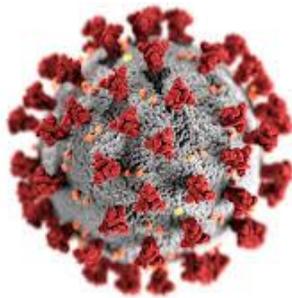
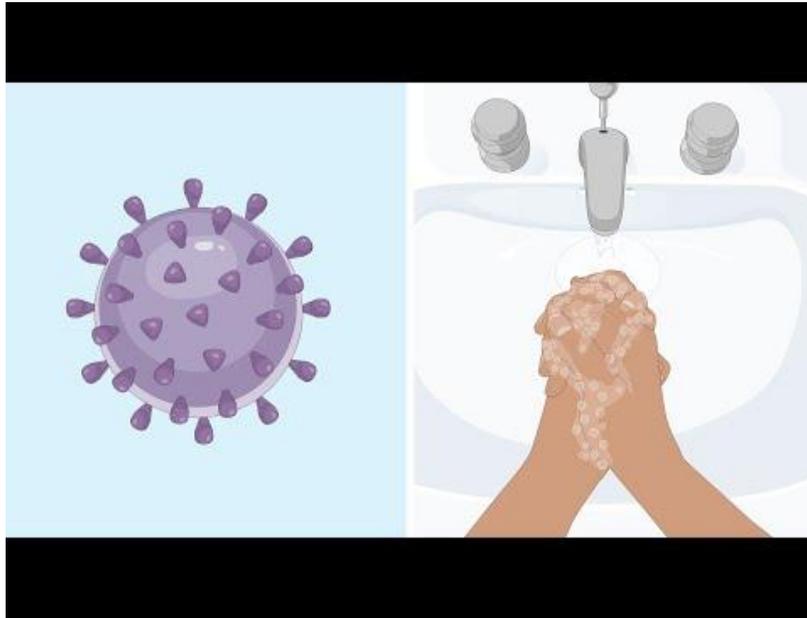


COVID-19 Prevention

LTHS Fall 2020



This brief presentation will review information about COVID-19 prevention at LTHS and was developed by Julie Loftus and Megan Styx, certified school nurses.



Click on the slide to view this 9-minute video about COVID-19.

Increased Risk for Severe Illness

- [Chronic kidney disease](#)
- [COPD \(chronic obstructive pulmonary disease\)](#)
- [Immunocompromised state \(weakened immune system\) from solid organ transplant](#)
- [Obesity \(body mass index \[BMI\] of 30 or higher\)](#)
- [Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies](#)
- [Sickle cell disease](#)
- [Type 2 diabetes mellitus](#)

As the video mentioned, some individuals are at an increased risk for severe illness related to COVID-19. If you or someone you live with has one of the health conditions listed on this slide, consult your healthcare provider for recommendations. You can also click on a link in the slide for more information from the CDC.

Potential for Increased Risk for Severe Illness

- [Asthma \(moderate-to-severe\)](#)
- [Cerebrovascular disease \(affects blood vessels and blood supply to the brain\)](#)
- [Cystic fibrosis](#)
- [Hypertension or high blood pressure](#)
- [Immunocompromised state \(weakened immune system\) from blood or bone marrow transplant, immune deficiencies, HIV, use of corticosteroids, or use of other immune weakening medicines](#)
- [Neurologic conditions, such as dementia](#)
- [Liver disease](#)
- [Pregnancy](#)
- [Pulmonary fibrosis \(having damaged or scarred lung tissues\)](#)
- [Smoking](#)
- [Thalassemia \(a type of blood disorder\)](#)
- [Type 1 diabetes mellitus](#)

Because COVID-19 is so new, the data and information about the impact of underlying medical conditions on COVID-19 illness are limited. Based on what we know at this time, people with these health conditions ***might*** be at an increased risk for severe illness from COVID-19. If you or someone you live with has one of these health conditions, consult your healthcare provider for personal recommendations. You can also click on a link in the slide for more information from the CDC.

We are LT: We Slow the Spread

- Stay home if you're sick!
- Complete the Daily Wellness Check before arrival on campus.
- Wash your hands frequently.
- Don't touch your eyes, nose and mouth.
- Maintain 6 foot physical distance.
- Wear a cloth face covering.
- Clean/disinfect frequently touched surfaces.
- Increase air circulation by opening the windows.



Every member of the LTHS community is expected to do their part to slow the spread of COVID-19.

Screening Tool

- Exposure
- Symptoms



The Daily Wellness Check will screen anyone coming to campus for exposure to COVID-19 and symptoms of illness that require quarantine or isolation at home. This screening does not take the place of advice from your personal healthcare provider.

Exposure: Close Contact

- Living in the same household as a person with COVID-19.
- Caring for a person with COVID-19.
- Being within 6 feet of a person with COVID-19 for more than 15 minutes.
- Being in direct contact with secretions from a person with COVID-19 (e.g., being coughed on, kissing, sharing utensils).
- Being in close contact (as described above) in the 48 hours before a person with COVID-19 developed symptoms.



The screener will ask you questions about 2 different types of exposure. The first is close contact. Close contact is defined in the slide above.

Exposure: Travel

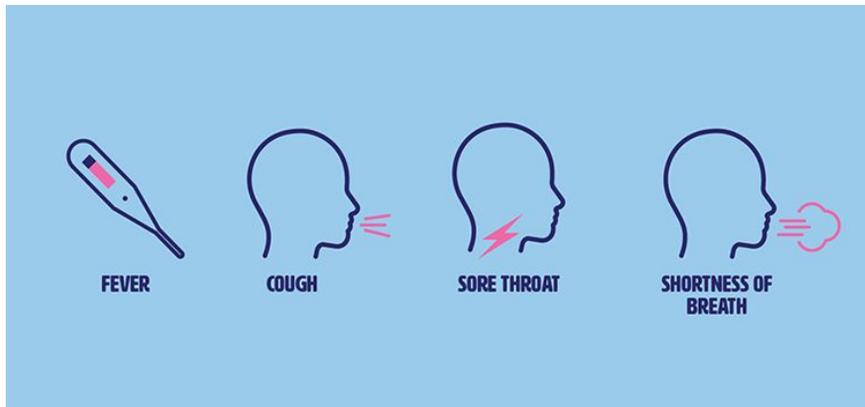
Travel to an area with high incidence of community spread

- [CDC Level 3 Travel Warning](#)
- [CCDPH Travel Guidance](#)



The second type of exposure is travel related. If you have traveled to an area with a high incidence of community spread for more than 24 hours, you are considered exposed to the virus. The CDC provides guidance for international travel. The Cook County Department of Public Health provides guidance about domestic travel. Click on the links in the slide for more information.

Daily Screening: Symptoms



The screener will ask, do you have any of the following symptoms which are **not** attributed to allergies or a pre-existing condition?

- Fever 100.4 or higher
- New onset of moderate to severe headache
- Shortness of breath
- New cough
- Sore throat
- Vomiting
- Diarrhea
- Abdominal pain from unknown cause
- New congestion/runny nose
- New loss of sense of taste or smell
- Nausea
- Fatigue from unknown cause
- Muscle or body aches



If you report exposure to COVID-19, you will be instructed to quarantine at home for 14 days. If you report symptoms, you will be instructed to isolate at home. In both cases, we recommend you contact your healthcare provider, by phone, for additional instructions. Click on the slide to view this short video from the CDC that explains the difference between quarantine and isolation.

Return to School

Quarantine

- ★ Complete 14 days quarantine from last known contact.
- ★ Return to School Interview with Nurse.

Isolation

- ★ At least 10 days since onset of symptoms **or** positive specimen collection.
- ★ At least 24 hours fever free without the use of fever reducing medication.
- ★ Resolution of symptoms.
- ★ Return to School Interview with Nurse.

The Illinois Department of Public Health has requirements for return to school during the pandemic. For quarantine, you must remain home for 14 days from the last known contact. For isolation, the criteria are more complex. These public health requirements apply to all students and staff. Prior to return, you must complete an interview with the school nurse. This may include submitting medical documentation required by the local health department.

Return to Exercise after COVID-19 Infection

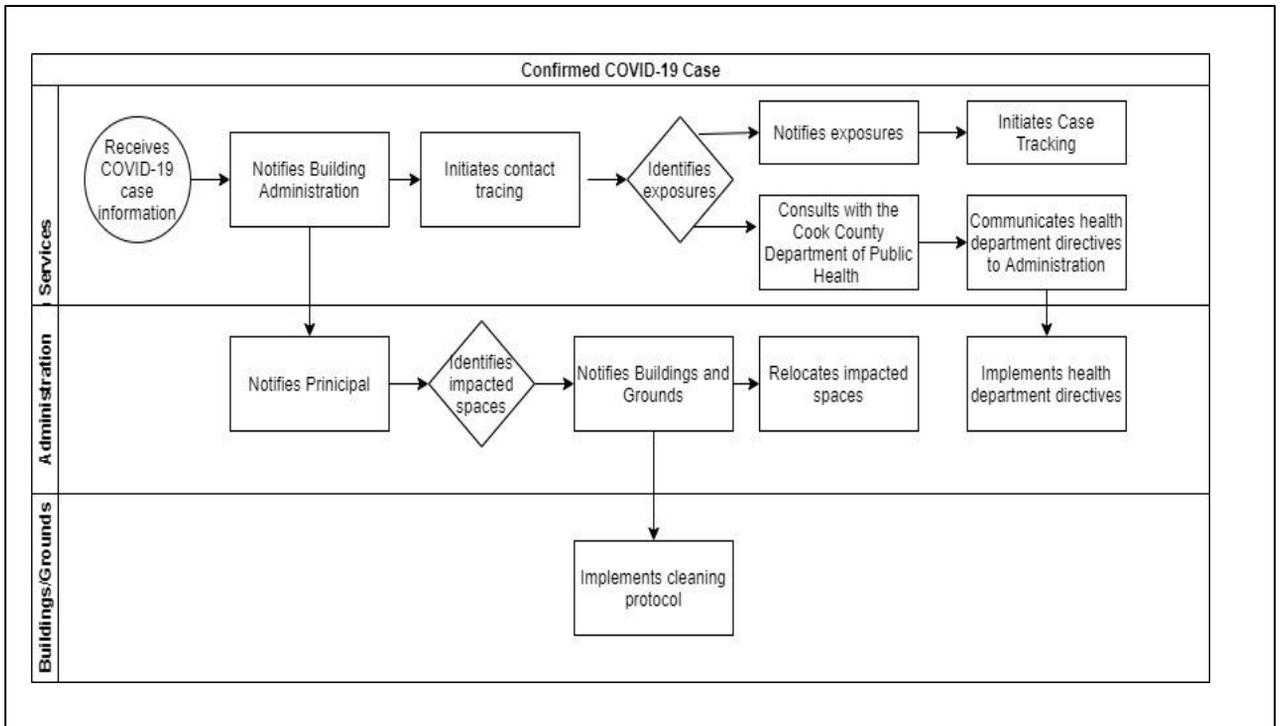
All students who test positive for COVID-19 must:

1. Be asymptomatic for at least 14 days before returning to exercise.
2. Provide medical documentation of clearance to return to exercise.



[AAP. Interim Guidance Return to Sports](#)

Based on guidance from the American Academy of Pediatrics, any student who tests positive for COVID-19 must follow the guidelines listed above.



In the event of a confirmed COVID-19 case on campus or at an LTHS sponsored event, we will follow the process outlined in this diagram. All notifications of COVID-19 infection or positive tests should be directed to the school nurse. The school nurse will work in consultation with the Cook County Department of Public Health to identify and notify anyone who was exposed. The health department will provide guidance in the event of an outbreak. A COVID-19 outbreak is defined as two COVID-19 cases that have an epidemiological link, such as close contact between two people or a common exposure. Building Administration and Buildings & Grounds will identify any impacted spaces within the school building that require temporary closure and enhanced cleaning. They will also coordinate relocation of these spaces if needed. Administration will implement any and all health department directives.

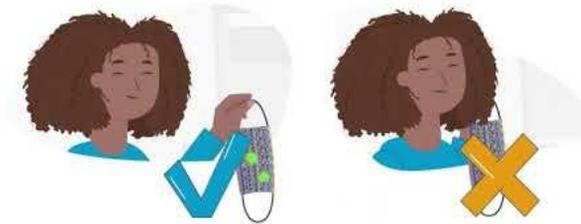


Contact Tracing is a public health intervention used to limit the spread of infectious diseases. Certified school nurses are public health nurses. All Health Office staff have completed training about COVID-19 contact tracing. Click on the slide to view a short video about contact tracing.

My Mask Protects You Your Mask Protects Me



Cloth Face Coverings help prevent people who have COVID-19 from spreading the virus to others, also known as source control. They are not personal protective equipment (PPE).



As you remove the mask, pull it away from your face.



Masks only work if used appropriately. Click on the slide to view this video from the World Health Organization reviews mask do's and don'ts.

Masks at ALL Times, EXCEPT:



You may take your mask off at school when eating or drinking. Make sure to maintain *at least* 6 foot physical distance. You do not need to wear a mask outside, as long as you are able to maintain a 6 foot physical distance from others. If you have a medical reason that prevents you from wearing a mask, contact the Health Office for more information.

Masks with Valves: **STRICTLY PROHIBITED**



Masks with exhalation valves are intended to protect the wearer from things like drywall dust and pollution. They result in concentrated and forcefully expelled air which can increase spread of respiratory droplets and COVID-19. This type of mask is strictly prohibited at LTHS.

What if I get sick at
school?



If you get sick during the school day, tell an adult. The adult will contact the health office.

We are LT, We Slow the Spread!



Remember to do your part and wear a mask, wash your hands and watch your distance! See you at school!