

CDC Guidance for schools which do not have COVID-19 identified in their community

For more information, visit the CDC page for school administrators:

<https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-for-schools.html>

To prepare for possible community transmission of COVID-19, the most important thing for schools to do now is **plan and prepare**. As the global outbreak evolves, schools should prepare for the possibility of community-level outbreaks. Schools want to **be ready** if COVID-19 does appear in their communities.

Childcare and K-12 school administrators nationwide can take steps to help stop or slow the spread of respiratory infectious diseases, including COVID-19:

- **Review, update, and implement emergency operations plans (EOPs).** This should be done in collaboration with local health departments and other relevant partners. Focus on the components, or annexes, of the plans that address infectious disease outbreaks.
 - Ensure the plan includes strategies to reduce the spread of a wide variety of infectious diseases (e.g., seasonal influenza). Effective strategies build on everyday school policies and practices.
 - Ensure the plan emphasizes common-sense preventive actions for students and staff. For example, emphasize actions such as staying home when sick; appropriately covering coughs and sneezes; cleaning frequently touched surfaces; and washing hands often.
 - CDC has workplace resources such as posters with messages for staff about staying home when sick and how to avoid spreading germs at work.
 - Other health and education professional organizations may also have helpful resources your school can use or share. For example, the American Academy of Pediatrics provides information on germ prevention strategies and reducing the spread of illness in childcare settings.
 - Ensure handwashing strategies include washing with soap and water for at least 20 seconds or using a hand sanitizer that contains at least 60% alcohol if soap and water are not available.
 - CDC offers several free handwashing resources that include health promotion materials, information on proper handwashing technique, and tips for families to help children develop good handwashing habits.
 - Reference key resources while reviewing, updating, and implementing the EOP:
 - Multiple federal agencies have developed resources on school planning principles and a 6-step process for creating plans to build and continually foster safe and healthy school communities *before, during, and after* possible emergencies. Key resources include guidance on developing high-quality school emergency operations plans, and a companion guide on the role of school districts in developing high-quality school emergency operations plans.
 - The Readiness and Emergency Management for Schools (REMS) Technical Assistance (TA) Center's website contains free resources, trainings, and TA to schools and their community partners, including many tools and resources on emergency planning and response to infectious disease outbreaks.
 - **Develop information-sharing systems with partners.**

- Information-sharing systems can be used for day-to-day reporting (on information such as changes in absenteeism) and disease surveillance efforts to detect and respond to an outbreak.
- Local health officials should be a key partner in information sharing.
- **Monitor and plan for absenteeism.**
 - Review the usual absenteeism patterns at your school among both students and staff.
 - Alert local health officials about large increases in student and staff absenteeism, particularly if absences appear due to respiratory illnesses (like the common cold or the “flu,” which have symptoms similar to symptoms of COVID-19).
 - Review attendance and sick leave policies. Encourage students and staff to stay home when sick. Use flexibility, when possible, to allow staff to stay home to care for sick family members.
 - Discourage the use of perfect attendance awards and incentives.
 - Identify critical job functions and positions, and plan for alternative coverage by cross-training staff.
 - Determine what level of absenteeism will disrupt continuity of teaching and learning.
- **Establish procedures for students and staff who are sick at school.**
 - Establish procedures to ensure students and staff who become sick at school or arrive at school sick are sent home as soon as possible.
 - Keep sick students and staff separate from well students and staff until they can leave.
 - Remember that schools are not expected to screen students or staff to identify cases of COVID-19. The majority of respiratory illnesses are not COVID-19. If a community (or more specifically, a school) has cases of COVID-19, local health officials will help identify those individuals and will follow up on next steps.
 - Share resources with the school community to help families understand when to keep children home. This guidance, not specific to COVID-19, from the American Academy of Pediatrics can be helpful for familieseexternal icon.
- **Perform routine environmental cleaning.**
 - Routinely clean frequently touched surfaces (e.g., doorknobs, light switches, countertops) with the cleaners typically used. Use all cleaning products according to the directions on the label.
 - Provide disposable wipes so that commonly used surfaces (e.g., keyboards, desks, remote controls) can be wiped down by students and staff before each use.
- **Create communications plans for use with the school community.**
 - Include strategies for sharing information with staff, students, and their families.
 - Include information about steps being taken by the school or childcare facility to prepare, and how additional information will be shared.
- **Review CDC’s guidance for businesses and employers.**
 - Review this CDC guidance to identify any additional strategies the school can use, given its role as an employer.

Childcare and K-12 administrators can also support their school community by sharing resources with students (if resources are age-appropriate), their families, and staff. Coordinate with local health officials to determine what type of information might be best to share with the school community. Consider sharing the following fact sheets and information sources:

- Information about COVID-19 available through state and localexternal icon health departments

- General CDC fact sheets to help staff and students' families understand COVID-19 and the steps they can take to protect themselves:
 - *[What you need to know about coronavirus disease 2019 \(COVID-19\)](#)*
 - *[What to do if you are sick with coronavirus disease 2019 \(COVID-19\)](#)*
 - *[Stop the spread of germs – help prevent the spread of respiratory viruses like COVID-19](#)*
- CDC Information on [COVID-19 and children](#)
- CDC information for staff, students, and their families who have recently traveled back to the United States from areas where CDC has identified community spread of coronavirus:
 - A list of countries where community spread of COVID-19 is occurring can be found on the CDC webpage: *[Coronavirus Disease 2019 Information for Travel](#)*

For questions about students who plan to travel, or have recently traveled, to areas with community spread of COVID-19, refer to CDC's FAQ for travelers. Schools can also consult with state and local health officials. Schools may need to postpone or cancel trips that could expose students and staff to potential community spread of COVID-19. Students returning from travel to areas with community spread of COVID-19 must follow guidance they have received from health officials. COVID-19 information for travel is updated regularly on the CDC [website](#).

Resources for families and schools

Should my child stay home?

The main symptoms of COVID-19 are cough, fever and shortness of breath. If your child merely has a runny nose, your child may attend school.

Many school district policies state that a child should be fever free for 24 hours before they return to school. If your child has cough, fever and shortness of breath and you are concerned about possible COVID-19, call your [local health department](#) or health care provider. They will help you decide if you need an appointment. If so, they can help you plan a way to enter a clinic in a way that avoids potentially infecting others.

Teach your child to regularly practice good hygiene measures, such as:

- [Handwashing](#) with soap and water for at least 20 seconds, and
- [Coughing and sneezing etiquette](#).

Clean and disinfect often touched objects and surfaces. You can use a regular household cleaning spray or wipe.

Should my child be tested?

If your child is showing symptoms (fever, cough, shortness of breath), talk to your health care provider. They will tell you if your child should be tested. Be ready to answer questions about:

- Recent travel to places where COVID-19 is present, and
- If your child has come in contact with someone who has traveled to places where COVID-19 is present.

Is my child safe at school? Will they be exposed?

Viruses can be spread in schools. This is why it's important that people with symptoms (fever, cough, shortness of breath) stay home. It is one of the

most effective ways to minimize exposure. Public health is everyone's responsibility.

If your child merely has a runny nose, your child may attend school, after you teach them about use of tissues and handwashing. If your child has cough, fever or shortness of breath your child should stay home. Also, contact your local health department or health care provider. If you contact your health care provider, call ahead. They will help you decide if you need an appointment. If so, they can help you plan a way to enter a clinic in a way that avoids potentially infecting others.

Teach your child to regularly practice good hygiene measures, such as:

- Handwashing with soap and water for at least 20 seconds, and
- Coughing and sneezing etiquette.

The most vulnerable populations are:

- Older adults, and
- Persons with compromised immune systems.

How will I be told if someone at my child's school is exposed or has COVID-19?

If this happens, your local health department and school district will work together to let you know. They will do this within rules set by the school district and local health department. If you have concerns, check with your child's school to learn about their communicable disease prevention plan.

What do I do if my child is sick?

If your child has fever, cough, shortness of breath you should:

- Have your child stay home, and
- Contact your local health department or health care provider. They will help you decide if you need an appointment. If so, they can help you plan a way to enter a clinic in a way that avoids potentially infecting others.

It's important that people with symptoms stay home. It's one of the most effective ways to minimize exposure. Many school district policies state that a child should be fever free for 24 hours before returning to school. If your child is diagnosed with COVID-19, your child may be required to stay home longer.

Teach your child to regularly practice good hygiene measures, such as:

- Handwashing with soap and water for at least 20 seconds, and
- Coughing and sneezing etiquette.

Clean and disinfect often touched objects and surfaces. You can use a regular household cleaning spray or wipe.

Why aren't schools closed?

There are few COVID-19 cases in Oregon to date. If COVID-19 presents at your child's school, the school and the local health department will determine whether closure is needed.

School nurses, principals, and other school staff follow OHA and ODE's Communicable Disease Guidelines.

What is the risk of spreading this if a student attends the identified school then buses to another school for aftercare?

It depends on how long the student is in the bus and their ability to cover coughs and sneezes. Health experts believe the virus spreads mainly from person-to-person:

- Between people in close contact within about 3 to 6 feet, or
- Through droplets when an infected person coughs or sneezes.
- From contact with infected surfaces or objects. It may be possible that a person can get COVID-19 by touching a surface or object with the virus on it and then touching their own mouth, nose, or possibly their eyes. However, health experts do not think this is the main way the virus spreads.

Watch your child for symptoms (fever, cough, shortness of breath).

Teach your child to regularly practice good hygiene measures, such as:

- Handwashing with soap and water for at least 20 seconds, and
- Coughing and sneezing etiquette.

Clean and disinfect often touched objects and surfaces. You can use a regular household cleaning spray or wipe.

What schools are affected and where are they located?

For the most up to date information go to <https://www.oregon.gov/ode/students-and-family/healthsafety/Pages/COVID19.aspx>.

What do I tell my child about this?

Teach your child to regularly practice good hygiene measures, such as:

- Handwashing with soap and water for at least 20 seconds, and
- Coughing and sneezing etiquette.

Check with your local health department or school district for other resources to talk with your child about diseases they can catch, such as cold and flu.

Reinforce the principles of respect and anti-bias. Let your child know they should not make assumptions of risk based on race, ethnicity or country of origin.

A school is closed. My child doesn't go there but was there recently. What do I do?

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What if I decide to keep my child home from school even if it's not closed? How do I get help with their schoolwork?

Work with your child's teachers and principal at your local school district. They can talk to you about their attendance policies and can explain any procedures they have to support education from home.

Can my child wear a mask at school?

CDC does not recommend that people who are well wear a face mask to protect themselves from respiratory diseases, including COVID-19. There is no state ban against your child wearing a medical mask at school. However, you will want to check with your local school on their policies. Face masks **should** be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for:

- Health workers, and
- People who are taking care of someone in close settings (at home or in a health care facility).

If your child is sick, they should stay home rather than attend school with a mask.

If school is cancelled, how does my child get lunch and breakfast?

Check with your school. These programs are run at the local level.

I can't get off work, how do I get childcare?

Start talking now with others about available resources. Examples are:

- Family members
- Local church, or
- Community organizations.

Should I be worried about the public charge rule? I'm worried about my immigration status.

Your health and the health of your family and our community is important. The public charge rule does not apply to all medical care or to every immigrant. Many public health benefits don't count toward public charge rule, including:

- Oregon Health Plan coverage for youth younger than 21 (i.e., Medicaid and the Children's Health Insurance Program, or CHIP)
- Oregon Health Plan coverage for people who are pregnant including 60 days after giving birth (i.e., Medicaid and Citizen-Alien Waived Emergent Medical Plus, or CAWEM Plus)
- Oregon MothersCare (OMC) program
- Emergency Oregon Health Plan coverage for people of all ages (i.e., CAWEM)
- Oregon's Cover All Kids program
- Special education services funded by the Individuals with Disabilities Education Act (IDEA) that Medicaid covers
- School-based health services for school-aged children
- Commercial health insurance premium subsidies through Oregon's Health Insurance Marketplace
- Medicare Part D Low-Income Subsidy (LIS)
- Many other health, education, and social services programs not listed here.

Please go to the OHA public charge [web page](#), [Fact Sheet \(Spanish\)](#), and [FAQ \(Spanish\)](#) for more information.

How do I get updates on this information?

Centers for Disease Control and Prevention (CDC)

This website has the most current information about COVID-19 in the United States.

Oregon Health Authority (OHA)

This website has information specific to COVID-19 in Oregon.

211

Call 211 in Oregon, if it is not easy for you to get the information online. They can give you general COVID-19 information.

Check your school's website which may contain updated information. Also, you can check local news and trusted social media sites.

Novel Coronavirus

Fact Sheet

What is novel coronavirus?

Novel coronavirus (2019-nCoV) is a virus strain that has only spread in people since December 2019. Health experts are concerned because little is known about this new virus. It has the potential to cause severe illness and pneumonia in some people and there is not a treatment.

How does novel coronavirus spread?

Health experts are still learning the details about how this new coronavirus spreads. Other coronaviruses spread from an infected person to others through:

- the air by coughing and sneezing
- close personal contact, such as touching or shaking hands
- touching an object or surface with the virus on it, then touching your mouth, nose, or eyes

How severe is novel coronavirus?

Experts are still learning about the range of illness from novel coronavirus. Reported cases have ranged from mild illness (similar to a common cold) to severe pneumonia that requires hospitalization. So far, deaths have been reported mainly in older adults who had other health conditions.

What are the symptoms?

People who have been diagnosed with novel coronavirus have reported symptoms that may appear in as few as 2 days or as long as 14 days after exposure to the virus:

Fever



Cough



Difficulty breathing



What should I do if I have symptoms?

Call your healthcare provider to identify the safest way to receive care. Let them know if you have traveled to an affected area within the last 14 days.

Who is at risk for novel coronavirus?

Currently the risk to the general public is low. At this time, there are a small number of individual cases in the U.S. To minimize the risk of spread, health officials are working with healthcare providers to promptly identify and evaluate any suspected cases.

Travelers to and from certain areas of the world may be at increased risk. See wwwnc.cdc.gov/travel for the latest travel guidance from the CDC.

How can I prevent from getting novel coronavirus?

If you are traveling overseas (to China but also to other places) follow the CDC's guidance: wwwnc.cdc.gov/travel.

Right now, the novel coronavirus has not been spreading widely in the United States, so there are no additional precautions recommended for the general public. Steps you can take to prevent spread of flu and the common cold will also help prevent coronavirus:

- wash hands often with soap and water. If not available, use hand sanitizer
- avoid touching your eyes, nose, or mouth with unwashed hands
- avoid contact with people who are sick
- stay home while you are sick and avoid close contact with others
- cover your mouth and nose with a tissue or sleeve when coughing or sneezing



Currently, there are no vaccines available to prevent novel coronavirus infections.

How is novel coronavirus treated?

There are no medications specifically approved for coronavirus. Most people with mild coronavirus illness will recover on their own by drinking plenty of fluids, resting, and taking pain and fever medications. However, some cases develop pneumonia and require medical care or hospitalization.

For more information:

www.healthoregon.org/coronavirus

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PUBLIC HEALTH DIVISION
Health Security, Preparedness and Response (HSPR)

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Nuevo Coronavirus

Hoja informativa

Qué es el nuevo coronavirus

El nuevo coronavirus (2019-nCoV) es una cepa del virus que se ha propagado en las personas recién desde diciembre de 2019. Los expertos en higiene están preocupados porque se sabe muy poco acerca de este nuevo virus. Tiene la capacidad de generar graves enfermedades y neumonía en algunas personas y no tiene tratamiento.

Cómo se propaga el nuevo coronavirus

Los expertos en higiene aún están conociendo los detalles sobre cómo se propaga el nuevo coronavirus. Otros tipos de coronavirus se propagan por el contacto de una persona infectada con otras, de la siguiente manera:

- a través del aire, cuando la persona tose o estornuda
- mediante el contacto personal estrecho, que ocurre cuando la persona toca a otra o se dan un apretón de manos
- cuando la persona toca un objeto o superficie que están infectados con el virus, y luego se toca la boca, la nariz o los ojos

Cuál es la gravedad del nuevo coronavirus

Los expertos aún están estudiando el espectro de enfermedades que pueden generarse a partir del nuevo coronavirus. Se han informado casos que abarcan desde enfermedades leves (similares a una gripe común) hasta la neumonía grave que requiere internación. Hasta el momento, los casos de muerte que se informaron principalmente ocurrieron en adultos mayores que ya padecían otras afecciones médicas.

Cuáles son los síntomas

Las personas que fueron diagnosticadas con el nuevo coronavirus indicaron tener síntomas que pueden aparecer en un plazo de 2 a 14 días luego de estar expuestos al virus:

Fiebre



Tos



Dificultad para respirar



Qué debo hacer si presento algún síntoma

Llame al proveedor de atención médica para encontrar la manera más segura de recibir atención médica. Indíquelo si viajó a una región afectada en el transcurso de los últimos 14 días.

Quién está en riesgo de contraer el nuevo coronavirus

Actualmente, el riesgo para las personas en general es bajo. En este momento, existe una pequeña cantidad de casos en personas en los EE. UU. Para reducir el riesgo de que el virus se propague, los funcionarios sanitarios están trabajando junto con los proveedores de atención médica para identificar rápidamente y evaluar cualquier caso sospechoso.

Quienes viajen hacia o desde ciertas regiones del mundo posiblemente tengan un riesgo mayor de contraerlo. Consulte wwwnc.cdc.gov/travel para obtener las pautas de viaje más recientes de los Centros para el Control y la Prevención de Enfermedades (Centers for Disease Control and Prevention, CDC).

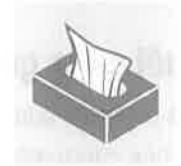
Cómo puedo protegerme de contraer el nuevo coronavirus

Si está por viajar al exterior (a China o a otros países) siga las pautas de los CDC:

wwwnc.cdc.gov/travel.

En este momento, el nuevo coronavirus no se ha propagado de manera extensa en los Estados Unidos, por lo que no se recomiendan precauciones adicionales para las personas en general. Si usted sigue los pasos para evitar la propagación de la gripe común, también ayudará a prevenir el coronavirus:

- lávese las manos con frecuencia con agua y jabón. Si no tuviera agua y jabón a mano, límpiese con un sanitizante.
- evite tocarse los ojos, la nariz o la boca con las manos sucias
- evite el contacto con personas enfermas
- quédese en su casa si está enfermo y evite el contacto estrecho con otras personas
- cubra su boca y nariz con un pañuelo de papel o con su manga cuando tosa o estornude



Actualmente, no hay vacunas disponibles para prevenir infecciones por el nuevo coronavirus.

Cómo se trata el nuevo coronavirus

No existen medicamentos específicos aprobados para el coronavirus. La mayoría de las personas con enfermedades leves a causa del coronavirus se recuperan solas, tomando mucho líquido, haciendo reposo y con medicamentos para el dolor y la fiebre. Sin embargo, en algunos casos las personas con el virus contraen neumonía y deben recibir atención médica o ser internadas.

Para obtener más información, visite:

www.healthoregon.org/coronavirus

Actualizado al 1/31/2020



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