2019 Novel Coronavirus (COVID-19) – School Webinar

Thank you for joining us.
The webinar will begin shortly.

1/27/22
COVID-19
SCHOOL WEBINAR

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The Future of Contact Tracing
A time to refocus

• While universal case investigation and contact tracing during the initial phase of the pandemic was justified as the phases of the pandemic evolve, public health experts agree this degree of response is no longer optimal

• Many states are placing more emphasis on higher risk settings serving vulnerable populations
  o Examples include schools – early childhood, K-12 and higher learning
  o Congregate living environments including: IHE, long-term care, correctional facilities

• Focus on public education and messaging as we move toward endemic status
  o Provide information regarding community transmission
  o Educate on importance of vaccination, health strategies, protecting others who might be vulnerable
Considerations for reduction in contact tracing

Several scientific and other factors reduce the utility and feasibility of universal case investigation and contact tracing for each COVID-19 case.

- The large number of asymptomatic and less severe cases
  - Vaccination has helped with this
- Many infections are not identified by public health agencies because individuals were asymptomatic, did not get tested or used an at-home test
- Omicron has a shorter incubation period
- The highest risk of transmission to others occurs prior to symptom onset and during the first few days of symptomatic illness
Tools for COVID-19 prevention and care

1. Increasing the number of people who are up to date with their COVID-19 vaccinations, including booster doses, especially for those at higher risk for severe outcomes

2. Strong messaging about the importance of effective mask wearing, especially now and in the future during times of increased community transmission

3. Targeting prevention strategies to the most vulnerable persons, populations, and settings, including testing, distribution of higher quality masks, and early access to antivirals and monoclonal antibody treatments

4. Availability of testing to support treatment, as a risk mitigation strategy in congregate residential settings, and individual use to identify their risk of transmission and isolate appropriately

5. Conducting outbreak investigations and targeted case investigations as necessary to prevent or understand disease transmission in high-risk settings, or among those with more severe illness or unusual illness presentations

6. Continue to focus on mitigation strategies involving improving air quality and ventilation
Empowering the Public

Individuals who suspect a COVID-19 infection should

- Seek testing
- Isolate to protect others (stay home when sick)
- Rapidly notify their close contacts if they are positive
- Seek healthcare if at higher risk
Thinking Ahead in Schools

• Schools should have a plan in place during periods of high community transmission
  ◦ Use your LHD as your local subject matter expert as you did prior to the pandemic
  ◦ Implement mitigation measures, such as masking, distancing, etc. when needed
  ◦ Begin thinking about how we did it before COVID and critically think through “unusual” situations as they present

• Provide enhanced education and takeaways for students and families about their health and wellness

• Continue to message the importance of vaccination and other mitigation strategies both at school and at home

• The long-term goal is to pivot to treating COVID much like we do other communicable illnesses such as measles, chicken pox, TB and others
Let’s review
COVID-19 Testing: What You Need to Know

• Viral tests for SARS-CoV-2 tell you if you have an infection at the time of the test because they look for viral infection. Both rapid antigen and PCR tests are viral tests.

• Viral tests can be performed in a laboratory, at a testing site or at home. Use the result of ANY COVID-19 test to determine next steps, including isolation and quarantine.
  o Per CDC as of 12/15 – do not repeat testing trying to lessen or eliminate isolation.
  o Once the positive test is reported, no matter what type of test, initiate isolation of the positive person and begin contact tracing as applicable. Once a positive test is obtained, that is the result. There is no need to re-test.
  o If you receive a negative test result but remain symptomatic, consider obtaining a COVID PCR test 24-48 hours after your first negative test, especially if symptoms continue or if you took a home test.
    • Consider contacting a healthcare provider to follow up for continuing symptoms or if symptoms worsen.

COVID-19 home tests

Home test reference page

• General public guidance
• Not specific to schools
• Reach out to your LHD if you have specific questions regarding testing

Definitions

- **Fully vaccinated** = must be 2 weeks (14 days) out from last dose of primary vaccine series.

- **Up to date** = includes additional doses for individuals who are immunocompromised or booster doses at regular time points. Currently there is not a recommendation for a 2nd booster dose.
  - 18 years and older need their booster to avoid quarantine.
  - 12-17 years of age, encourage booster as soon as eligible. **(May still avoid quarantine if a close contact, asymptomatic, and at least 2 weeks out from their primary Pfizer vaccine series)**

- **Not fully vaccinated** = less than 2 weeks out from last dose of a primary vaccine series or have not received all primary doses

- **Not up to date** = You have not received the recommended additional or booster doses when eligible

- **Isolate** = when you are sick or when you have been infected with COVID-19, even if you don’t have symptoms

- **Quarantine** = when you might have been exposed to the virus
K-12 Isolation Guidance:

If student **tests positive**: Positive is positive, regardless of masking or vaccination status

- Stay home for 5 days
- Return to school Day 6 if asymptomatic or symptoms are resolving and continue to mask Day 6-10 in classroom (if unable to mask properly at all times around other people, must remain isolated at home for full 10 days)
  - Symptoms must be resolving/improving, and student must be fever-free for 24 hours without medication.
  - "At all times" includes outdoors if around other people
  - May resume extracurricular activities on Day 6 if able to wear a mask properly at all times for Days 6-10, above conditions are met and cleared by physician (https://www.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/)
The following quarantine and contact tracing guidance is for schools with a **mask requirement**.

Mask wearing is monitored and all students, teachers, and staff wear masks consistently during the school day.
If student is exposed to someone with COVID-19 during the school day: (school day definition - from the time the student boards the bus in the morning until the student exits the bus immediately following the school day).

***DOES NOT include extra-curriculars, carpool, late bus, etc.***

As long as continue to be asymptomatic, may remain in school and must continue to wear a well-fitting mask, properly at all times for 10 days, test on Day 5 if possible

- May continue extracurricular activities; wear a mask properly at all times when able (while not actively performing or actively playing during your sporting activity) for all 10 days
- If symptoms develop, get a test and stay home and if positive, follow isolation guidance. If test is negative, return to school when symptoms have resolved.
If student is exposed to someone with COVID-19 outside of the school day, including home contacts, extra-curricular activities:

• If fully vaccinated
  - As long as asymptomatic, may remain in school and continue to mask at all times during the school day; test on Day 5 if possible
  - May continue extracurricular activities; wear mask for 10 days. Unmask only when actively playing or performing.
  - If symptoms develop, get a test and stay home.
    - If positive, follow isolation guidance.
    - If test is negative, return to school when symptoms have resolved.
**K-12 Quarantine Guidance: When All Are Masked**

If student is **exposed** to someone with COVID-19 **outside of the school day, including home contacts, extra-curricular activities:**

- **If unvaccinated or partially vaccinated**
  - Stay home for 5 days; test on Day 5 if possible
  - Return to class on Day 6 if asymptomatic. Continue to wear a well-fitting mask for Days 6-10.
  - No extracurricular activities for 5 days of home quarantine. May resume Day 6 **only** if able to wear a mask at all times (including while actively performing or playing during your activity) for Days 6-10. If you cannot safely mask, do not participate in the extracurricular activity.
  - If symptoms develop, get a test and stay home. If positive, follow isolation guidance. If test is negative, return to school when symptoms have resolved.
Enhanced Precautions: Best Practices in Schools
When all are Masked

- Enhanced precautions for those returning to school prior to full 10-day quarantine or isolation during the school day
  - Masked at all times (except when eating/drinking)
  - Adjust eating times and spaces to allow for lunch without masks. Distance as much as you can
    - Take mask off only to eat and drink and wear the mask at all other times during the lunch period
    - Have a monitor in the lunchroom to ensure students are following distancing and masking in café
  - Distance as much as possible in the classroom
  - Get creative in classes with additional concerns for transmission, such as band, choir, some athletics. In band, consider practice in the gym or other places to reduce exposure risks
  - Masked at all times on bus, no exceptions. Reminder, this is a federal requirement.

https://www.coronavirus.in.gov/public-resources/
Enhanced Precautions: Best Practices in Schools

When all are Masked

- Enhanced precautions for those returning to school prior to full 10-day quarantine or isolation during the school day
  - Continue all other mitigation strategies and emphasize all strategies
  - Symptom monitoring daily by parents, as needed by school staff, during the school day.
  - If ANY signs or symptoms are identified while at home, student/teacher/staff should NOT come to school and should seek a COVID test.
  - If symptoms develop during the school day, individual should be sent home as soon as possible to get a COVID test.
    - If COVID test is positive, follow isolation guidance.
    - If COVID test is negative, individual should remain home until they meet the criteria to return. Continue to wear a well-fitting mask for at least 10 days.

https://www.coronavirus.in.gov/public-resources/
In Schools with a Mask Requirement

**NEW: Reduced administrative burden:**

In a masked school, you should:

- Provide a **DAILY** general notice to those who have been exposed to a positive case. Exposure notification should be provided no matter where it occurs, e.g. classrooms, cafeteria, gym, band. Notification of exposure to a positive case should include reminders of mitigation strategies to utilize at school and home, especially monitoring for symptoms of COVID-19.

- Some ideas for notification include:
  - All-call or a letter sent home at the end of each day OR
  - You can continue to notify individually if you prefer
  - Be thinking of what might need to occur if you have an uptick in cases within a specific area
In Schools **with a Mask Requirement**

**NEW: Reduced administrative burden:**
As of Friday, Jan. 21: Fewer required fields on the K-12 Portal

- No close contact information reported to IDOH
- Only need the following for the *case* to keep IDOH dashboard accurate:
  - First and last name
  - DOB
  - Sex
  - Ethnicity
  - Category (Student, Staff, Teacher)
  - Date reported to school
  - Race
Highlights when all are masked

• No quarantine as long as all are correctly and consistently masked during the school day. This guidance **DOES NOT** include extra-curricular activities.

• Stay home or send home if sick

• Distance and monitor when masks are off (lunchtime) and no one is sent home if there is a case
  ◦ This doesn’t mean you wouldn’t send some individuals home if one case becomes multiple cases...you have to think through the specific situation and this is why you need to monitor.
  ◦ When in doubt, phone a friend
    ▪ Back to school email
    ▪ Your LHD contact
    ▪ Another nurse within your district or among your trusted colleagues
Highlights when all are masked

• Your administrative burden has been reduced and formal contact tracing is no longer occurring. This should take less time because it is not as specific but it is still identification and notification of those exposed to a positive case. Do not fail to notify.
• You are taking steps within the school to reduce the spread of disease
• ALL positive cases must be reported into the K-12 gateway portal
The following guidance is for schools **without a mask requirement**.
K-12 Quarantine Guidance: No Mask Requirement

If student is **exposed** to someone with COVID-19 in or outside the classroom, including home contacts:

- **If fully vaccinated** *(get students boosted as soon as they are eligible)*
  - May remain in school as long as continue to be asymptomatic
  - Wear a mask at all times in classroom for at least 10 days (quarantine ends 10 days after the last day of exposure to the positive case), test on Day 5 if possible
  - May continue extracurricular activities; masking at all times. Unmask only when actively playing or performing.
  - If symptoms develop, get a test and stay home. If positive, follow isolation guidance. If test is negative, return to school when symptoms have resolved.
K-12 Quarantine Guidance: No Mask Requirement

If student is exposed to someone with COVID-19 in or outside the classroom, including home contacts, continued:

• If *unvaccinated or partially vaccinated*:
  - Stay home for 5 days after the last day of exposure to the positive case; test on Day 5 if possible
  - Return to class on Day 6 if asymptomatic, wear a mask at all times in classroom for at least 5 days (quarantine ends 10 days after the last day of exposure to the positive case)
  - No extracurricular activities for 5 days of home quarantine. May resume Day 6 only if able to wear a mask at all times (including while actively performing or playing during your activity) for Days 6-10. If you cannot safely mask, do not participate in the extra-curricular activity. Remember, at all times includes outdoors when around others.
  - If symptoms develop, get a test and stay home. If positive, follow isolation guidance. If test is negative, return to school when symptoms have resolved.
Enhanced Precautions: Best Practices In Schools When Masks Are Not Required

• Enhanced precautions for those returning to school prior to full 10-day quarantine or isolation during the school day
  o Masked at all times (except when eating/drinking)
  o Maintain at least 3 feet of distance between the individual returning early from quarantine and others when in the classroom.
  o At least 6 feet of separation between individual returning early and others when eating or drinking
  o Masked at all times on bus no exceptions. Reminder, **this is a federal requirement**.
  o Continue all other mitigation strategies

• Symptom monitoring daily by parents, as needed by school staff, during the school day.
• If ANY signs or symptoms are identified while at home, student/teacher/staff should NOT come to school and should seek a COVID test.
• If symptoms develop during the school day, individual should be sent home as soon as possible to get a COVID test. If COVID test is positive, follow isolation guidance.
• If COVID test is negative, individual should remain home until they meet the criteria to return. Continue to wear a mask for at least 10 days and follow quarantine guidance if a close contact.

[https://www.coronavirus.in.gov/public-resources/](https://www.coronavirus.in.gov/public-resources/)
Contact Tracing: In Schools **without** Mask Requirement

**Continue all current practice:**

- Follow current isolation and quarantine guidance in schools without mask requirement
- Continue reporting all positive cases and close contacts as you have been in the K-12 Gateway portal (you may enter an aggregate number of close contacts if your school is making all the close contact notifications)
- If you need our help reaching a close contact, be sure to enter the information as soon as you can to allow an effective response. Do not wait to enter your case information until the end of the week.
K-12 Gateway Portal Reminders

• When using the “bulk upload” feature (Excel template) in the K-12 portal
  • Make sure to use the correct version of the Excel template. It is imperative to successful upload without issues
  • The Excel template changes as updates are made to the K-12 portal, so please make sure you are using the most up-to-date version
  • Please download the template each time you want to use the bulk upload feature
  • If you have issues with using the bulk upload feature:
    o Create a Help Desk ticket
    o Include a screenshot of the error message you are receiving
    o Attach the document you are trying to upload

Help desk: [https://eportal.isdh.in.gov/SchoolAppCustomer/](https://eportal.isdh.in.gov/SchoolAppCustomer/)
Isolation and Quarantine Calculator
Isolation/Quarantine Calculator

- We have reconfigured the isolation and quarantine calculator flow to better incorporate guidance for vaccinated individuals who are exposed to COVID-19. It should post later this week.
- All quarantine and isolation guidance has been updated to accurately reflect the CDC, including:
  - 5-day isolation for positive cases without symptoms
  - 5-day quarantine for close contacts without symptoms.
- We have added our COVID-19 Guidance Center phone number and hours for individuals who have questions.
- We have emphasized the need for cases to notify their own close contacts and have included a link that people can use for anonymous notification if they choose (TellYourContacts.org).
- This link goes directly to the calculator: https://eportal.isdh.in.gov/C19QuarantineCalculator/
Questions?

Click on the Q&A icon in the upper-right corner of the livestream window to submit your questions.