Body/muscle aches
- Chills
- Rash
- Recent loss of smell/taste

TREAT INJURY OR SYMPTOM

- Basic first aid
- Medication administration as ordered
- Rest for 10 minutes
- Home or back to class



CALL PARENTS AND SEND STUDENT HOME ASAP

CALL SCHOOL NURSE



CALL 9-1-1

- Trouble breathing
- Bluish lips/face
- Severe Chest pain
- New confusion
- Unable to wake or stay awake



[Back to Check for Signs and Symptoms](#)

Classroom-Based First Aid and Triage

IUSD HEALTH SERVICES

CLASSROOM-BASED FIRST AID AND TRIAGE

- In order to minimize the risk of exposing healthy students to those with COVID-19 symptoms, students should be triaged in the classroom and minor issues should be handled there.
- If a student has a health issue that is more severe than those listed below, or if you have questions about a student's health, please call the health office before sending the student.
- Be aware that when students/staff arrive at the office with potential COVID-19 symptoms, they will be relocated to an isolation area so as not to potentially expose the staff/students within the general office space.
- Note: Each classroom has been provided a re-sealable bag containing basic first aid supplies. Please let the health office know if you run low on supplies and arrangements will be made to restock.
- *Wear gloves if you need to provide hands-on assistance.

| If you see this: | Do this: |
|---|---|
| Small paper cuts, abrasions, picked scabs* | Have the student wash the area with soap and water or clean with an antiseptic wipe (BZK towelette). Cover with a bandage as needed. |
| Small bumps or bruises | Cool wet paper towel. |
| Localized bug bite | Clean the area with soap and water or an antiseptic wipe (BZK towelette). Cool wet paper towel to relieve itching. |
| Mild, non-dripping nosebleeds* | Have the student lean forward and pinch their nostrils together, using a gauze pad or a tissue. Dispose of any bloody materials in a resealable plastic bag before putting it in the trash. Wash hands afterwards with soap and water. |
| Primary tooth comes out* | For a lost tooth, have the student bite on a gauze pad until the bleeding has stopped and dispose of the gauze in a resealable plastic bag. Put the tooth in the provided container located in the first aid kit to send home with the student. Wash hands. |
| Minor toothache | Offer a cool wet paper towel. Notify School Nurse. |
| Anxiety, stress or other psychological issues | Try calming techniques and/or contact the school counselor, school psychologist or school mental health specialist. |
| Complaints of illness such as headache, stomachache, menstrual issue, nausea, vomiting or diarrhea. | Call the Health Office to notify them of the student's complaint and then send the student to the health office wearing a mask. (Provide them with a mask from the classroom first aid kit, if they do not have one of their own. |

Revised 07-03-2020

[Back to First Aid in the Classroom](#)

Healthy Hygiene Posters

Help Prevent the spread of COVID-19



HELP PREVENT THE SPREAD OF NOVEL CORONAVIRUS (COVID-19)



Novel Coronavirus is a new virus that causes respiratory illness in people. Symptoms include coughing, sneezing, runny nose, fever and shortness of breath. To help prevent the spread of the virus and protect yourself, follow Dr. Rita's recommendations!



Wash your hands often with soap and water



Avoid close contact with people who are sick



Cover your cough or sneeze with a tissue or sleeve



Avoid touching your face



Stay home when you are sick and get lots of rest



Eat healthy foods and drink plenty of fluids

Orange County, CA
Public Libraries
Open Mind. Free Access. Community.

health
CARE AGENCY

For more information, please visit
ochealthinfo.com/novelcoronavirus

Help prevent the spread of COVID-19

COVID-19

Protect yourself and loved ones

Help prevent the spread of respiratory diseases like COVID-19

+ WASH YOUR HANDS
Wash your hands with soap and warm water regularly.



+ COVER A COUGH OR SNEEZE
Cover your cough or sneeze with your sleeve, or tissue. Dispose of tissue and wash your hands afterward.



+ DON'T TOUCH
Avoid touching eyes, nose or mouth, especially with unwashed hands.



+ KEEP YOUR DISTANCE
Avoid close contact with people who are sick.



+ STAY HOME
If you experience respiratory symptoms like a cough or fever, stay home.



+ GET HELP
If you experience symptoms of COVID-19 (cough, fever, shortness of breath), call your health care provider or local health department before seeking care.



MORE INFORMATION

Follow the California Department of Public Health:
[@capublichealth](https://twitter.com/capublichealth) and www.cdph.ca.gov/covid19

