## KCA Health Recommendations regarding COVID-19

The Coronavirus Disease (COVID-19) will challenge us as we reopen our school. The following best practices will help keep you and our beloved healthy and safe. While we wait for an effective vaccine and treatment, these infection prevention strategies, when followed, will reduce your risk of exposure to COVID-19.

#### **Social Distancing**

- Avoid close contact- keep at least 6 feet between yourself and other people. Remember that some people without symptoms may be able to spread virus.
- Avoid close contact with people who appear sick.
- Avoid shaking hands, hugging, fist bumping or physically touching people.
- If there is no reason to be close, step back from others and/or ask them to keep a distance.

## Hand Washing

- Make a practice of not touching your eyes, nose, and mouth, especially with unwashed hands.
- If you cough or sneeze, cough into your elbow or into a tissue (not your hands).
- Wash hands often with soap and water (20 seconds) especially after you have been in a common area, after blowing your nose, coughing, or sneezing and before you eat.
- If soap and water are not available, use an alcohol-based hand sanitizer (at least 60% alcohol). Use about a quarter-sized amount, covering all surfaces, rub your hands together until they feel dry.

## When to wear a face covering or surgical mask

- School staff must wear cloth face coverings while in the school building, on school grounds when not contraindicated due to a medical condition, intellectual or developmental disabilities, or other conditions or safety concerns.
- All students, school staff, and bus drivers must wear a cloth face covering while on school bus when not contraindicated due to a medical condition or developmental or safety considerations.
- Other adults must wear cloth face coverings when they must enter the school building or grounds for essential functions.
- Students, especially students in middle and high school, must wear cloth face coverings in the school building and on school grounds as much as possible when not contraindicated due to a medical condition or developmental or safety considerations;
- The use of cloth face coverings is most important at times when physical distancing measures cannot be effectively implemented especially when indoors.

## If you are feeling sick...

• People with COVID-19 have a wide range of symptoms - from very mild to severe illness. Symptoms may appear 2-14 days after exposure to the virus.

## Contact your primary care provider if you have:

## • new onset cough or shortness of breath; or

 at least 2 of the following symptoms: Fever (100.4°F or higher) Chills Shivering Muscle or body aches

New loss of taste or smell Sore throat Nausea or vomiting or Diarrhea Headache

• If you have COVID-19-like **or** flu-like symptoms **or** generally are not feeling well, stay home.

If you are not feeling well, have other symptoms than those listed above, are waiting for test
results or test POSITIVE for COVID-19 follow the current Maryland Department of Health and State
Department of Education (MDH/MDSDE) Decision Aid found at the end of the Response to a
Laboratory Confirmed Case of COVID-19 and Persons with COVID-19-like Illness in Schools, Child
Care Programs, and Youth Camps or at the end of this document.

## If you feel healthy but you were a close contact (<u>within 6 feet for more than 15 minutes</u>) with someone who tested positive for COVID-19...

- Quarantine stay home for 14 days from the date of last exposure even if you do not have symptoms or even if you have a COVID-19 negative test done during quarantine and monitor your health.
- Check your temperature twice a day and watch for symptoms of COVID-19.
- Stay away from people who are at higher risk for getting very sick from COVID-19.
- If you become symptomatic with COVID-19-like symptoms, **follow the MDH/MDSDE Decision Aid.**

## If you feel healthy but were more than 6 feet from someone who tested positive for COVID-19...

- You may continue your normal work duties and activities. If you do not have symptoms, self-monitor for 14 days for changes in your health (refer to the list of symptoms above).
- If you experience COVID-19-like symptoms at home, do not come to work and <u>follow the</u> <u>MDH/MDSDE Decision Aid</u>.
- If you experience any COVID-19-like symptoms while at work, put on a face covering (if not already on) and go home to isolate, and **follow the MDH/MDSDE Decision Aid**. Before leaving work, wipe down your work area, phone, keyboard, desk, etc. with a disinfectant wipe. Do not run errands on your way home and minimize your interactions with employees and students as you leave the school.

## Travel recommendations when visiting states with greater than 10% positive test results...

• Students, faculty and staff who travel out of the state of Maryland will need to follow the Maryland State Department of Health <u>Out-of-State Travel Advisory</u> directed by Governor Hogan 7/29/2020.

## References

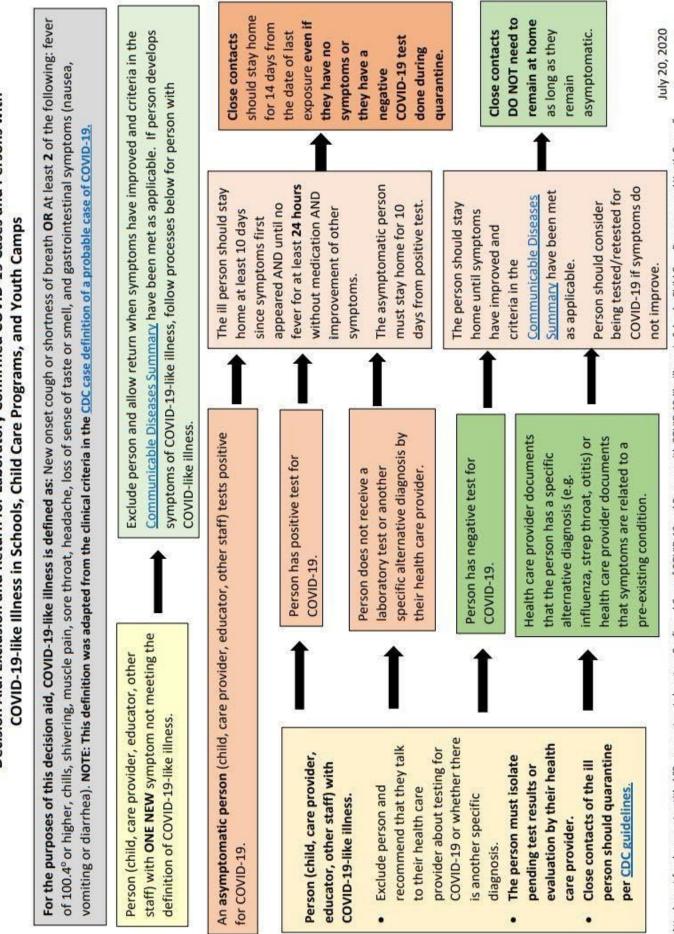
Maryland Department of Health and State Department of Education (MDH/MDSDE)

- Guidance for Use of Cloth Face Coverings in Schools (7/21/2020)
- <u>Response to a Laboratory Confirmed Case of COVID-19 and Persons with COVID-19-like Illness in</u> <u>Schools, Child Care Programs, and Youth Camps (updated 7/21/2020)</u>
- Out-of-State Travel Advisory

Centers for Disease Control and Prevention (CDC)

- CDC Public Health Guidance for Community-Related Exposure
- CDC <u>Symptoms of Coronavirus</u>
- CDC What to Do If You Are Sick

Disclaimer: This was compiled as of August 5, 2020. Recommendations may be adjusted based on more current information from the MDH/MDSDE and CDC



Decision Aid: Exclusion and Return for Laboratory Confirmed COVID-19 Cases and Persons with

Attachment

Attachment for document entitled "Response to a Laboratory Confirmed Case of COVID-19 and Persons with COVID-19-like Illness in Schools, Child Care Programs, and Youth Camps"

## Planning Matrix for Opening KCA (updated 7/19/2020)

Category	Stage 1	Stage 2	Stage 3
	Closed - KCA Online	Partial Open – 50%	Full Opening
Academics	KCA Online	<ul> <li>Classroom instruction - hybrid schedule 2 days classroom instruction (M-W or T- TH), 2 days online each week</li> <li>Parents can choose KCA OnLine</li> </ul>	<ul> <li>Classroom instruction 5 days per week</li> <li>Parents can choose KCA OnLine</li> </ul>
Transportation	NONE	<ul> <li>No bus transportation - parents drop-off</li> <li>Designate drop off zones in parking lots</li> <li>Staff will take temperature of masked students and then direct them to multipurpose room for handwashing/sanitizing before proceeding to classrooms</li> <li>Will ask students to be seated on right side of car (ask that car seats be placed on right side of car)</li> <li>Parents should not exit vehicles</li> <li>Carpooling as an option for parents unable to transport</li> </ul>	<ul> <li>If no bus transportation - parents drop-off</li> <li>Designate drop off zones in parking lots</li> <li>Staff will take temperature of masked students and then direct them to multipurpose room for handwashing/sanitizing before proceeding to classrooms</li> <li>Will ask students to be seated on right side of car (ask that car seats be placed on right side of car)</li> <li>Parents should not exit vehicles</li> <li>Carpooling as an option for parents unable to transport</li> </ul>
Extended Hours	NONE	<ul> <li>Provide extended hours to accommodate students of faculty/staff and working parents, provide snacks</li> <li>Staggered arrival and departure times for students</li> <li>Offering tutoring (high school kids can earn volunteer hours)</li> <li>Possible specials, math/reading enrichment during this time</li> </ul>	<ul> <li>If no bus transportation</li> <li>Provide extended hours to accommodate students of faculty/staff and working parents, provide snacks</li> <li>Staggered arrival and departure times for students</li> <li>Offering tutoring (high school kids can earn volunteer hours)</li> <li>Possible specials, math/reading enrichment during this time</li> </ul>
Sanitation/Cleaning	NONE	<ul> <li>Frequent cleaning/disinfection; at 30 minute intervals in high traffic areas</li> <li>Thorough cleaning every evening</li> <li>Additional custodial staff</li> <li>Sanitizer and wipes for classrooms</li> <li>Shields for bathrooms</li> </ul>	<ul> <li>Frequent cleaning/disinfection; at 30 minute intervals in high traffic areas</li> <li>Thorough cleaning every evening</li> <li>Additional custodial staff</li> <li>Sanitizer and wipes for classrooms</li> <li>Shields for bathrooms</li> </ul>
Athletics	NONE	<ul> <li>No league play - Intramural program based upon CDC guidelines</li> </ul>	<ul> <li>Regular league play - no bussing, team parents to coordinate transportation</li> </ul>

Teacher Training	Health and safety guidelines	Health and safety guidelines	Health and safety guidelines
	Google Classroom Certification	Google Classroom Certification	Google Classroom Certification
	• Awareness of student social/ emotional	Awareness of student social/ emotional	Awareness of student social/ emotional
	wellness	wellness	wellness
<b>Parent Orientation</b>	Health and safety guidelines	School opening process	School opening process
	Google Classroom briefing	Carline/drop off and pick up	• Carline/drop off and pick up
		<ul> <li>Health and safety guidelines</li> </ul>	<ul> <li>Health and safety guidelines</li> </ul>
		Google Classroom briefing	Google Classroom briefing
Student Training	Chromebooks recommended	Chromebooks recommended	Chromebooks recommended
	(limited availability through school)	(limited availability through school)	(limited availability through school)
Signage Inside	Highly visible clear indicators of where	Highly visible clear indicators of where to	Highly visible clear indicators of where
	to walk, social distancing, and PPE	walk, social distancing, and PPE	to walk, social distancing, and PPE
	requirements	requirements	requirements
		• Directional traffic control in hallways	• Directional traffic control in hallways
Signage Outside	Highly visible to prevent entry	<ul> <li>Highly visible, clear instructions/</li> </ul>	Highly visible, clear instructions/
		requirements	requirements
Purchases needed	• Students - Chromebook recommended	Students - Chromebook recommended	• Students - Chromebook recommended
Technology	• Teachers - Laptops + document cameras	• Teachers - Laptops + document cameras	• Teachers - Laptops + document cameras
	Chargers/cords for devices	Chargers/cords for devices	• Chargers/cords for devices
	Google Suite for entire school	Google Suite for entire school	Google Suite for entire school
	Digital textbooks	Digital textbooks	Digital textbooks
	Digital media center	Digital media center	Digital media center
	Upgrade internet bandwidth for load	Upgrade internet bandwidth for load	Upgrade internet bandwidth for load
<b>Other Supplies</b>		Cleaning, sanitation, signage	Cleaning, sanitation, signage
Security	Determine security needs while the	Determine security needs when building	• Determine security needs when building
	building is empty	is reengaged	is nearly fully functional once again

## Health Recommendations (updated 7/19/2020)

Temperature	NONE	Arrival (parent drop-off)	Arrival (parent drop-off)
Screenings		• Temperature screenings at parent drop	• Temperature screenings at parent drop
		off prior to school entry – staggered entry	off prior to school entry – staggered entry
		<ul> <li>Additional temperature screening at</li> </ul>	Arrival (bus)
		lunch time	Temperature screenings before students
			get on bus/before students get off bus at
			school
			<ul> <li>Additional temperature screening at lunch time</li> </ul>
Visitors and Entry after		All entry through main entrance and	<ul> <li>All entry through main entrance and</li> </ul>
8:40		temperature screening prior to entry	temperature screening prior to entry
		<ul> <li>All visitors required to wear masks</li> </ul>	All visitors required to wear masks
<b>Equipment/Facilities</b>		<ul> <li>Safety face shields for teachers</li> </ul>	<ul> <li>Safety face shields for teachers</li> </ul>
		Disposable masks for teachers/students	Disposable masks for teachers/students
Employees & Students		<ul> <li>Develop procedure for dealing with "sick" students, faculty and staff</li> </ul>	
		Practice social distancing, frequent handwa	
		• If feeling ill (see list of symptoms), stay hor	
		<ul> <li>If positive COVID diagnosis, quarantine and from your primary care physician to return</li> </ul>	
		<ul><li>from your primary care physician to return</li><li>If you decide not to be tested, you must be</li></ul>	
			· · · ·
		reducing medication), and improved respiratory symptoms (e.g. cough and shortness of breath) and it must be 10 days since symptoms first appeared	
		<ul> <li>If you have residual congestion or coughing</li> </ul>	
		<ul> <li>If you have been exposed (within 6' for more than 15 minutes) to someone who has</li> </ul>	
		tested positive, quarantine for 14 days, tak	· · · · · · · · · · · · · · · · · · ·
		symptoms, avoid high risk individuals	
			eone who tested positive, monitor symptoms,
		wear face mask for 14 day self-monitoring	period; stay home if you experience
		COVID/flu-like symptoms	

Note: Recommendations from the Maryland Department of Health and CDC changes frequently. The latest source documents can be found here:

Maryland Department of Health and State Department of Education (MDH/MDSDE)

- <u>Guidance for Use of Cloth Face Coverings in Schools (7/21/2020)</u>
- Response to a Laboratory Confirmed Case of COVID-19 and Persons with COVID-19-like Illness in Schools, Child Care Programs, and Youth Camps (updated 7/21/2020)
- Out-Of-State Travel Advisory

CDC Public Health Guidance for Community-Related Exposure

CDC Symptoms of Coronavirus

CDC What to Do If You Are Sick



## Response to a Laboratory Confirmed Case of COVID-19 and Persons with COVID-19-like Illness in Schools, Child Care Programs, and Youth Camps

Updated July 21, 2020

This guidance accompanies the "Decision Aid: Exclusion and Return for Laboratory Confirmed COVID-19 Cases and Persons with COVID-19-like Illness in Schools, Child Care Programs, and Youth Camps."

This guidance applies to persons with a laboratory **confirmed case of COVID-19, regardless of whether they have symptoms**, and persons with COVID-19-like illness. Exclusion, quarantine and return to school for a person with laboratory confirmed COVID-19 or persons with symptoms of COVID-19-like illness is based on CDC and Maryland Department of Health/Maryland State Department of Education guidance and is to be implemented by local school systems in collaboration with the local health department.

For the purposes of this guidance, symptoms of COVID-19-like illness include those that meet:

- 1. New onset cough or shortness of breath; OR
- 2. At least 2 of the following: fever of 100.4° or higher, chills, shivering, muscle pain, sore throat, headache, loss of sense of taste or smell, or gastrointestinal symptoms (nausea, vomiting or diarrhea).

# NOTE: This definition was adapted from the clinical criteria in the <u>CDC case definition of a</u> <u>probable case of COVID-19.</u>

The guidance below is meant to supplement, where necessary, current communicable disease outbreak investigation processes, current school health services illness management processes, and current local health department COVID-19 response processes. The guidance below is designed to expedite notification, isolation, and quarantine of school staff and/or students, as indicated, when a person notifies the school they/their child has a laboratory confirmed case of COVID-19, regardless of whether the person has symptoms, or exhibits symptoms of COVID-19-like illness. The specific processes to implement this guidance within each school system are to be developed and carried out as a collaboration between the local school system and the local health department.

## 1. Communication

- a. School systems should develop processes to inform staff and parents that they are expected to notify the school as soon as they are made aware that they/their child has tested positive for the virus that causes COVID-19 or that they/their child has been exposed to a person who is confirmed to have COVID-19;
- b. School systems should communicate to parents the expectation that ill students MUST be picked up within a specified period of time;
- c. The school should have a plan for how parents are to notify the school of a positive test result or exposure to ensure confidentiality;
- d. Schools should have a plan to collaborate and coordinate with the local health department regarding school contact tracing procedures including determining the role of the school nurse, the school administrator, and the local health department; and
- e. The school system should develop communication templates for notification of contacts of persons who are confirmed to have COVID-19.

## 2. Notification of contacts who must quarantine

- a. The local health department should lead the process of contact tracing;
- b. The school should work with the local health department to identify persons who may have had close contact with the person testing positive for COVID-19;
- c. Schools should provide written notification to all identified contacts. The notification should include the following:
  - i. When to seek medical care
  - ii. How to monitor for symptoms
  - iii. Who to contact and how to contact them if they develop symptoms of COVID-19 while under quarantine
  - iv. The projected length of quarantine if remain asymptomatic
  - v. Plan for maintaining remote learning for those who remain well enough to engage in learning while under quarantine
  - vi. Information about local COVID-19 testing sites

## 3. Isolation, Exclusion, Quarantine, and Return to School

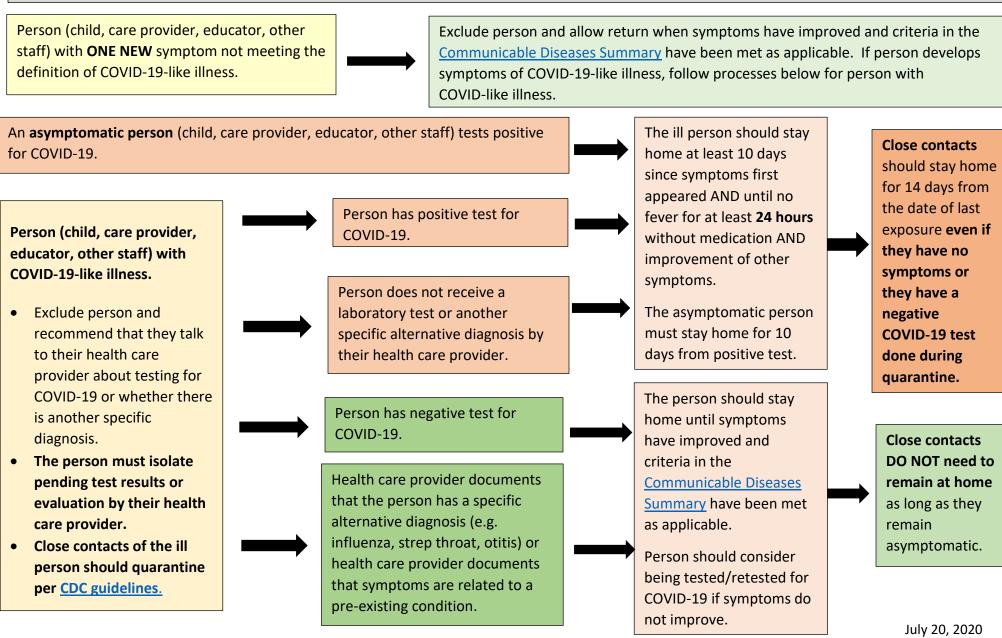
- a. If a student or school staff member develops symptoms of COVID-19-like illness **during the school day,** the school should:
  - i. Safely isolate the person in the designated isolation area and place a surgical mask on the person if they are not wearing a cloth face covering as appropriate;
  - ii. The SHS staff member should don the appropriate PPE and conduct the appropriate determination of the student's condition based on presenting symptoms;
  - iii. Begin the process for the person to vacate the school as soon as possible;

- b. When a school is informed of a laboratory confirmed case of COVID-19 in a student or school staff member, regardless of whether the person had symptoms, the school should begin the process for identifying close contacts and begin the notification process in collaboration with the local health department;
- c. The school should follow the "Decision Aid: Exclusion and Return for Laboratory Confirmed COVID-19 Cases and Persons with COVID-19-like Illness in Schools, Child Care Programs, and Youth Camps" (see attachment) for persons with a positive test for COVID-19 or have COVID-19 like illness, regardless if they have been tested, and those who had close contact with the person with COVID-19-like illness;
- d. The school should follow the instructions from the local health department for all matters regarding quarantine, exclusion and return to school for persons with a positive test for COVID-19 and those who had close contact with the with COVID-like illness; and
- e. If the number of laboratory confirmed cases of COVID-19 or persons with Covid-19like illness meets the definition of an outbreak, the response decisions, including possible school closure, will be made by the local health department.

#### Attachment

# Decision Aid: Exclusion and Return for Laboratory Confirmed COVID-19 Cases and Persons with COVID-19-like Illness in Schools, Child Care Programs, and Youth Camps

For the purposes of this decision aid, COVID-19-like illness is defined as: New onset cough or shortness of breath OR At least 2 of the following: fever of 100.4° or higher, chills, shivering, muscle pain, sore throat, headache, loss of sense of taste or smell, and gastrointestinal symptoms (nausea, vomiting or diarrhea). NOTE: This definition was adapted from the clinical criteria in the <u>CDC case definition of a probable case of COVID-19.</u>



Attachment for document entitled "Response to a Laboratory Confirmed Case of COVID-19 and Persons with COVID-19-like Illness in Schools, Child Care Programs, and Youth Camps"



DEPARTMENT OF HEALTH Robert R. Neall, Secretary STATE DEPARTMENT OF EDUCATION Dr. Karen Salmon, State Superintendent of Schools

## Guidance for Use of Cloth Face Coverings in Schools July 21, 2020

This guidance is being provided by the Maryland Department of Health (MDH) and Maryland State Department of Education (MSDE) to assist schools to develop and implement policy regarding the use of cloth face coverings in the school setting. The use of cloth face coverings is not a substitute for other SARS-CoV-2 mitigation strategies such as physical distancing, frequent hand washing, and cleaning of frequently touched surfaces within the school setting.

Cloth face coverings protect others if the wearer is infected with SARS CoV-2, the virus that causes COVID-19, and is not aware. Cloth face coverings may offer some level of protection for the wearer. Evidence continues to mount on the importance of universal face coverings in interrupting the spread of SARS-CoV-2. To prevent the spread of the COVID-19 virus, the CDC recommends the use of cloth face coverings in schools when feasible.

## **Use of Cloth Face Coverings in Staff and Students**

MDH/MSDE requires the following:

- School staff must wear cloth face coverings while in the school building, on school grounds when not contraindicated due to a medical condition, intellectual or developmental disabilities, or other conditions or safety concerns;
- All students, school staff, and bus drivers must wear a cloth face covering while on school bus when not contraindicated due to a medical condition or developmental or safety considerations;
- Other adults must wear cloth face coverings when they must enter the school building or grounds for essential functions;
- Students, especially students in middle and high school, must wear cloth face coverings in the school building and on school grounds as much as possible when not contraindicated due to a medical condition or developmental or safety considerations;
- The use of cloth face coverings is most important at times when physical distancing measures cannot be effectively implemented especially when indoors;
- Local education agencies should examine the structure and schedule of the education program to identify when physical distancing may be a challenge;

• Cloth face coverings should not be worn by children under 2 years and anyone who has trouble breathing or is unconscious, incapacitated, or otherwise unable to remove a face covering without assistance.

## Communication

- School systems should provide resources to families regarding the importance and expectation for the use of cloth face covering in school;
- Information should be provided to staff, students and students' families regarding the school system expectation of parents to provide cloth face covering or whether the school will provide them;
- School staff and families should teach and reinforce proper use and removal of cloth face coverings, including the use of behavioral strategies as necessary to assist students with becoming comfortable wearing cloth face coverings; and
- Information should be provided to staff, students, and students' families on proper use, removal, and washing of cloth face coverings.



## NOTICE - OUT OF STATE TRAVEL AND PUBLIC TRAVEL ADVISORY (JULY 29, 2020)

The Maryland Department of Health strongly recommends that all Marylanders refrain from nonessential travel outside of Maryland due to the recent increase in COVID-19 infections in other states. In addition:

1. Any Marylander returning from out-of-state or any out-of-state traveler should either get tested for COVID-19 promptly upon arrival in Maryland or within 72 hours before travel to Maryland. A list of test sites can be found here: (https://coronavirus.maryland.gov/pages/symptoms-testing).

We encourage out-of-state visitors to be tested within 72 hours prior to arrival and to cancel travel if they receive a positive result. Visitors waiting for their test results should stay at home between the time of their test and their arrival in Maryland or to self-quarantine at their hotel.

2. Any Marylander who travels to a state with a COVID-19 test positivity rate above 10% should get tested and self-quarantine at home until the test result is received. The District of Columbia and the Commonwealth of Virginia are exempt from this recommendation.

A list of state COVID-19 test positivity rates can be found here: (https://www.cdc.gov/covid-data-tracker/index.html#testing) (COVID-19 Tests Performed by State - Commercial and Reference, Public Health, and Hospital).

3. Essential workers, as previously referenced in the <u>Governor's Office of Legal Counsel's</u> <u>COVID-19-04 Interpretative Guidance</u>, are exempt from the quarantine recommendation if they are returning or traveling to Maryland to perform essential work, as well as employee commuters who leave/enter the state on a daily basis and have work-based COVID-19 screening procedures.

This Notice is effective immediately and shall remain in effect until the state of emergency has been terminated and the proclamation of the catastrophic health emergency has been rescinded.

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Robert R. Neall Secretary

#### COVID-19 Tests Performed by State

As of Wednesday 8/5/2020 (subject to change)

State/Territory	Test Count	% Positive
Florida	5790273	11-20%
Texas	3052350	11-20%
Georgia	1639647	11-20%
Louisiana	1368103	11-20%
Arizona	1216759	11-20%
Virginia	1198936	11-20%
Alabama	990770	11-20%
South Carolina	668003	11-20%
Nebraska	431249	11-20%
Idaho	260541	11-20%
California	7971294	6-10%
New York	6187951	6-10%
Illinois	3344878	6-10%
Michigan	2081848	6-10%
Tennessee	2047213	6-10%
Pennsylvania	1781935	6-10%
Massachusetts	1565786	6-10%
Ohio	1550347	6-10%
North Carolina	1515284	6-10%
Maryland	1413812	6-10%
Indiana	1265104	6-10%
Minnesota	1092345	6-10%
Washington	1064911	6-10%
Missouri	987324	6-10%
Utah	853321	6-10%
Connecticut	849590	6-10%
lowa	667770	6-10%
Colorado	640599	6-10%
Nevada	621145	6-10%
Kentucky	601464	6-10%
Arkansas	538259	6-10%
Oklahoma	522050	6-10%
Kansas	447265	6-10%
Rhode Island	376672	6-10%
District of Columbia	202440	6-10%
Puerto Rico	47860	6-10%
New Jersey	1609314	0-5%
Wisconsin	1316902	0-5%
Oregon	686131	0-5%
New Mexico	551597	0-5%
North Dakota	340570	0-5%
West Virginia	314467	0-5%
Mississippi	296345	0-5%
Alaska	260150	0-5%
New Hampshire	228545	0-5%
Montana	197082	0-5%
Maine	179692	0-5%
Delaware	178009	0-5%
Hawaii	159432	0-5%
Vermont	123715	0-5%
South Dakota	110104	0-5%
Wyoming	96711	0-5%
Guam	21675	0-5%
Virgin Islands	12075	0-5%