



Health Plan

Mitigation Health Plans for Public Schools Page County Public Schools

August 9, 2022

Key Elements: 2022-2023 Health Plan

Establish a COVID-19 team within the school division and a point at each school facility.

1. The COVID-19 team within the school division consists of the following:
 - Superintendent
 - Assistant Superintendent of Human Resources & Business Operations
 - Assistant Superintendent of Instruction, Accountability & Innovation
 - Director of Elementary Education
 - Director of Secondary Education
 - Director of Special Education
 - Coordinator of Student Services
 - Supervisor of Facilities & Maintenance
 - Supervisor of Human Resources & Business Operations
 - Supervisor of Transportation Supervisor of Nutrition Services
 - Attendance and Enrollment Specialist
 - School Nurse Coordinator
 - Covid Liaison

2. The point person at each building is the school principal in consultation with the school nurse. Each school has an assigned school nurse.

Know the contact information and procedures for reaching the local health department.

- A. The contact persons at the Lord Fairfax Health District are:
 - a. Dr. Alison Ancher - 540-722-3480
 - b. Leea Shirley - 540-722-3470
 - c. Brad Kern- 804-584-0260
- B. Contact the Page County Health Department at 540-743-6528.
- C. The contact person at the Page County Health Department for the Health Inspector and Food Services is Jennifer Jerrell at 540-743-6528.

Plan for health and absenteeism monitoring/approaches.

1. Staff absenteeism will be monitored daily by department leaders at the Central Office and school administration at each school. Concerns will be reported to Dr. Paul Johnson, the Assistant Superintendent of Human Resources & Business Operations
2. Student absenteeism will be monitored daily by school administration at each school and reported to Thomas Pitts, Page County Public Schools Covid Liaison.

Develop a communications strategy that includes:

1. Schools will use announcements, school websites & social media accounts, phone calls, and/or text messaging to reinforce mitigation strategies pending current CDC requirements.
2. Plans for communication with staff, parents, and students of new policies
 - a. Thrillshare will be used to communicate with parents and the community
 - b. Email will be used to communicate with staff.
 - c. The school division website, and specifically the COVID-19 page, will contain up-to-date information and announcements.
 - d. Social media venues (Facebook, etc...) will be used to increase communication.
3. Participate in community response efforts
 - a. School nurses and school administrators may assist the local health department in contact tracing as deemed necessary by the Virginia Department of Health.
 - b. School officials will participate in community response efforts in collaboration with local agencies.
4. Follow relevant Interim Guidance for COVID-19 Prevention in Virginia PreK-12 Schools and CDC guidance for recreational sports for school-related sports and other recreational activities.

Prepare your division's student health services

1. Assure provision of medical-grade PPE for health services staff
 - a. School nurses will use gloves, face masks, or face shields when the risk of splash or spray exists.
 - b. All district staff will have access to face masks, gloves, or face shields.
 - c. Custodial staff will use gloves, face masks, or face shields when the risk of splash or spray exists.
 - d. Cafeteria staff will use gloves and face masks and will exercise physical distancing where possible as required by CDC.
2. Assure and maintain typical (non-COVID-19) health services
 - a. School nurses will provide health services to students with medical needs to include injuries/illnesses, medication administration, development of individual health care plans, development of medical action plans, documentation in the cumulative health record, and providing medical information for IEP/504 meetings.
 - b. School nurses will maintain regular communication with students with certain medical conditions and those who are ill.

- c. School staff will provide basic first aid, as needed, within the classroom.
 - d. Immunization and entrance physical requirements will be enforced; however, PCPS does not require the COVID-19 vaccine for students, staff or visitors.
3. Provision of mental health services
- a. School counselors will be available to address mental health needs during the day.
 - b. School staff will review and implement trauma-informed care approaches.
 - c. National Counseling Group will provide services as needs arise (TDT, Outpatient Counseling - individual and family, Virtual Support Program).
 - d. A part-time School Based Therapist has been hired by PCPS in partnership with Northwestern to provide additional support and resources to students and families.
 - e. On-call referrals will be made to the Page County Department of Social Services and local mental health providers.
 - f. School-based Social Emotional Learning (SEL) curriculum will be implemented in all elementary, middle, and high schools
 - g. School staff will engage in targeted professional development related to trauma and self-care.
 - h. Mental Health resources and crisis information will be available on the division website under the COVID-19 section.
 - i. The division subscribes to the Employee Assistance Plan through Anthem. This information can be found on the division website on the Human Resources page.

Promoting Behaviors that Reduce the Spread of COVID-19

Create an education/training plan for staff, students, and families. Include COVID-19 prevention education (handwashing, staying at home if ill, etc.)

1. Hand hygiene and respiratory etiquette
 - a. Teach and reinforce handwashing with soap and water for at least 20 seconds.
 - b. Encourage use of hand sanitizer (contains 60% alcohol) if soap and water is unavailable.
 - c. Encourage staff and students to cover coughs and sneezes with a tissue. Used tissues should be discarded in the trash. Wash hands immediately.
2. Use of cloth face coverings
 - a. Face coverings are optional for all students, staff, and guests unless required through return from quarantine guidelines as described by the Centers for Disease Control (CDC).
 1. All individuals, including students may wear a facial mask on all PCPS transportation vehicles.
 2. All individuals returning from a quarantine due to being an individual who has tested positive for Covid-19, must follow updated CDC and VDH policies in regards to quarantining and returning to PCPS facilities.
 - b. Cloth face coverings should be washed daily by the student/guardian.

- c. Cloth face coverings should not be used with children under 2 years old, anyone with breathing difficulties, anyone who may be allergic, or anyone who is unconscious or incapacitated.
3. Staying home when sick
 - a. Students and staff are encouraged to stay home when they are feeling ill.
 - b. Symptoms to assess:
 - i. Fever (100.4 degrees F) or chills
 - ii. Cough
 - iii. Shortness of breath or difficulty breathing
 - iv. Fatigue
 - v. Muscle or body aches
 - vi. Headache
 - vii. New loss of taste or smell
 - viii. Sore throat
 - ix. Congestion or runny nose
 - x. Nausea or vomiting
 - xi. Diarrhea
 - c. PCPS recommends that students or staff who stay home due to symptoms contact their healthcare provider, regardless of vaccination status. These individuals are required to follow PCPS guidelines for returning to school.
 - d. Staff staying home due to COVID or COVID-like symptoms must contact their homeschool and report their symptoms.
 - e. Students or staff who are diagnosed with or test positive for COVID-19, regardless of vaccination status, should isolate at home. Such persons may return to school when they meet the updated CDC and VDH policies in regards to quarantining and returning to PCPS facilities.
 - f. PCPS will continue contact tracing ONLY in the following circumstances:
 - i. If an individual school is identified as a school in high transmission for outbreaks (4 or more outbreaks in a school within a two week period).
 1. An outbreak is defined as two or more positive cases that are connected to one another.

Maintain adequate supplies to promote healthy hygiene

- All classroom teachers will be supplied with hand sanitizer, paper towels, disinfectant wipes, and disinfectant spray to use periodically throughout the day
- Entryways will have hand sanitizers for use prior to entering the facility.
- Bus drivers will be provided disposable masks, hand sanitizer, and disinfectant spray
- Custodial staff will use appropriate disinfecting and sanitizing procedures
- Gloves, face masks, and face shields are distributed as needed to appropriate personnel.

Provide signs and messaging to promote healthy hygiene

- Schools will use regular announcements using the PA system, messaging boards, and school websites to promote healthy habits.
- Information regarding healthy hygiene is available on the school division website.

Promote Physical Distancing

1. When possible, PCPS will modify layouts of classrooms, communal areas, and buses to ensure physical distancing is maintained.
 - a. When possible, student desks will be spaced 3 feet apart with all desks facing in one direction. 6 feet will be used whenever possible.
 - b. Mitigation strategies for the transport of students on division transportation will be developed in collaboration with the Lord Fairfax Health District.
2. Develop strategies for food/dining services; these should be consistent with plans to optimize physical distancing.
 - a. Disposable trays may be used; if non-disposable trays are used, they will be washed in a commercial dishwasher between use.
 - b. Food services personnel will wear gloves and adhere to handwashing practices after glove removal.
 - c. Sharing of food and utensils is discouraged for a multitude of health reasons.
 - d. Food from outside sources will not be accepted.
3. Extracurricular activities and indoor/outdoor sports are allowable but will follow all guidelines prescribed by the CDC, VDH or VHSL.
 - a. All individuals returning early from a quarantine due to being an individual who has tested positive for Covid-19, MUST follow updated CDC and VDH policies in regards to quarantining and returning to PCPS facilities. This extends to all practices/games and performances.

Maintaining Healthy Environments

1. Students/staff who report to the school clinic for COVID-related symptoms are screened by the school nurse using the Clinic Symptom Assessment form which includes the following questions:
 - a. A fever (100.04 degrees F or higher) or a sense of having a fever
 - b. A new cough that cannot be attributed to another health condition
 - c. New shortness of breath that cannot be attributed to another health condition
 - d. New chills that cannot be attributed to another health condition
 - e. A new sore throat that cannot be attributed to another health condition
 - f. New muscle aches (myalgia) that cannot be attributed to another health condition or specific activity (such as physical exercise)
 - g. Other symptoms as defined by the VDH and CDC
2. If students/staff answer YES to any of the screening questions, they should stay home and not enter the building.
3. If students/staff answer YES to any of the screening questions while at school, the individual will be sent home.

Hygiene Practices

1. Create cleaning and disinfection protocols that include frequently touched surfaces; transport vehicles; schedules for increased cleaning, routine cleaning, and disinfection; ensuring adequate cleaning supplies and correct use/storage.
 - a. Buildings and offices are cleaned once a day and more often if needed.
 - b. All teachers are provided access to sanitizing wipes to use as needed. Wipes are available in all office spaces and across buildings for use.
 - c. High touch areas in the buildings and office will be sanitized throughout the day (e.g. handrails, bathrooms, water bottle filling stations)
 - d. Water fountains and bottle filling stations are available for student use and cleaned throughout the day.
 - e. When disinfecting any area occupied by a student with a confirmed or suspected case of COVID-19 or any other communicable disease (i.e. strep, stomach bug) or when dealing with the cleanup of any bodily secretions (i.e. vomit), custodians will employ universal precautions. Gloves, goggles and masks will be provided.
 - f. Cleaning supplies will be appropriately stored, out of reach of children.
2. Provide additional hand sanitizer/handwashing stations
 - a. All classroom teachers and other school personnel will be provided disinfecting wipes.
 - b. Hand sanitizer dispensers at main entryways and in the cafeteria.
 - c. Handwashing stations are available in restrooms, designated classrooms, clinics, and other spaces throughout the school buildings.
3. Ensure adequate supplies to minimize sharing to the extent possible (e.g. dedicated student supplies, lab equipment, computers, etc.)
 - a. Each student will be assigned an individual Chromebook or iPad.
4. Ensure ventilation systems operate properly and increase circulation of outdoor air as much as possible.
 - a. Ventilation systems are monitored by the custodial staff and maintenance department.
 - b. Classrooms with windows that open can increase circulation as well.
 - c. The school clinics use Hepa filters for air purification .
 - d. Portable air purifiers have been purchased for staff and placed in classrooms and offices across the division based on staff request. If a staff member requests an air purifier for their classroom or office space, they are to notify their principal or immediate supervisor.
5. Ensure water systems and features are safe to use after a prolonged facility shutdown.
 - a. Water systems and features are monitored by the custodial staff and maintenance department.

- b. Water filling stations and water fountains will remain operational and will be cleaned multiple times a day by custodial staff.
 - c. Students will be encouraged to bring water bottles from home and the division can provide reusable water bottles for any student who needs one.
6. Barriers to Maintaining Healthy Environments
- a. Students entering the school facilities with COVID or COVID-like symptoms.
 - b. Absences within the custodial staff. There is a substitute available.
 - c. Absences within the nursing staff.

Maintaining Healthy Operations

1. Implement protections for staff and children at higher risk for severe illness from COVID-19.
 - a. Confidentiality practices will be implemented.
2. Require individuals who have tested positive or are experiencing COVID-19 like symptoms to follow updated CDC and VDH policies in regards to quarantining and returning to PCPS facilities.
3. Train back-up staff to ensure continuity of operations.
 - a. Substitute teachers and substitute school nurses are available.
 - b. The office staff is cross-trained for essential duties.
 - c. Instructional Aides are available for a variety of duties.
4. Align plans for gatherings, field trips, and volunteer restrictions consistent with any Executive Order in place
 - A. Field trips will be permitted on a case by case basis. All field trip requests need to be sent to the Director of Instruction.
 - B. Any non-PCPS member entering a PCPS building is required to follow PCPS mitigation strategies.
5. Barriers to Maintaining Healthy Operations
 - a. Lack of availability of substitutes.
 - b. Lack of staff due to COVID illnesses.

Protecting Vulnerable Individuals

1. Create policy options or regulations to support those at higher risk for severe illness to limit their exposure risk (e.g. telework, modified job duties).
 - a. Students will self-isolate when they are sick or have been exposed and the division's Learning Management System (LMS), which is Schoology for grades 3-12 and Class Dojo for students in grades PreK-2.
2. Develop policies for return to class/work after COVID-19 illness
 - a. Students or staff who are diagnosed with or test positive for COVID-19, regardless of vaccination status, should isolate at home. Such persons may return to school when they meet all updated CDC and VDH policies in regards to quarantining and returning to PCPS facilities.
 - b. PCPS will continue contact tracing ONLY in the following circumstances:

- i. If an individual school is identified as a school in high transmission for outbreaks (4 or more outbreaks in a school within a two week period).
 1. An outbreak is defined as two or more positive cases that are connected to one another.
- c. Additional information can be found on the division's COVID-19 page with respect to quarantine and isolation guidelines for PCPS.

Preparing for when Someone Gets Sick

1. Separate and isolate those who present with symptoms.
 - a. Faculty, staff, and students who feel ill report to the school nurse.
 - b. Isolation areas have been established in all schools.
2. Facilitate safe transportation of those who are sick to home or healthcare facility
 - a. Students placed in isolation will go home via parents or other emergency contacts
 - b. Faculty/staff placed in isolation will drive themselves home or be picked up by an emergency contact.
 - c. Faculty/staff and students who present with one or more of the following symptoms will be transported by rescue squad to the hospital:
 - i. Trouble breathing
 - ii. Persistent pain or pressure in the chest
 - iii. New confusion
 - iv. Inability to wake or stay awake
 - v. Bluish lips or face
 - vi. Low pulse oximeter saturation reading of less than 95% without other mitigating factors.
3. The school nurse will implement appropriate disinfecting procedures in the clinic throughout the day.
4. Develop a communication plan with the local health department to initiate public health investigation, contact tracing, and consultation on the next steps.
 - a. The school nurse will be the point of contact with the PCPS COVID-19 Liaison. The COVID-19 Liaison will be the division's point of contact with the Lord Fairfax Health Department.
 - b. The school nurse and school administration may assist the Virginia Department of Health in contact tracing.
 - c. The school superintendent will consult with and implement recommendations from the health department and will work with other members of the COVID-19 school team.
 - d. All outbreaks will be reported to the Department of Health through the PCPS COVID-19 Liaison. An outbreak is defined as two or more positive cases that are found to be connected to each other.

- e. All staff outbreaks will be reported to the Department of Labor through the PCPS COVID-19 Liaison. An outbreak is defined as two or more positive cases that are found to be connected to each other.

Planning to Close

1. Determine which conditions will trigger a reduction in in-person classes
 - a. When over 10% of faculty/staff are absent, an assessment will be made regarding limiting in-person classes.
2. Determine which conditions will trigger complete school closure
 - a. When the student absentee rate hits 30%, an assessment will be made regarding school closure. If this is the case, school closures may occur by individual schools or division-wide.
3. These percentages used above are at the lower end of the thresholds but should trigger conversations at a deeper level to determine school or classroom closures.

Miscellaneous

School Clinic Protocols during Pandemic:

- All clinics have only one entrance/exit.
- School nurses will be stationed at the door to triage students directing them to the appropriate areas of the clinic or other designated areas.
- Isolation areas have been established at each school.
- Visitation to the clinic will be limited to necessary first aid, injury/illness, medication administration, or situations that require nurse assessment.
- Teachers will be provided minimum first aid kits to attend to minor situations.
- School nurses will implement appropriate sterilization and cleaning of the clinic area throughout the day.
- Signage regarding hand washing, wearing masks, social distancing will be posted in the clinic.