



Indiana
Department
of
Health

FALL SCHOOL GUIDANCE

LORRIE RAMSEY, MSM, BSN, RN
CHIEF NURSE CONSULTANT

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Webcast system upgrades

- We have made a few updates to our webcast system
- Now each event will show individually under “Live Events – With chat”
- New Q&A feature
 - To ask a question, hover over the top right corner of the livestream window and then click on the Q&A icon
 - Enter a user name and type in question
 - There is no chat window anymore



Mitigation and Prevention Recommendations



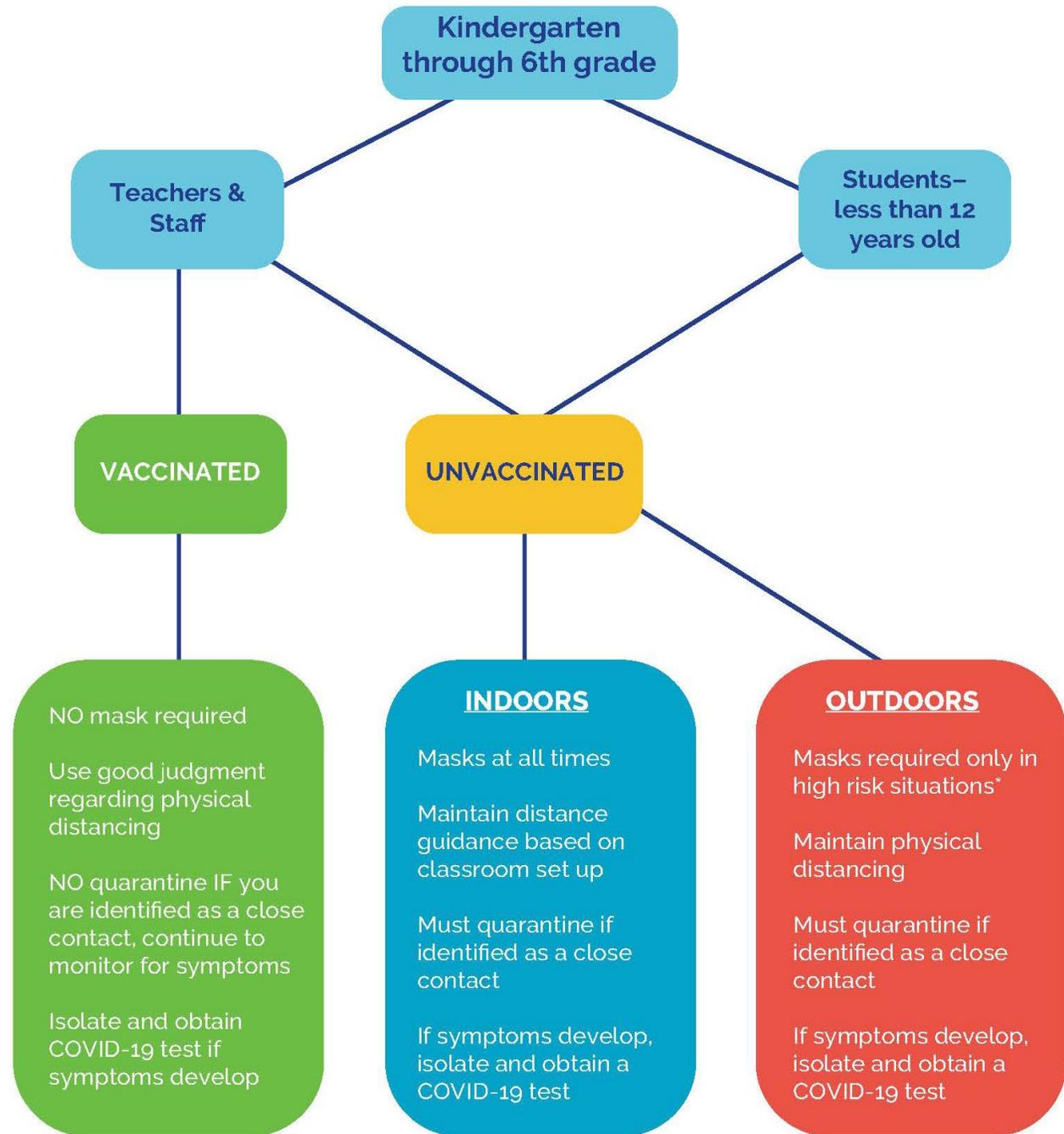
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Masking/Face Coverings (K-6)

- **In K-6 grade schools – we recommend masking indoors (except while eating) for:**
 - Students who are not yet eligible for vaccination (ages 0-11)
 - Other individuals who are not vaccinated
- **Outdoors when:**
 - Masks may not be necessary when you are outside by yourself away from others, or with people who live in your household.

See K-6 algorithm

K-6 guidance



*Masks required on the bus per current federal requirement

Masking/Face Coverings (7-12)

In schools with students 12 years and above we recommend masking:

- **Indoors for:**

- All individuals who are **not vaccinated**
- Vulnerable individuals who may be at increased risk of illness
- Anyone who feels more comfortable wearing a mask

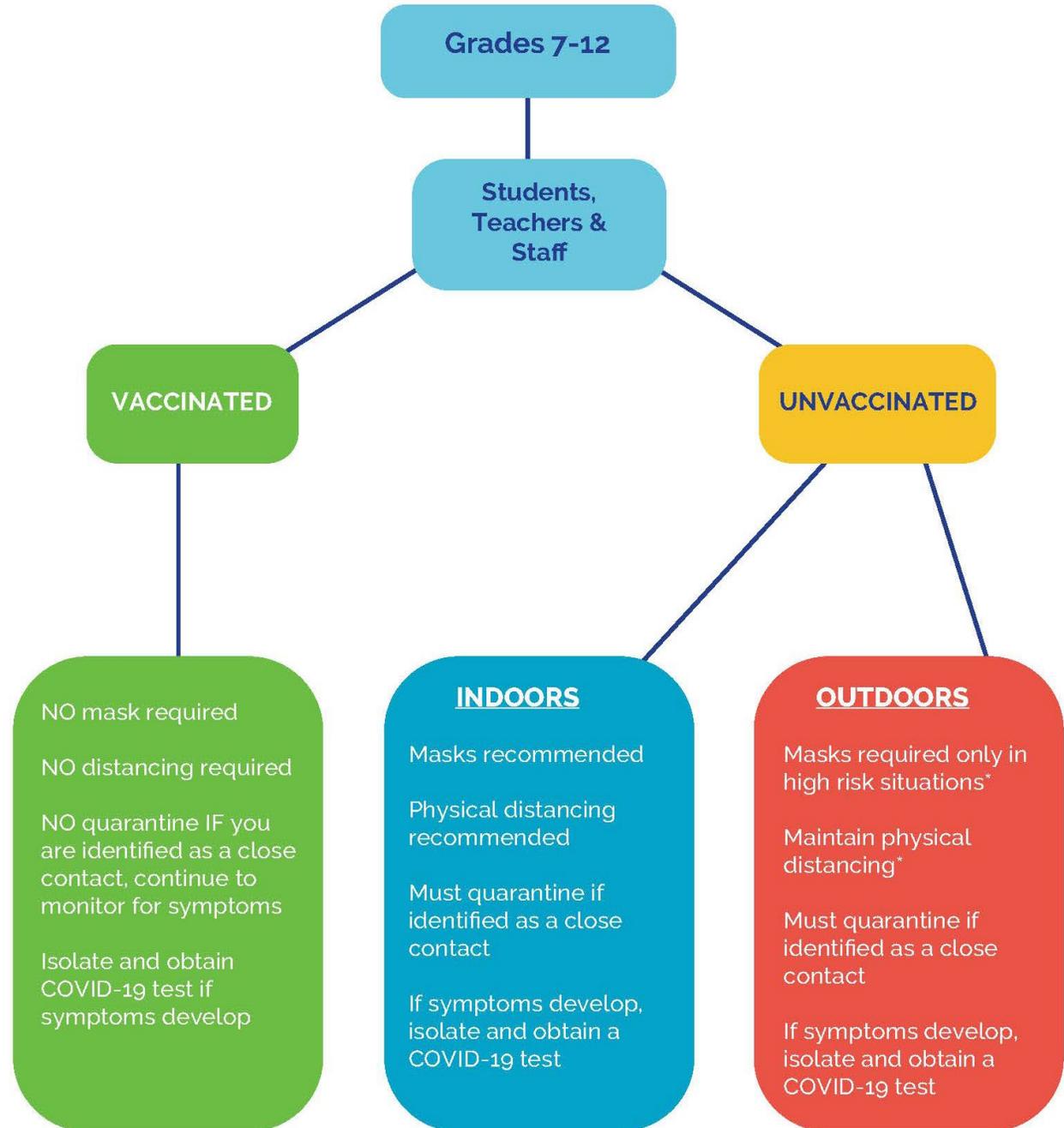
- **Outdoors when:**

- Masks may not be necessary when you are outside by yourself away from others, or with people who live in your household.

See Grade 7-12 algorithm

Grades 7-12 and staff

*Masks required on the bus per current federal requirement



Remember MASK

M – Minimize risk by getting vaccinated

A – Anyone fully vaccinated can resume most normal activities

S – Stay aware of local requirements

K – Keep taking precautions if you're unvaccinated

<https://publichealthcollaborative.org/wp-content/uploads/2021/06/MASK-Guidance.pdf>



Tips for Communicating Mask Guidance in Your Community

Remember "MASK"

M Minimize risk by getting vaccinated

We're making progress in defeating COVID-19, but the virus remains a threat. Vaccination is the path to normalcy, and getting vaccinated is the best way to safely resume normal activities. The vaccines are safe and extremely effective at preventing people from getting sick and transmitting the virus to others.

A Anyone fully vaccinated can resume most normal activities

The vaccine is extremely effective at protecting people from contracting and spreading COVID-19. People who have been fully vaccinated can safely resume most activities without a mask. Exceptions: Everyone should continue to wear masks on public transportation and planes, and in health care settings, homeless shelters, and correctional facilities.

S Stay aware of local requirements

Everyone should continue to follow state and local laws, rules, and guidelines. Local transmission rates are important, and where infection rates are high, continuing to require mask-wearing in public can help protect everyone's health. Businesses may choose to require mask-wearing or vaccination, depending on the type and size of the company, local infection rates, and other factors.

K Keep taking precautions if you're unvaccinated

People who are not fully vaccinated should continue to take precautions including social distancing and wearing masks, especially indoors and in crowded areas, to protect themselves and others.



Physical Distancing

K-6 and those who are unvaccinated

Physical distance recommendations:

- At least 3 feet between all students in a classroom (During educational school day and encourage cohorting)
- At least 6 feet of distance:
 - Between adults in the school building and between adults and students
 - In common areas, such as school lobbies and auditoriums
 - When masks can't be worn, such as when eating
 - During activities when increased exhalation occurs, such as singing, shouting, band practice, sports, or exercise. (These activities should be moved outdoors or to large, well-ventilated spaces whenever possible.)
 - In community settings outside of the classroom

Hand Hygiene

- Wash hands with soap and water for at least 20 seconds whenever hands are visibly soiled and in the following situations:
 - Before and after meals and snacks
 - Before and after recess
 - Before and after sharing supplies or equipment
 - After going to the restroom
- Build time into daily routines to incorporate hand washing
- Consider making hand sanitizers with at least 60% alcohol available for everyone near frequently touched surfaces, doors, shared equipment, and where soap and water are not readily available
- Promote hand hygiene throughout the school by placing visual cues

Cleaning

- **Follow a daily cleaning schedule for routine cleaning**
- **Clean high touch surfaces and objects more frequently**
- **Limit sharing of high touch objects that are difficult to regularly clean** and wash hands before and after using if sharing items
- **Sanitize** surfaces when food is involved, including before and after food prep and eating meals and snacks
- **Disinfect in areas** such as:
 - Nurse clinic and isolation room
 - In space occupied by people at increased risk for severe illness from COVID-19 (i.e., SPED classrooms)

Note: If there has been a sick person or someone who tested positive for COVID-19 in the facility within the last 24 hours, you should clean AND disinfect the space.

Ventilation Recommendations

- Consider being outside as much as possible. If indoors, bring in as much fresh air into classrooms and buildings as possible. Bringing fresh, outdoor air indoors helps keep virus particles from concentrating inside.
- Open windows and doors, when possible, use fans to increase the effectiveness of open windows, and decrease occupancy in areas where outdoor ventilation cannot be increased.
- Ventilation, including opening windows, when possible, is also important on buses and other transport vehicles.
- Consider updates to HVAC systems to improve air exchanges and overall air quality
- For recommendations on improving ventilation/HVAC in schools see CDC guidance links:

<https://www.cdc.gov/coronavirus/2019-ncov/community/ventilation.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/ventilation.html>

Water Systems

- The temporary shutdown or reduced operation of schools and reductions in normal water use can create hazards for returning students and staff.
 - Take steps to ensure that all water systems and features (for example, sink faucets, drinking fountains, showers, decorative fountains) are safe to use to prevent lead or copper exposure, Legionnaire's disease, and other diseases associated with water when reopening facilities after prolonged closure.
 - Follow the Environmental Protection Agency's (EPA's) 3Ts, (Training, Testing, and Taking Action) external icon for reducing lead in drinking water. It might be necessary for you to conduct ongoing regular flushing after reopening.
 - For additional resources, refer to EPA's Information on Maintaining or Restoring Water Quality in Buildings with Low or No Use.
- Clean drinking fountains frequently (multiple times/day) if they are being used
 - Access to drinking water fountains should allow for physical distancing for unvaccinated individuals.
 - Encourage students and staff to bring their own water or water bottles when possible.
 - Consider installing no-touch activation methods for water fountains. Use summertime to have touchless water coolers installed



School Day Considerations



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Nurse Clinic Considerations

- Identify isolation area to hold potentially infectious individuals separately from others receiving routine healthcare
- Continue wearing appropriate PPE for the environment you are supporting (at least a surgical mask) during the school day when caring for students and staff
- Follow current CDC guidance related to infection control, cleaning and disinfecting in the school clinic
- Discuss with administration opportunities for increasing/improving ventilation in the school clinic and throughout the building
- Communicate broadly vaccine safety and encourage those who are eligible to obtain their COVID – 19 vaccination

Nursing Considerations

Symptoms of COVID-19 illness

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

- If an individual becomes symptomatic while at school, isolate them until they can be transported home
- Encourage COVID testing or other evaluation for COVID infection if symptoms suspicious for COVID - 19
- Determine vaccination status of symptomatic individuals
- Report positive cases according through the K-12 Gateway portal
- Symptom list is not all-inclusive and symptom list should also be used when assessing students for other infectious illness

Daily Parent Screening Tool

COVID-19 Screening for Parents

Every morning before you send your child to school please check for signs of illness:

<input type="checkbox"/>	 FEVER 100.4* OR CHILLS <small>*or school board policy if threshold is lower</small>	<input type="checkbox"/>	 SORE THROAT	<input type="checkbox"/>	 COUGH* OR SHORTNESS OF BREATH <small>*especially new onset, uncontrolled cough</small>
<input type="checkbox"/>	 DIARRHEA, NAUSEA OR VOMITING, ABDOMINAL PAIN	<input type="checkbox"/>	 HEADACHE* <small>*particularly new onset of severe headache, especially with fever</small>	<input type="checkbox"/>	 NEW LOSS OF TASTE OR SMELL

*May present with more than one symptom. This list does not include all possible symptoms.

- 1 Does your child have any sign of illness above?
 - 2 Were you in close contact (within 6 feet for a total of 15 minutes over a 24-hour period) with anyone confirmed with COVID-19?
 - 3 If the answer is **YES** to any of the questions, **DO NOT** send your student to school. Instead, begin isolation of your child and contact your healthcare provider. Have you been tested for COVID-19? Only a positive test or provider diagnosis can confirm if someone has a current infection.
 - 4 Please keep your student home until they meet the criteria.
-  If you have trouble breathing, chest pain, new confusion, inability to wake or stay awake or bluish lips or face **CALL 911!**



Updated: 2/9/21

Parent can monitor child daily and should keep student home if symptoms of COVID – 19 or other illness are present

Quarantine and Isolation

- **Quarantine** should be used for students, teachers, and staff who might have been exposed to COVID-19. Close contacts, identified through contact tracing, should quarantine unless they are fully vaccinated, or have tested positive in the last 3 months, and do not have any symptoms.
 - Students, teachers, and staff who are in quarantine should stay home and follow the direction of the local public health department about when it is safe for them to be around others.
- **Isolation** should be used for individuals with COVID – 19 illness to separate them from those who are not infected (even at home).
 - At home, anyone sick or infectious should separate from others, stay in a specific “sick room” and use a separate bathroom if available.
 - Stay home for at least 10 days following the onset of symptoms or a positive test result. Individuals may return after 10 days as long as symptoms are improving, and they are fever free for at least 24 hours without use of fever reducing medications.
- **Guidance documents** from IDOH will be updated over the summer and as CDC guidance updates

Guidance for Testing and Quarantine Options

- All fully vaccinated individuals who remain asymptomatic (even if a close contact) do not need to quarantine but should monitor for symptoms throughout the 14 days following their exposure.
- Close contacts who are unvaccinated **MUST** quarantine
- Options for quarantine
 - Asymptomatic close contact may return after Day 10 with enhanced precautions in place Days 11-14
 - Asymptomatic close contact may return after Day 8 with negative PCR on day 5,6, or 7 or negative BinaxNOW in school on Day 8. Continue enhanced precautions Days 8-14
 - Asymptomatic close contact return on Day 15. May return to all prior activities without enhanced precautions or testing

Enhanced Precautions for Early Return Unvaccinated Individuals

- **Masked** at all times on bus and during school day, no exceptions!
- **Distance** of at least 3 feet from others when **inside the classroom**, forward facing and receiving instruction during the school day.
- **Lunch** to be eaten **separately** from others as mask will be off when eating. Remain 6 ft. from others, no exceptions.
- Prioritize hand hygiene
- Symptom monitoring daily by parents and if needed by school staff during the school day.
 - **If ANY signs or symptoms of COVID – 19 are identified while at home, student/teacher/staff should NOT come to school.**
 - **If symptoms develop during the school day, individual should be sent home as soon as possible.**
 - **Individual should obtain a confirmatory PCR test.**
 - 1) **If PCR test is positive, begin 10 days of isolation starting from the date symptoms began.**
 - 2) **If PCR test is negative, must complete remainder of 14-day quarantine at home.**

Enhanced Precautions for Early Return Unvaccinated Individuals

For ALL extra-curricular activities including but not limited to athletics, cheerleading, band, choir, orchestra.

- Masked at all times – no exceptions **both inside and outside**
- If mask cannot be worn due to risk associated with mask during activity, student should not practice, compete, or attend the activities until after a full 14-day quarantine is complete.
- Distance at least 6 ft. away from others (**when the activity is indoors**). When the activity is outdoors, mask at all times and distance as much as possible.
- If 6 ft of distance between others cannot be maintained at all times **when indoors**, student should not practice, compete, or attend the activities until after a full 14-day quarantine is complete.
- Wash hands with soap and water or utilize hand sanitizer before and after playing/touching equipment
- Stay home if symptoms appear or if feeling sick

Nutrition and Food Service Recommendations

- Food service recommendations are for all grades K-12
- Practice hand hygiene before and after meals by providing hand washing stations or hand sanitizer with at least 60% alcohol for employees, students and visitors.
- Serve grab and go or individually plated meals. Avoid milk coolers, instead provide individual drinks along with child's meal or snack.
- Consider the safety of those with allergies and help expedite meal choices by separating or clearly labeling meals specifically prepared for those with allergies or dietary restrictions
- Use disposable food service items when possible. If disposable items are not feasible, make sure dirty non-disposable food service items are handled with gloves and washed, rinsed and sanitized to meet food safety requirements.
- Eat outside whenever possible or increase ventilation if indoors

Nutrition and Food Service Recommendations

- Continue to stagger and cohort students during meal/snack times
- Store masks safely during meal/snack times
- Students should remain 6 feet apart while eating.
- Consider methods of food delivery to children to reduce long waits in line to get their food.
 - Keep at least 6 ft. of distance between those waiting in line.
 - Mark distance on the floor to keep students an appropriate distance apart. Use physical barriers when it's difficult to remain 6 ft. apart
- Clean and sanitize surfaces that come into contact with food. If individuals eat at desks or tables, they should be cleaned and sanitized before and after use.

Transportation Considerations

- Current guidance from CDC and National Association for Pupil Transportation (NAPT)
- Requirement for face masks on public transportation includes on school buses except for those –
 - Under the age of 2 years
 - Those with a disability who cannot wear a mask safely because of the disability as defined by the Americans with Disabilities Act (42 U.S.C.12101 *et seq.*)
 - A person for whom wearing a mask would create significant risk
- Follow current mask guidance until further notice



Covid Testing and Case Investigation



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Close Contact Definitions and Guidance

- An individual who was within 6 feet of a person diagnosed with COVID – 19 for a total of 15 minutes or more over a 24-hour period.
- The definition applies regardless of whether either person was wearing a mask except in the following situations:
 - If all students are masked and facing forward receiving education during the school day – 3 feet or more of distance can be used to begin contact tracing if a positive case is identified
 - In all other school day situations, use 6 feet as the threshold for contact tracing if a positive case is identified

NOTE: All close contacts should be entered into the Gateway portal (even if vaccinated). This provides consistent reporting in case of an outbreak.

Case ID and Contact Tracing

- Remember to contact trace and enter your positive cases and close contacts into the IDOH K-12 Gateway portal. Remember COVID-19 is a reportable communicable disease
- Schools should work with the local health department to identify any other close contacts of either the student who received a positive test result or others who become symptomatic
- Individuals who are fully vaccinated against COVID-19 OR those known to have had a COVID-19 infection within the past 3 months (even if they are close contacts) do not need to quarantine but should continue to monitor daily for symptoms and report any symptoms to the school nursing staff.
- Anyone who develops symptoms of COVID-19 should stay home and obtain COVID-19 testing



Special Considerations for Extra-Curriculars and Sports



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Performing Arts and other Extra-Curriculars

With the CDC announcement of reduced physical distancing on March 19, 2021 many questions have been asked about whether performing arts activities can be also have reduced physical distancing. We applaud the CDC on removing the requirement for plexiglass barriers. The CDC's new distancing recommendation only focuses on seated classrooms. With the rapid spread of more aggressive variants such as the B.117 variant, health officials do **not** recommend a change in physical distancing for activities that have increased exhalation.

However, with further research in the aerosol study being completed the following are the recommendations for performing arts activities:

- Bell covers for woodwinds and brass should be made with a multi-layer cover with the center layer being made of MERV-13 filter material, or a 3-layer surgical style mask using an ASTM F2100 or GB/T32610 standard.
- Singers produce aerosol at similar rates as woodwinds and brass. The amount of aerosol varies depending on consonants, vowels, intensity, and pitch. Singers wearing a well fit 3-layer surgical style mask that meets the ASTM F2100 or GB/T32610 standard reduces aerosol emission.
- Face shields are only effective at close range to stop large droplets; they do not prevent aerosol from being inhaled or released unless a mask is also worn.
- Reduced time in performing arts activities:
 - Indoors - 30-minute restriction followed by a minimum of one (1) air exchange
 - Outdoors – 60-minute restriction followed by a five (5) minute break (New 3/19/21)
- Practice good hygiene by washing hands, using sanitizers, and preventing uncontrolled spit valve release.
- Rehearsal space recommendations in order of preference:
 - Outdoor rehearsals, using individual mitigation techniques described above.
 - Indoors with elevated outdoor air exchange rate from HVAC.
 - Indoors with typical outdoor air exchange rate from HVAC plus recirculation air through MERV 13 filters or addition of appropriately sized HEPA air cleaners.
 - Indoors with outdoor air exchange rate from open windows supplemented with appropriately sized HEPA air cleaners when airflow is reduced under certain outdoor wind conditions.

Please refer to the Association for Heating, Ventilating and Air-Conditioning Engineers (ASHRAE) guidance on ventilation during COVID-19: <https://www.ashrae.org/technical-resources/resources>

For more information on aerosol in performing arts activities please [click here](#).

IMEA: Music in Indiana Schools for 2020-2021

- [Think about your space](#)
- [Band](#)
- [Choir](#)
- [Orchestra](#)



IHSMA aerosol update 3.19.21

- Does not recommend a change in physical distancing guidance for performing arts activities that have increased exhalation
- Reduced time in performing arts activities recommended
 - Indoors – 30-minute restriction followed by a minimum of one (1) air exchange
 - Outdoors – 60-minute restriction followed by a five (5) minute break
- Rehearsal space recommendations in order of preference:
 - Outdoor rehearsals, using individual mitigation techniques described above.
 - Indoors with elevated outdoor air exchange rate from HVAC.
 - Indoors with typical outdoor air exchange rate from HVAC plus recirculation air through MERV 13 filters or addition of appropriately sized HEPA air cleaners.
 - Indoors with outdoor air exchange rate from open windows supplemented with appropriately sized HEPA air cleaners when airflow is reduced under certain outdoor wind conditions.
 - Resources
 - <https://www.ashrae.org/technical-resources/resources>
 - <https://www.nfhs.org/articles/unprecedented-international-coalition-led-by-performing-arts-organizations-to-commission-covid-19-study/>

IHSAA – COVID – 19 Resource Center

COVID-19 Resource Center

Indiana High School Athletic Association, Inc.



Last Update: 3/1/2021 3:26 PM

The Indiana High School Athletic Association, with support of its Board of Directors and feedback from its Sports Medicine Advisory Committee, will continue to work in collaboration with The Governor's office, the Indiana State Department of Health, and the Indiana Department of Education to provide guidance to its member schools during the COVID-19 pandemic.

This Resource Center will continue to be updated with new information as conditions change during the COVID-19 pandemic.

The IHSAA believes it is essential to the physical and mental well-being of student-athletes to return to organized physical activity and build team relationships with their peers and coaches. Students who participate learn life lessons in an environment that cannot be duplicated. Academic achievement, the development of leadership and social skills as well as the mental health benefits are known to be greatly enhanced in students who participate in these programs compared to those who do not. There is no doubt that the COVID-19 coronavirus pandemic has already resulted in thousands of our students missing out on these life-shaping educational experiences over the past several months. A [study conducted by UW Health & the University of Wisconsin](#) concluded that more than two-thirds of high school athletes report anxiety and depression since the onset of the pandemic. Another [report by the group](#) measured the impact of School Closures and Athletic Cancellations on the health of Indiana adolescents.

The IHSAA fully supports its member schools in determining what is in the best interests of the health and well-being of their student-athletes and staff. Each IHSAA member school's athletic department will operate with the approval of its school administration in moving forward throughout the 2020-21 school year. It will be the decision of each local school district to determine if they can safely conduct athletic practices and contests.

Due to the nature of the outbreak, there may be inequities due to geography within the state of Indiana as some areas will have higher COVID-19 rates that may not warrant full athletic participation while another area has lower COVID-19 rates that allow full participation.

For workouts, practices and competitions to continue, social distancing and other preventive measures such as face covering/masking and frequent sanitizing of hands, implements, and equipment are strongly encouraged. This will likely remain in place until a cure, vaccine or very effective treatment is readily available, or so-called "herd immunity" is confidently reached.

As the science about COVID-19 evolves, it will be important to remain vigilant and nimble to respond to new developments. Students and their families, along with school personnel, must recognize these risks and implement best practices to reasonably mitigate these risks. Participation in school activities is voluntary and every individual will need to evaluate the risk versus the benefits of athletics participation. Those immune-compromised students and staff, or those who live with family members with elevated health concerns, should evaluate associated risks of participation and may choose not to participate.

Spring Guidance
available on the
website for:

- Tennis
- Softball
- Golf
- Baseball



IHSAA – COVID – 19 Resource Center

- Last updated March 1
- For workouts, practices and competitions to continue, physical distancing and other preventive measures such as face covering/masking, and frequent sanitizing of hands, implements and equipment are strongly encouraged.
- This will likely remain in place until a cure, vaccine or very effective treatment is readily available or so-called herd immunity is confidently reached.
- Spread of COVID – 19 is more likely when people are in close contact with one another (within about 6 feet)
- Healthcare provider clearance should be obtained prior to participating after a positive COVID – 19 diagnosis. A documented medical exam should be performed clearing the student athlete to return to play. The exam should specifically include an assessment of the cardiac/heart risk of high-intensity exercise due to the potential of myocarditis occurring in COVID – 19 patients

<https://www.nfhs.org/articles/nfhs-amssm-guidance-for-assessing-cardiac-issues-in-high-school-student-athletes-with-covid-19-infection/>

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>



CDC Project Firstline & IDOH

CDC's National Training Collaborative for Healthcare Infection Prevention & Control

- **WHAT:** CDC is creating training modules covering basic infection prevention and control for all frontline workers.
- **WHEN:** In Fall 2021, we plan to provide IPC trainings to schools across Indiana.
- **WHO:** All school staff that is interested
- **TIME:** TBA
- *Not mandatory but strongly recommended.*
- *If you have questions or would like to be added to an email list for updates, please email allnelson@isdh.in.gov or dbyardgough@isdh.in.gov.*



Free Child Care Available

- To find a vaccination site near you visit OurShot.IN.gov
- You can also text your ZIP code to 438829
 - You will receive a list of sites near you
 - The reply will also ask you if you need free child care at one of several sites
 - If you reply with "care", you will receive information on free child care near you
- Good through July 4



**IT'S OUR
SHOT,
HOOSIERS**

COVID-19 VACCINE

Final Thoughts



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IDOH Mitigation and Strategy Recommendations

- Be prepared should outbreaks occur
- Encourage vaccination of staff and students as they become eligible for vaccination
- Mandatory reporting of ALL COVID – 19 cases by building (K-12 school portal)
- Continue contact tracing by school
- Encourage COVID testing
- Follow current CDC and IDOH recommendations for quarantine and isolation
- Require all parents, school visitors, and special guests to mask and physically distance when visiting the school
- Follow current mask recommendations for your school (even if off school grounds during the school day) i.e. field trip. Follow county guidance if traveling to a county with more stringent guidance.

Final Considerations

- While we cannot mandate staff show proof of vaccination, without evidence of proof in the event of an outbreak, individuals will be required to quarantine
- Remember ... perfect attendance by students or teachers and staff is not always a positive thing. We want individuals to stay home if they are sick
- The goal is to have schools open for in-person learning throughout the 2021-2022 school year and so the focus of the guidance is related to the K-12 academic school day
- Be prepared to offer a distance learning option if students are required to isolate, quarantine, or are medically fragile
- The educational needs of our students take priority over extra-curriculars