

WEAVER UNION SCHOOL DISTRICT

School Year 2020 - 2021

COVID 19 Survival Guide For Staff

TABLE OF CONTENTS

HEADING	PAGE
Who is Considered to be "At Risk"	<u>3</u>
Symptoms of Concern	<u>4 - 6</u>
Daily Symptom Checks	<u>7</u>
Healthy Habits and Safeguards To Be In Place	<u>7 - 8</u>
Treating Asthma During These Times	<u>9</u>
Communication with Students During This Time	<u>10</u>
Communication of Exposure to COVID 19	<u>11</u>
Contact Tracing, Isolation and Quarantine	<u>11 - 12</u>
COVID-19 Screening Flow Chart	<u>13</u>
COVID-19 What NOW Flow Chart	<u>14</u>
DO I NEED TO GET TESTED Flow Chart	<u>15</u>
Guidelines - When to Call 911	<u>16</u>
CPR Guidelines	<u>16-17</u>
Mental Health Wellness	<u>18-20</u>
Immunizations	<u>21</u>
Additional Resources	<u>22</u>

Who is Considered to be “At Risk”

Based on currently available information and clinical expertise, older adults and people of any age who have serious underlying medical conditions might be at higher risk for severe illness from COVID-19.

Based on what we know now, those at high-risk for severe illness from COVID-19 are:

- People > 65 years of age

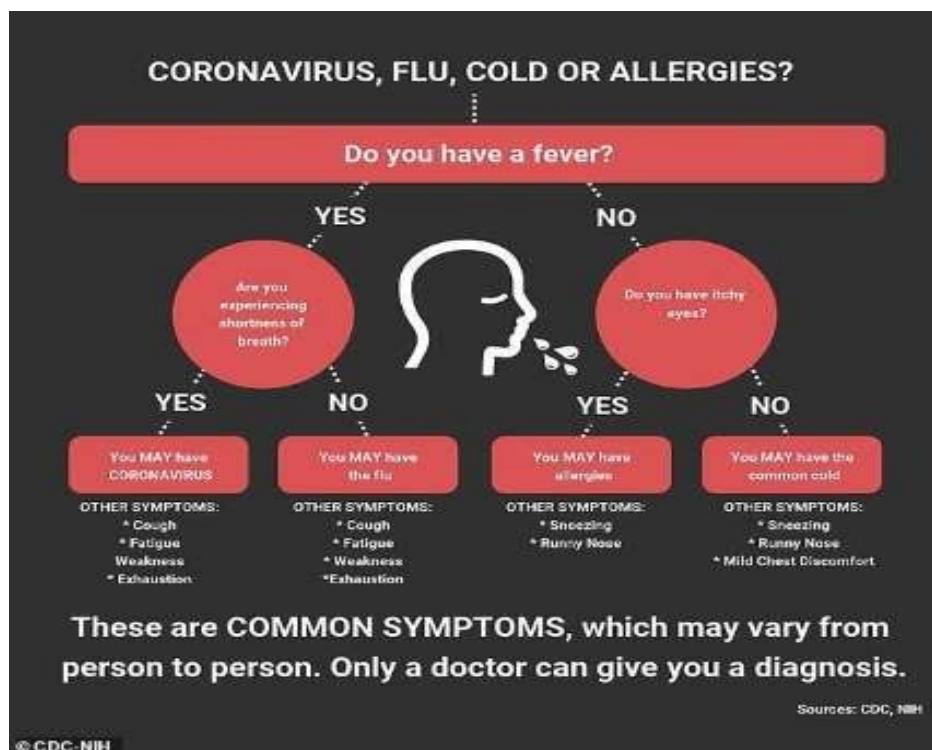
People of all ages with underlying medical conditions particularly if not well controlled including:

- People with chronic lung disease or moderate to severe asthma
- People who have serious heart conditions such as heart failure, coronary heart disease or cardiomyopathies
- People who are immunocompromised
 - Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune weakening medications
- People with severe obesity (body mass index [BMI] of 40 or higher)
- People with diabetes
- People with chronic kidney disease undergoing dialysis
- People with liver disease
- People with sickle cell disease

Symptoms of Concern

- Temp of 100.4 degrees
- Chills
- Unusual fatigue
- Shortness of breath or trouble breathing
- Chest pain
- Cough
- Nasal congestion or runny nose (not related to allergies)
- Gastrointestinal issues (nausea vomiting, diarrhea)
- Headache (not migraines)
- Sudden loss of taste or smell
- Unexplained rashes.

If any of these symptoms are present, please do not go to the school site. Notify your immediate supervisor and complete your digital symptom checklist.



Please consult your health care provider for concerns or you may use Dignity Virtual Urgent Care by free virtual 24/7 urgent care visits with coupon code (**COVID19**) for those experiencing mild-to-moderate symptoms of Covid 19. You can access this service in one of three ways:

- Visiting their website **Dignity Health Virtual Care** anywhere
- Downloading the **Virtual Care Anywhere** app from google or apple play store
- Calling **1-855-8053**

There are no walk-ins for testing available in Merced. Call 1-888-634-1123 or lhi.care/covid testing to register online for an appointment.

COVID-19 TESTING UPDATE FROM PUBLIC HEALTH:

- **Golden Valley Health Centers**
 - 645 7th St, Los Banos
 - 1-866-682-4842
 - www.gvhc.org
- **Golden Valley Health Centers**
 - 857 W. Childs Ave., Merced
 - 1-866-682-4842
 - www.gvhc.org
- **State Site**
 - 900 Martin Luther King Jr. Dr, Merced
 - 1-888-634-1123
 - www.lhi.care/covidtesting
- **CVS - Merced**
 - 1970 Yosemite Pkwy, Merced

- <https://www.cvs.com/minuteclinic/covid-19-testing?WT.ac=cvstorelocator-searchpilot-header-covid-7206>
- **CVS - Atwater**
 - 1651 Bellevue Rd, Atwater
 - <https://www.cvs.com/minuteclinic/covid-19-testing?WT.ac=cvstorelocator-searchpilot-header-covid-7206>

You may also use **MD live** if you are under the SISC Health Plan.

Daily Symptom Checks

Each day you are being asked to take your temperature and self record your symptoms (or none) on the provided digital form in your district e-mail account and submit. Please mark if you are coming to work or if you are staying home. Follow-ups may be made by the District Nurse.

Students will also be undergoing this same process with temperature checks done at the school sites upon entrance. Staff may have their temperature taken at their site if they do not have a thermometer. We will be participating in the free Kinsa Thermometer give-away again in October. It is designed to work with your smartphone and is available to all students and staff.

Please be aware that some individuals who have COVID 19 infection **do not** exhibit any symptoms, including fever or fevers may come or go.

Healthy Habits and Safeguards To Be In Place

Wash Hands

- Before and after eating, after coughing/sneezing, after being outside and before and after using restroom
- Use soap and water for 20 seconds scrubbing
- Dry with paper disposable towel
- Or use fragrance free hand sanitizer - 60% ethyl alcohol (not recommended for children under age or 9 years of age)

- Use hand lotion, at least daily, to prevent dryness and to assist with healthy skin integrity

Avoid touching your eyes, nose, mouth

Cover your cough and sneezes

Use a tissue or elbow

Wear face coverings (masks or face shields) especially when social distancing is not possible (now required). Should cover nose and mouth and be washed daily if made of cloth. Face shields allow for younger students to see facial expressions, assist those who are hard of hearing, provide more comfort than masks, and provides maximum safety against eye exposure to the covid virus.

- **Social Distancing** is essential!
- **Frequent sanitation and disinfection** of high touch surfaces. This includes the desktops, chairs, technological devices, light switches, phones, door handles/knobs, sink faucets, water refill stations
- To the degree possible, **open doors** to encourage the introduction of sunlight and fresh air in the classroom; before students enter the classroom and during and after class instruction. Please note, if you have students that have asthma, this may not be feasible and it will be important to monitor the air particulate count.
- **Do not share** pens, pencils, passes, glue sticks, art supplies
- **Cohorts and assigned areas**
- **Staggered times**

Treating Asthma During These Times

Although using rescue inhalers is considered safe, providing breathing treatments via nebulization in the school environment is not at this time. Individuals can develop an aerosolized respiratory infection with the covid 19 virus. That is forced into the air current during these treatments. The recommendation is that an Aerochamber or "spacer" be used while using an inhaler. You may obtain a spacer with your prescription. If you are unable to obtain one, please contact the Health Office and one will be provided for you.



Take cap off and shake the inhaler.

1. Breathe out all the way
2. Hold inhaler towards mouth as prescribed by doctor
3. Breathe in slowly through the mouth, press down on the inhaler one time. (If using spacer, first press down on inhaler, then breathe in slowly)
4. With spacer: Take one slow deep breath after each puff from the spacer
5. Without spacer: Hold breath while counting to 10 slowly
6. Wait about 1 minute between puffs for quick-relief medications

Communication with Students During This Time

Avoid wording that may cause unnecessary anxiety.

Do NOT use the words;

- "You look sick"
- "Those symptoms mean you have COVID"
- "Go to the Health Office to see if you have COVID"
- "You look like you have a fever"
- "Don't come near me"
- "Don't touch that"
- "I will send you to detention or the support center if you can't keep your distance or hands to yourself" (it only moves the problem to another location)

Instead, **use these words**:

- "Why don't you go to the Health Office for a wellness check"
- "Do you have any feelings or symptoms of concern"
- "Remember - keep a safe distance"
- "Remember - do not touch your fellow students. It's for everyone's protection"
- "Remember, this is the safe zone for everyone"
- "Wearing masks help prevent the spread of the virus and other germs"

Communication of Exposure to COVID 19

A COVID 19 diagnosis and positive COVID tests are reportable diseases/conditions in the state of California by healthcare workers. Once the Merced County Department of Public Health or other local health department(s) are alerted to a case, they will notify the designated individual(s) at WUSD. Information will be shared as allowed by the privacy medical laws.

Action will be done based on the situation. Through the process of contact tracing affected staff/students will be notified. Decisions as to self monitoring, quarantine, or isolation will be communicated with partnership of the Merced County Department of Health.

Contact Tracing, Isolation and Quarantine

Weaver Unions School District actively monitors the activities surrounding the current COVID-19 pandemic. It partners with the Merced County Department of Public Health and other local health departments to identify and isolate staff and students who test positive for COVID-19.

Activities using cohort strategies will assist in identifying staff, students and other members of the community they have had contact with. 48 hours has been established by public health experts as being the critical infectious period before symptoms develop.

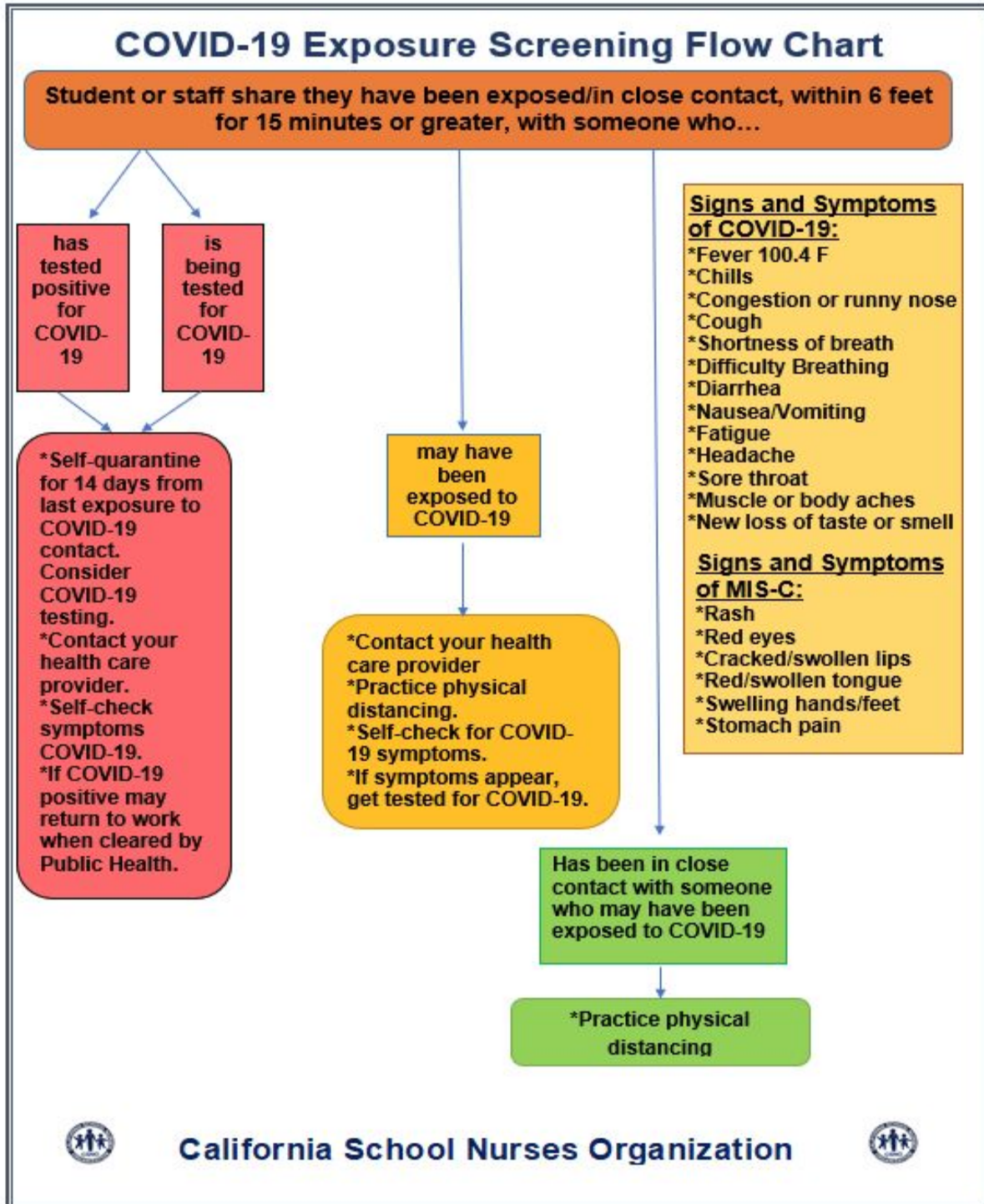
A digital form is provided for employees or supervisors to report shared COVID 19 positive status or close contact exposures. This will initiate the contact tracing process.

Students and/or staff who test positive will undergo contact tracing

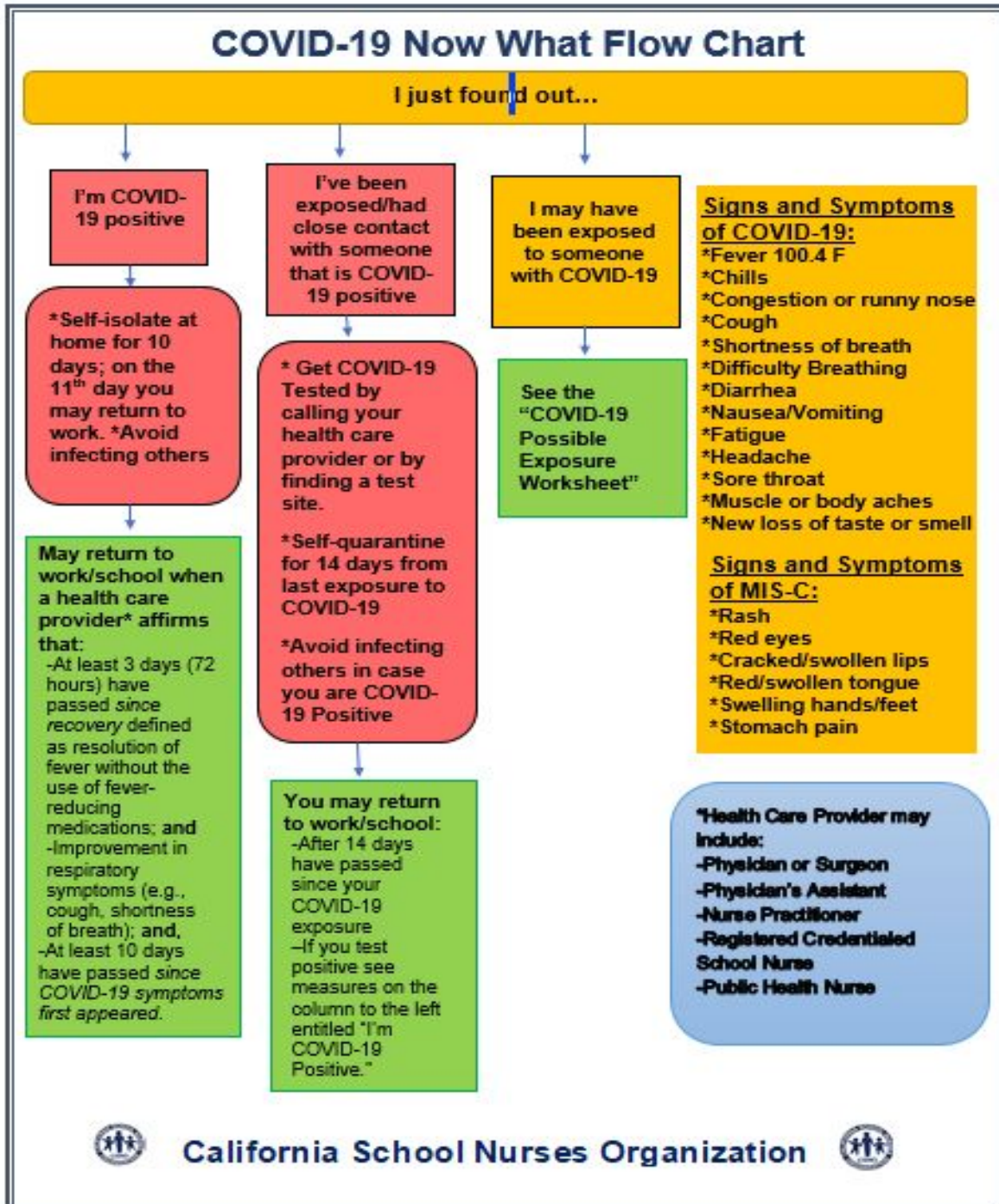
process by the local health department(s)

<p>Close contact is defined as being within 6 feet for >15 mins cumulatively.</p> <p>A letter stating you may have been exposed through close contact will be provided to staff for their reference and records. Information identifying the involved staff will not be divulged by the district to ensure their privacy rights.</p>	<p>Individuals who would be considered as having close contact includes:</p> <ul style="list-style-type: none"> ● siblings (irregardless of schools), ● custodians who clean the spaces the person was in, students in a cohort, ● teacher(s) in the cohort, students who share transportation, ● students who eat lunch together, ● students and staff in ● students and staff in same extracurricular activity cohort
<p>Isolation means separate individual from all others to prevent spread</p>	<p>Isolate those who test positive or become sick following exposure:</p> <ul style="list-style-type: none"> ● until 3 days with no fever (without the use of medication) ● And symptoms have improved ● And 10 days since symptoms appeared
<p>Quarantine</p>	<p>Quarantine close contacts for 14 days following last contact, Refer for testing. Check for Covid-19 symptoms daily</p>
<p>Self monitoring</p>	<p>Self monitoring is required for all contacts who do not meet quarantine status. They may return to school but must self monitor for symptoms twice a day</p> <ul style="list-style-type: none"> ● Cohort classmates ● Teacher involved. ● Custodian who cleaned area(s) of infected student ● Driver and classmates who shared the bus

COVID-19 EXPOSURE SCREENING FLOW CHART



COVID19 NOW WHAT FLOW CHART



DO I NEED TO GET TESTED FOR COVID-19 FLOW CHART



When To Call 9-1-1

Watch for emergency warning signs of COVID-19. If someone is showing any of these signs, seek emergency medical care by calling 9-1-1 immediately.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Low pulse oximeter saturation reading <95%, unless the person has an underlying health condition and typically has low O₂ saturation readings ([Elder, Baraff, Gaschler, & Baraff, 2015](#)).
<https://pubmed.ncbi.nlm.nih.gov/25526022/>
- Inability to wake or stay awake
- Bluish lips or face

*This is not a comprehensive list of symptoms. Please call a medical provider for any other symptoms that are severe or concerning to you. Call 911 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who may have COVID-19.

Providing CPR

- Make sure the scene is safe
- Call 911
- Limit personnel in area or scene of resuscitation
- Provide CPR with compressions and breaths (if rescuer is willing and able) otherwise perform **Hands-Only CPR**
- Follow standard precautions. Use a face mask or cloth covering of the mouth and nose of the rescuer and/or victim to reduce the risk of transmission of COVID-
- Use AED as indicated when it arrives.
- Continue CPR until EMS arrives

COVID-19 and Adult CPR

If an adult's heart stops and you're worried that they may have COVID-19, you can still help by performing Hands-Only CPR.



American Heart Association.

Step 1



Phone 9-1-1 and get an AED.

Step 2



Cover your own mouth and nose with a face mask or cloth.



Cover the person's mouth and nose with a face mask or cloth.

Step 3



Perform Hands-Only CPR. Push hard and fast on the center of the chest at a rate of 100 to 120 compressions per minute.

Step 4



Use an AED as soon as it is available.

KJ-1424 4/20 © 2020 American Heart Association

COVID-19 and Child and Infant CPR

If a child or an infant's heart stops and you're worried that they may have COVID-19, you can still help.



American Heart Association.

Step 1

Make sure the scene is safe.

Check to see if the child or infant is awake and breathing normally.



Step 2

Shout for help.

If you're alone, phone 9-1-1 from a cell phone, perform CPR with 30 compressions and then 2 breaths (if you're willing and able) for 5 cycles, and get an AED.



If help is available, phone 9-1-1. Send someone to get an AED while you start CPR.

Step 3

Provide CPR with compressions and breaths (if you're willing and able).



Start child CPR

Push on the middle of the chest 30 times at a depth of 2 inches with 1 or 2 hands. Provide 30 compressions and then 2 breaths. Repeat cycles.



Start infant CPR

Push on the middle of the chest 30 times at a depth of 1½ inches with 2 fingers. Provide 30 compressions and then 2 breaths. Repeat cycles.

Use the AED as soon as it arrives. Continue CPR until EMS arrives.

KJ-1424 4/20 © 2020 American Heart Association

Mental Health Wellness

Students and/or staff may have experienced family and or friend death/losses, income reductions from family members losing their jobs or other issues that have come to fruition during COVID-19 crisis and were unable to access counseling services. As staff begin to return, it is important to work with Human Resources/Health Services to identify online Employee Assistance Programs that can provide virtual counseling services.

An **Employee Assistance Program (EAP)** is a voluntary, work-based program that offers free and confidential assessments, short-term counseling, referrals, and follow-up services to employees who have personal and/or work-related problems. EAPs address a broad and complex body of issues affecting mental and emotional well-being, such as alcohol and other substance abuse, stress, grief, family problems, and psychological disorders. EAP counselors also work in a consultative role with managers and supervisors to address employee and organizational challenges and needs. Many EAPs are active in helping organizations prevent and cope with workplace violence, trauma, and other emergency response situations.

For those employed by Weaver Union School District, EAP may be contacted by **1-800-999-7222** or **anthemeap.com** or contact Michelle Joyner in HR 1-209-722-9614.

Students that have experienced loss or trauma during COVID-19 will need access to counseling services with follow-up care. Their designated school counselor can provide assistance. In light of COVID-19, the California School Counselors released a comprehensive school crisis counseling website <https://covid1k12counseling.org/>

You are NOT alone



A healthy lifestyle is essential to coping with stress and to achieving work-life balance. Try to:

- **Eat a healthy diet.** The Mediterranean diet — which emphasizes fresh fruits and vegetables and lean protein — enhances the ability to retain knowledge as well as stamina and well-being.
- **Get enough sleep.** Lack of sleep increases stress. It's also important to avoid using personal electronic devices, such as tablets, just before bedtime. The blue light emitted by these

devices decreases your level of melatonin, the hormone associated with sleep.

- **Make time for fun and relaxation.** Set aside time each day for an activity that you enjoy, such as practicing yoga or reading. Better yet, discover activities you can do with your partner, family or friends — such as hiking, dancing or taking cooking classes.

Mental Health Resource Numbers

- **Merced County Mental Health Services**
- Main number (209) -381-6819
- **National Suicide Prevention Hotline** 1-800=273-8255
- **National Domestic Violence Prevention Hotline**
1-800=799=7233 or if you are unable to speak safely text **LOVEIS** to 1-866-331-9497
- **Merced County CPS** (209) -385-3104

Immunizations

Immunization requirements for admission to school remain unchanged for the 2020-2021 school year. According to the California Department of Public Health's Shots for School website <https://www.shotsforschool.org/>

"Even with current school closures, immunization requirements for admission to school or child care in California for the 2019-2020 and 2020-2021 school year remain in place."

Adults need ongoing immunizations too! Talk to your healthcare professional about which vaccines are right for you!

The vaccines you need as an adult are determined by many factors including your age, lifestyle, health condition, and which vaccines you've received during your life. As an adult, vaccines are recommended for protection against:

- [Seasonal influenza \(flu\)](#) - Everyone 6 months and older should get a flu vaccine every year as the best way to reduce the risk of flu and its potentially serious complications.
- [Pertussis, also known as whooping cough](#) - The Tdap (tetanus, diphtheria, and pertussis) vaccine is recommended for women during each pregnancy and once for all adults who have not previously received it.
- [Tetanus and diphtheria](#) - The Td vaccine is recommended every 10 years.
- [Shingles](#) - The herpes zoster vaccine is recommended for adults 50 years and older.
- [Pneumococcal disease](#) - Two pneumococcal vaccines are recommended for adults 65 years and older. One or both vaccines may be recommended for adults younger than 65 who have specific health conditions or who smoke cigarettes

Use Reliable Resources -- Not Opinions

It is recommended that the Centers for Disease Control (CDC), California Department of Public Health (CDPH), Centers for Disease Control (CDC), World Health Organization (WHO), and Merced County Department of Public Health websites should be used for medical content or local assistance.

Centers for Disease Control (CDC) - <https://www.cdc.gov>

California Department of Public Health (CDPH) -
<https://www.cdph.ca.gov/>

World Health Organization (WHO) <https://www.who.int/>

Merced County Department of Public Health (MCDPH)
<https://www.co.merced.ca.us/82/Public-Health>

Feel free to contact the District Nurse, site school counselors, or HR for concerns or assistance.

The Health Office staff looks forward to providing care and support to all of you!

Farmdale Elementary

Pioneer Elementary

Weaver Middle School

Credentialed District School Nurse

Eren Alamillo, MA

Jessica Preslika-Campbell, MA

Flora Biagi, MA

Mary Piniol, BSN, RN, PHN