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COVID-19 RECOMMENDATIONS FOR LOCAL SCHOOLS

8/15/2022

1. COVID-19 is here and is not going anywhere.
2. If you receive notification that someone is COVID-positive, they should stay home for 5 days from symptom onset. If all of their symptoms improve, they can return on day 6 (wearing a mask until day 10). This is with all symptoms improving and being fever free for 24 hours, not using any fever reducing medications.
3. We will not be asking schools to notify the health department of any positive cases. Instead, we are asking that each school set a threshold of “illness in a room or building” and then reach out to us at that point in time. This will be the same that you do with surveillance each day. Also, if there is anything out of the ordinary that you are seeing, please let us know.
4. No notifications to parents of positive cases in a room, team, or building. We need individuals to think they are likely exposed most of the time.
5. All schools will have a health department contact that can be reached with any communicable illness question that someone may have. We are here and will be working with you along the way as always.
6. We will offer a COVID-19 booster shot clinic to any school that is interested for staff and or the school community.
7. Please stay home if you are sick. Please stress the point of staying home until fever free for 24 hours (this is for non-COVID-19).
8. Testing kits—if you want testing kits, please let us know. We want easy access to all communities that would like to have them available.
9. Still have a cleaning schedule that allows for deep cleaning.

HOW CAN STUDENTS STAY SAFE?

- Stay up to date on vaccinations
- Stay home while sick (cough, fever, sore throat, vomiting, or diarrhea)
- Handwashing/Hand Hygiene
- School should provide Cleaning/Disinfecting at least once per day
- Ventilation (open windows, doors, go outside)
- School should watch COVID community level & respond appropriately

Three Rivers Public Health Department Contact Information:

1. Katie Schultis
Direct Line: 402-704-2647
Or 402-727-5396 ext 125
katie@3rphd.org
2. Robin Simanek
Direct Line: 402-704-2244
Or 402-727-5396 ext 115
robin@3rphd.org
3. Terra Uhing
Direct Line: 402-704-2254
Cell Phone: 402-317-8841
terra@3rphd.org

Latest CDC Article 8/11/2022:

[How to Protect Yourself and Others | CDC](#)

MANAGING CASES: Students or staff who come to school/program with **symptoms** or develop symptoms while there should be asked to wear a **well-fitting mask** while in the building and be sent home and **encouraged to get tested** if testing is unavailable at school. Symptomatic people who cannot wear a mask should be **separated** from others as much as possible; children who cannot wear a mask should be supervised by a designated caregiver who is wearing a well-fitting mask until they leave school grounds. **Isolation:** Students with confirmed COVID should isolate away from others and not attend school until they have completed isolation (at least 5 days). Once isolation has ended, they should wear a mask around others until day 10. Students do not have to re-test to return to schools following isolation. They can retest if they would like to end masking before day 10 (with negative result). **Masks:** Students *unable to wear a mask who test positive for COVID-19* should isolate for 10 full days or follow the test-based strategy to determine when they can safely return to school without a mask, continuing to isolate until results are received. **If a person with COVID-19 has been inside a school or ECE facility within last 24 hours, the space should be cleaned and disinfected.**

QUARANTINE: Quarantine is no longer recommended for people who are exposed to COVID-19 except in certain high-risk congregate settings such as correctional facilities, homeless shelters, and nursing homes. In schools and ECE settings, people who were exposed to COVID-19 should follow recommendations to wear a well-fitting mask and get tested. K-12 school and ECE administrators can decide how to manage exposures based on the local context and benefits of preserving access to in-person learning. Accommodations may be necessary for exposed people who cannot wear a mask or have difficulty wearing a well-fitting mask. Schools and ECE programs can also consider recommending masking and/or testing for a classroom in which a student was recently exposed who is unable to consistently and correctly wear a mask.

OUTBREAKS: If a school or ECE program is experiencing a COVID-19 outbreak they should consider *adding prevention strategies*. Strategies that can help reduce transmission during an outbreak include wearing well-fitting masks or respirators, improving ventilation (for example moving school activities outdoors, opening windows and doors, using air filters), screening testing, and case investigation and contact tracing. Early identification of cases to ensure that they stay home and isolate is a critical component of outbreak response. Schools and ECE programs may also consider suspending high-risk activities to control a school- or program-associated outbreak.

MASKING: People who have known or suspected exposure to COVID should wear a mask for 10 days from their exposure date, regardless of vaccination or health history. ***Because mask use is not recommended for children younger than 2 years and may be difficult for very young children or children with disabilities who cannot safely wear a mask, programs/schools may need to consider other prevention strategies – such as improving ventilation and avoiding crowding – when the community level is high or there is an outbreak.***

- At low and medium COVID-19 Community Levels, masking is optional. When the COVID-19 Community Level is high, CDC recommends universal indoor masking in schools and other community settings.

EVERYDAY HEALTH OPERATIONS: Stay up to date on vaccinations. Stay home while sick (respiratory or gastrointestinal – cough, fever, sore throat, vomiting, diarrhea). If symptoms for COVID-19 begin, get tested ASAP to prevent spread. Practice hand hygiene and respiratory etiquette (wash hands & cover coughs). Schools clean/disinfect at least once a day.

SEPARATION: Students with immunocompromising conditions or disabilities should NOT be placed into separate classrooms or segregated from other students.

SCREENING TESTING: Schools are not currently conducting screening tests. At a higher community level, schools can consider implementing screening testing for students and staff. This may include high-risk activities like sports or events.

COVID TRACING: Schools should set a threshold and inform parents/families when a threshold has been met. Universal case investigation and contact tracing are *no longer recommended* for COVID-19. 3RPHD does not need notified of each case (until the threshold set by the school is met) and will not send out exposure letters for each individual case. Instead of contact tracing, schools and ECE programs can use broad-based notification to provide timely notification via phone, email, or letter to families, students, teachers, caregivers, or staff about potential exposure once a case is identified.

Guidance to help you make informed decisions to prevent severe COVID-19

1

Know your risk



2

Protect yourself



3

Take action if exposed



4

Take action if you are sick or test positive



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Take action if you're exposed to COVID-19

EVERYONE:

Watch for symptoms for 10 days



Wear a mask around others indoors for 10 days



Test 5 days after exposure (or sooner if you have symptoms)



If positive, follow isolation guidance

Take extra precautions for 10 days when around people more likely to get very sick



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Protect yourself and others

People with weakened immune systems:

Take EVUSHELD, if prescribed, to prevent COVID-19 *before* exposure



People at high risk for severe illness:

Find out where you can get treatment or prevention medication on CDC's website



Everyone:

Get recommended vaccines and boosters



Improve ventilation



Get tested if you have symptoms or have been exposed



Wear a mask when recommended



Stay home when you're sick or test positive



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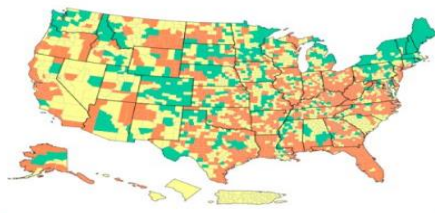
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Know your risk for serious illness with COVID-19

Check out CDC's list of conditions that may increase your risk for serious illness



Use your COVID-19 Community Level to decide what protective actions to take



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Take action if you test positive



See CDC's isolation guidance for more info:
bit.ly/COVID19Isolation



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