

**COVID
19**

WHAT YOU NEED TO
KNOW TO STAY
HEALTHY

BY: NURSE PRICE



Magnitude of COVID-19

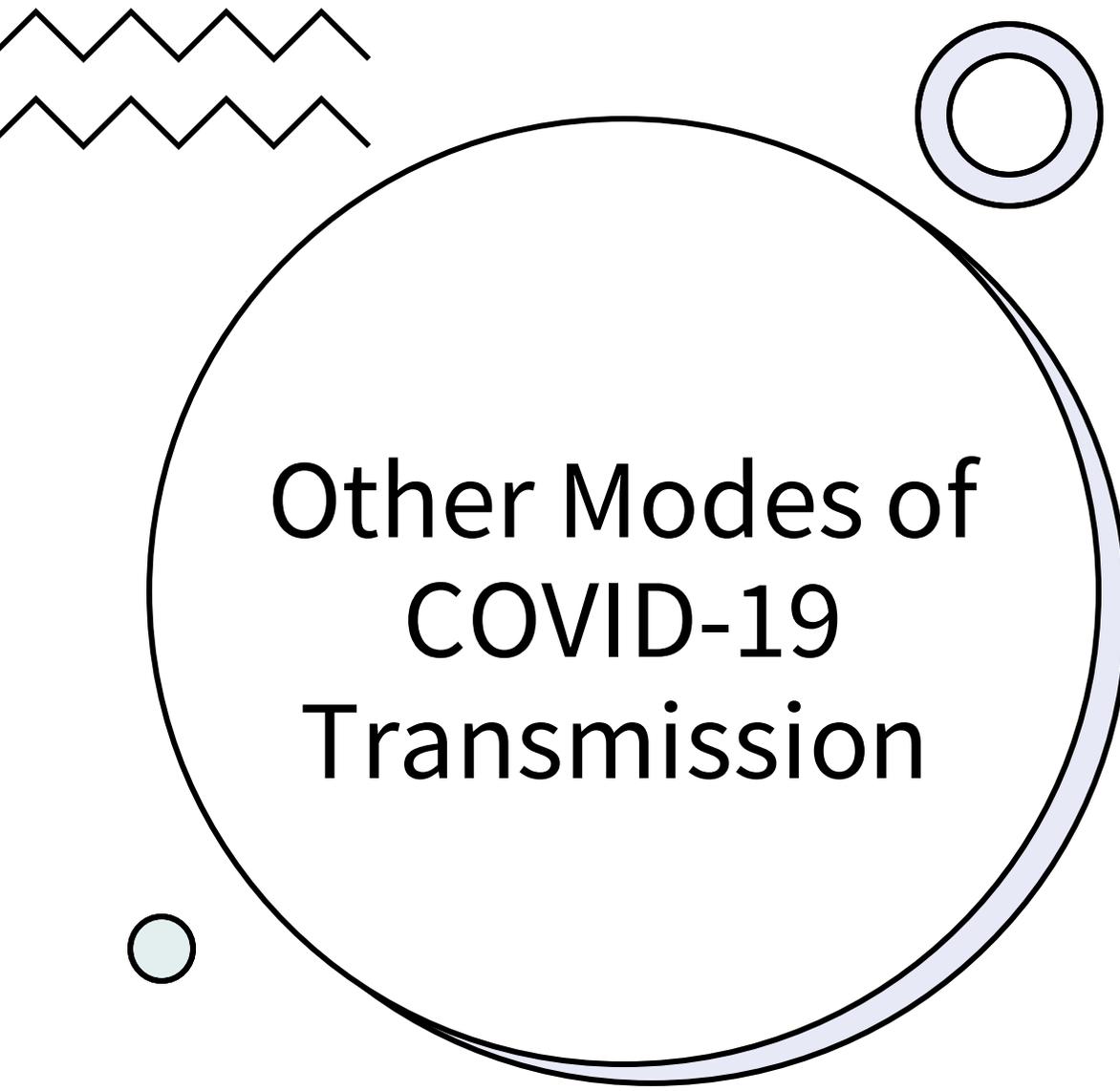
- On March 11, 2020, the World Health Organization (WHO) characterized COVID-19 as a pandemic.
- It has caused severe illness and death. It features sustained person-to-person spread worldwide.
- Poses an especially high risk for the elderly (60 or older), people with preexisting health conditions such as high blood pressure, heart disease, lung disease, diabetes, autoimmune disorders, and certain workers.
- Some models predict 70 to 150 million people in the US could be infected during the pandemic.



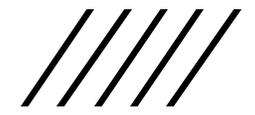


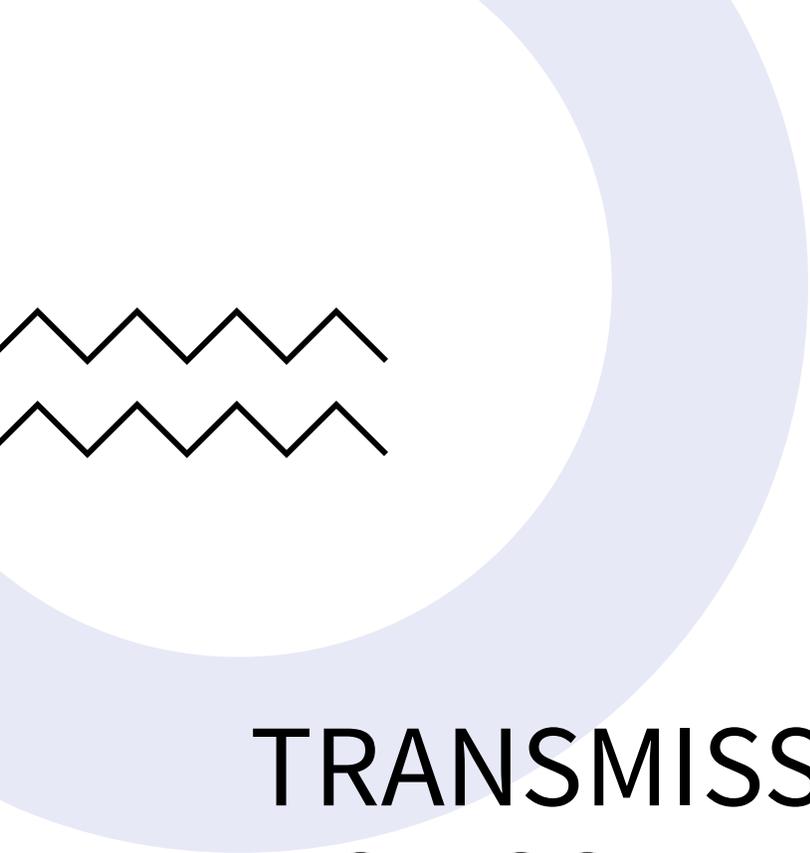
TRANSMISSION OF COVID-19

- **Main mode of spread is person-to-person, via droplets**
 - -From a person ill with COVID-19, especially if febrile (highest rate of viral shedding)
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs
 - Those with very mild symptoms may still spread virus
 - Virus may be spread 2 days before symptoms perceived
 - Spread is principally between people who are in close contact with one another (within about 6 feet, 3 feet more risk, face to face most risk)
- 



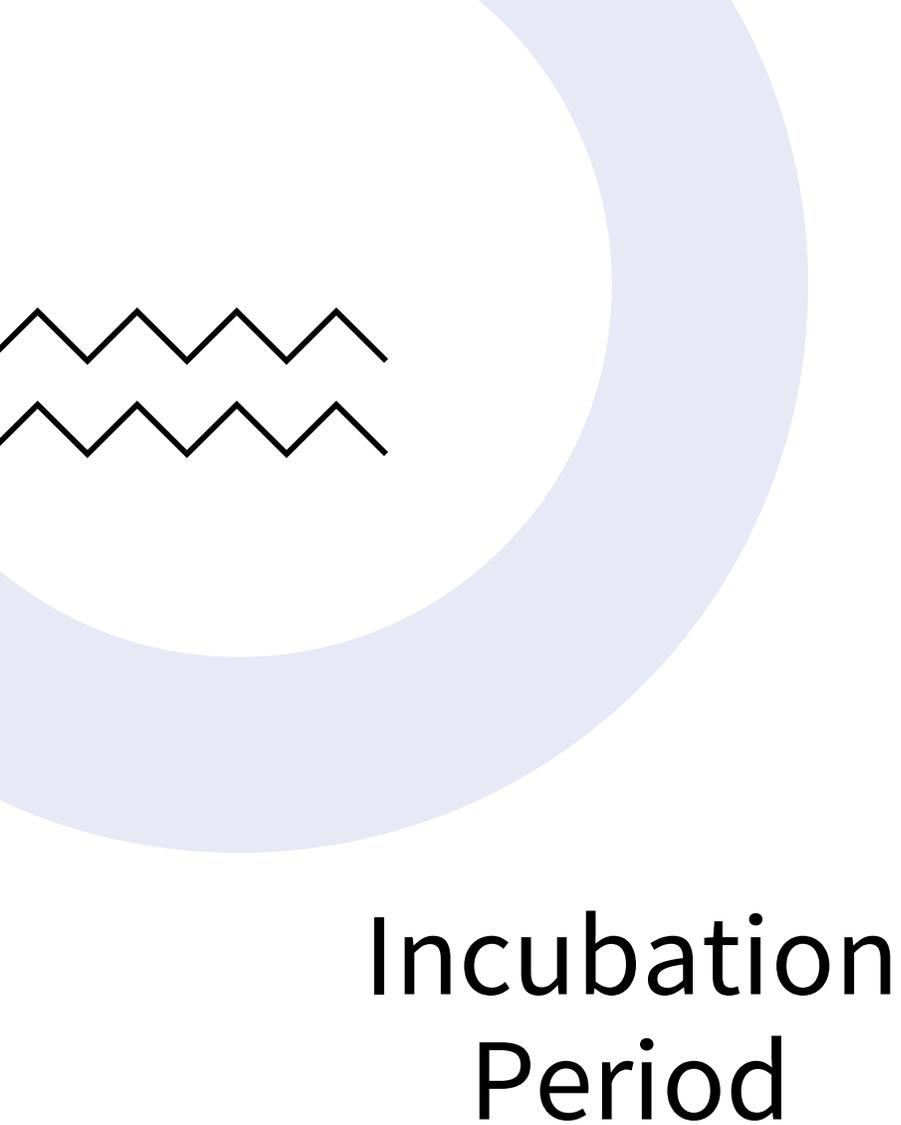
Other Modes of COVID-19 Transmission

- **Contact** - Touching something with SARS-2 (COVID-19) virus on it and then touching your mouth, nose or eyes
 - **Other possible routes-**
Through fecal matter
- 



TRANSMISSION OF COVID-19 & Identification of a Close Contact

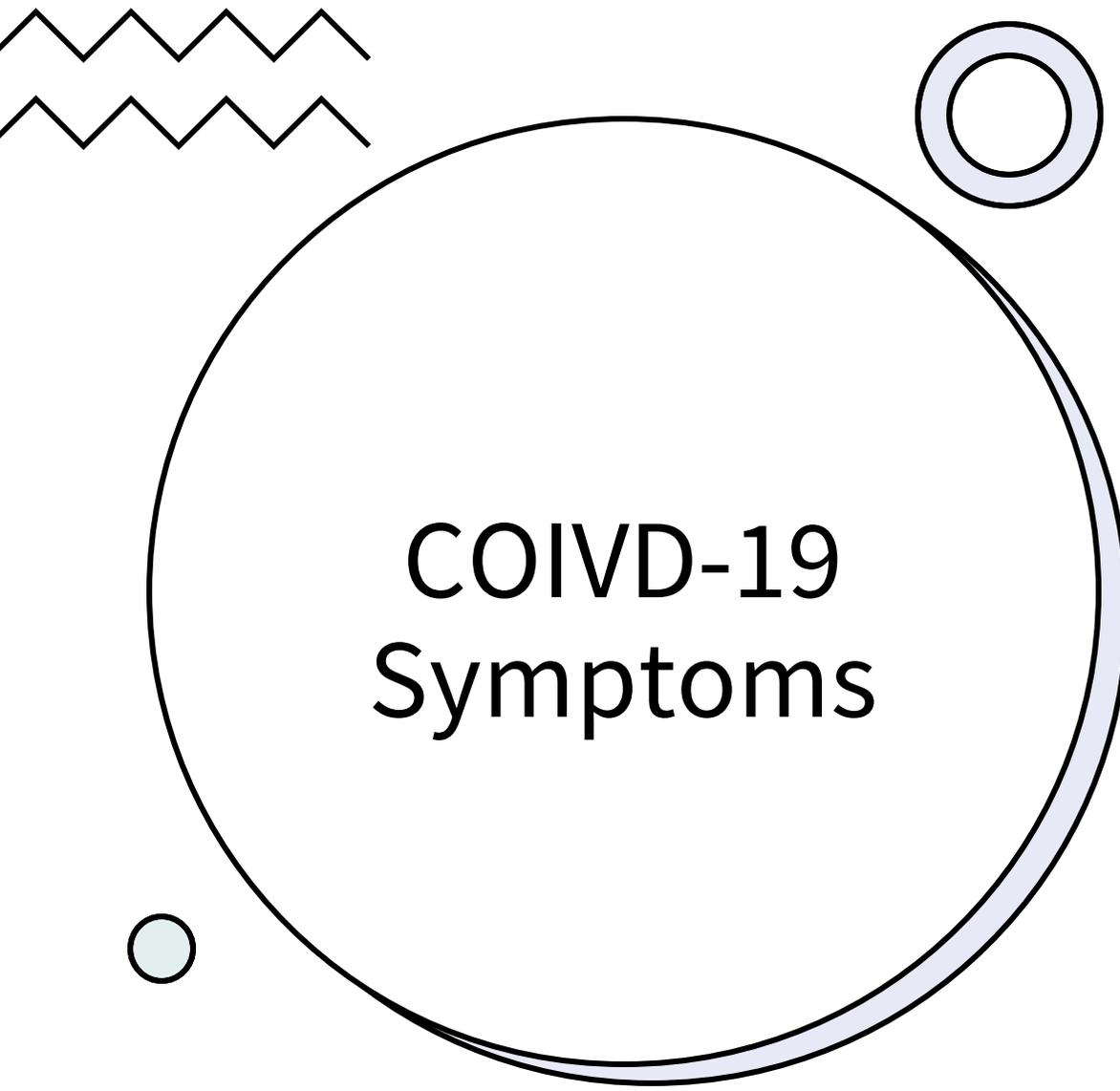
- **New Jersey Department of Health considers a person a Close Contact if their (within 6 feet, greater than 10 minutes) of an infected person.**
 - **Close Contact**
 - Direct contact with infectious secretions of a COVID-19 case (e.g., being coughed on, sneezed on)
 - or –
 - Approximately 6 feet (2 meters) of a COVID-19 case for a prolonged period of time (greater than 10 minutes).
 - **Examples of close contact**
 - Caring for, living with, visiting, or sharing a healthcare waiting area or room with a COVID-19 case
 - Sample activities in order of risk are: ill person coughing directly, face to face, coughing within 3 feet but not face to face (less risk), person near by coughed 6 feet away (least risk almost none)
 - Home activities may include eating meals at table, sharing eating utensils, kissing, hugging
 - By touching a surface or object that has the virus on it and then touching own mouth, nose, or possibly eyes (not thought to be the main way the virus spreads)
- 



Incubation Period

- The incubation period is the time between exposure to a virus and the onset of symptoms.
- With COVID-19, symptoms may show 2-14 days after exposure.
- CDC indicates that people are most contagious when they are the most symptomatic.
- Several studies show people may be most contagious before developing symptoms.





COVID-19 Symptoms

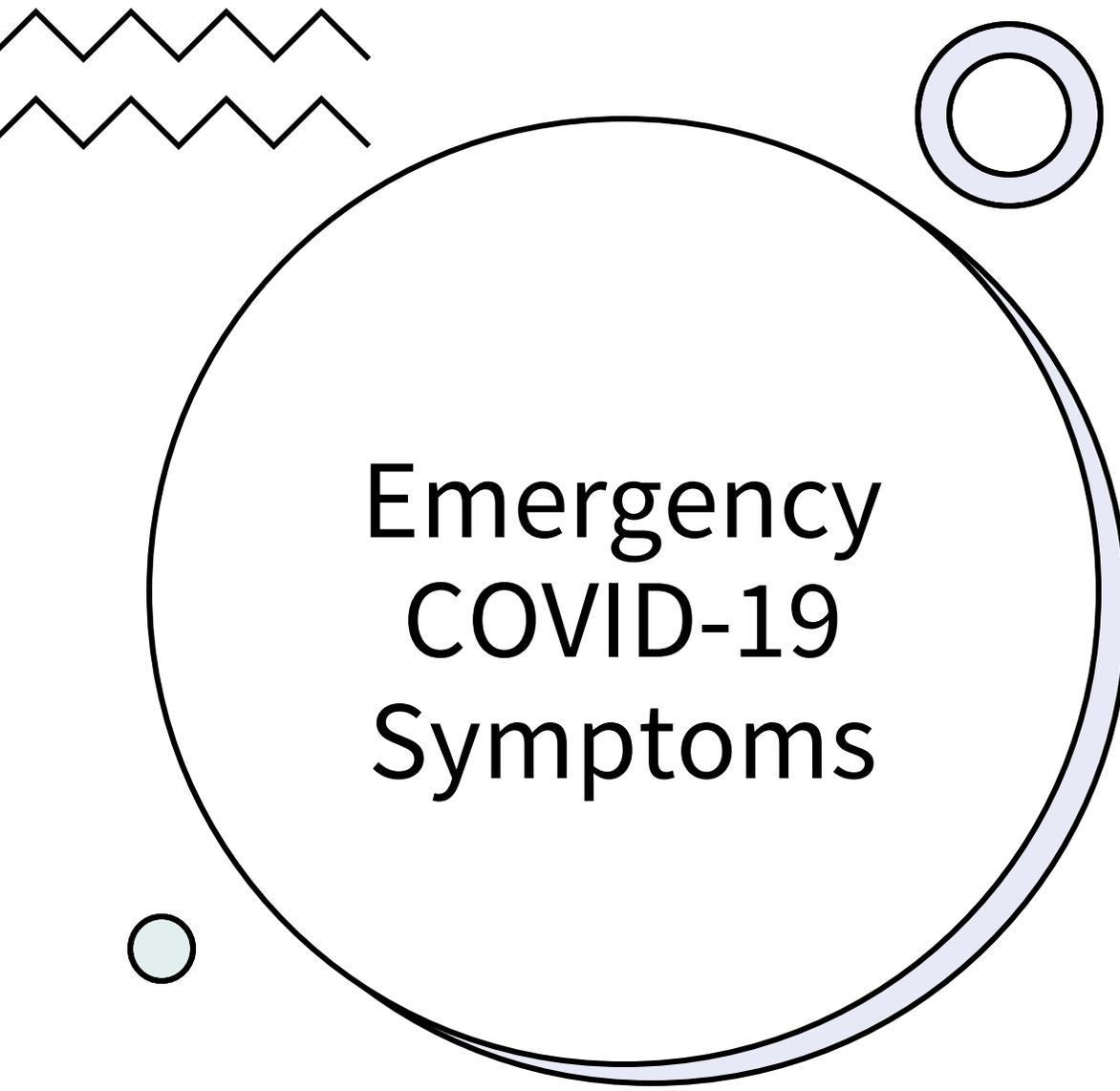
- **Most common symptoms include:**

- Fever
- Cough
- Shortness of breath

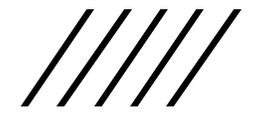
- **Other symptoms may include:**

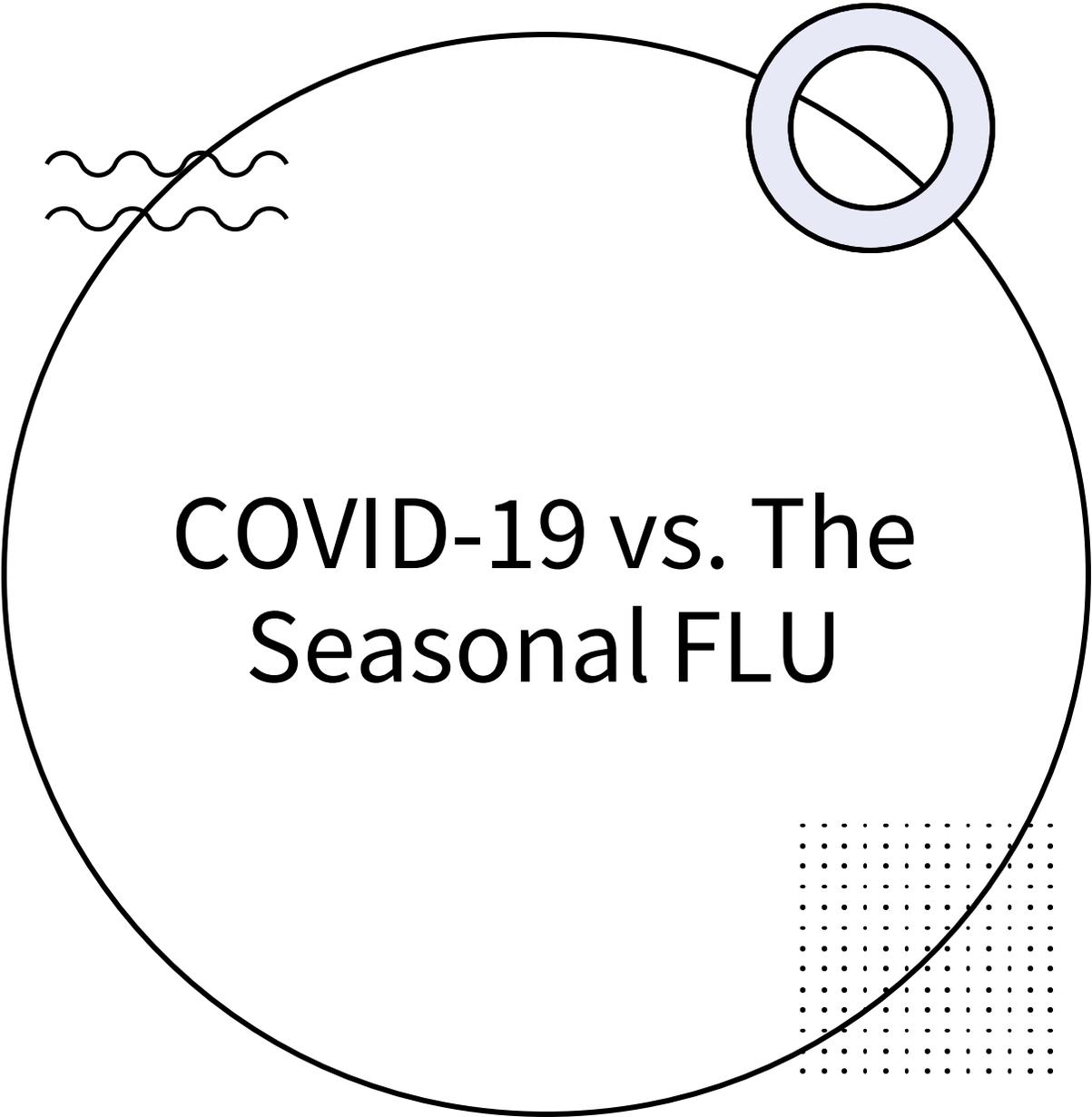
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- Gastrointestinal: diarrhea, nausea
- Loss of smell and taste

- Most people have mild symptoms and can recover at home with the proper medical advice.
- 



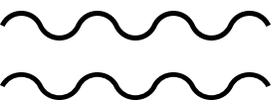
Emergency COVID-19 Symptoms

- Seek immediate medical attention if you have:
 - Difficulty breathing.
 - Shortness of breath.
 - Persistent pain or pressure in the chest.
 - New confusion or inability to arouse.
 - Bluish lips or face.
- 



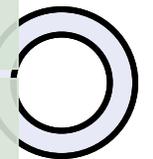
COVID-19 vs. The Seasonal FLU

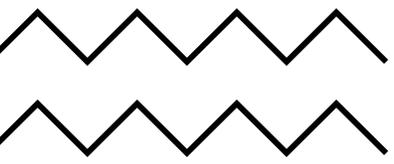
- COVID-19 has the potential to cause more deaths and hospitalizations
- COVID-19 is much more infectious and spreads faster than the seasonal flu



OSHA Guidance for General Safety

Wash	Frequently wash your hands with soap and water for at least 20 seconds. When soap and running water are unavailable, use an alcohol-based hand rub with at least 60% alcohol. Always wash hands that are visibly soiled
Avoid	Avoid touching your eyes, nose, or mouth with unwashed hands
Practice	Practice good respiratory etiquette, including covering coughs and sneezes
Avoid	Avoid close contact in the community with people who are sick
Stay	Stay home if sick
Recognize	Recognize certain people, including older adults and those with underlying conditions such as heart or lung disease or diabetes, are at higher risk for developing more serious complications from COVID-19





P P E E Q U I P M E N T



- Cloth Masks are recommended as a simple barrier to help prevent respiratory droplets from traveling into the air and onto other people when the person wearing the cloth face covering coughs, sneezes, talks, or raises their voice.



○ PPE Equipment



- Hand Sanitizer
 - CDC recommends using a hand sanitizer with at least 60% rubbing alcohol. Unless hands are visibly soiled.
- SOAP and Water
 - Hands should be washed with soap and water for at least 20 seconds when visibly soiled, before eating, and after using the restroom. Its best that you **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails. **Rinse** your hands well under clean, running water. **Dry** your hands using a clean towel or air dry them.



shutterstock · 199358387



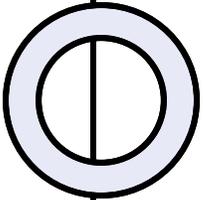


PPE Equipment

Gloves

- Use gloves when you are routine cleaning and disinfecting your space.
- Use when touching or having contact with blood, stool, or body fluids, such as saliva, mucus, vomit, and urine.
- After using gloves, throw them in the trash can, do not reuse.
- Wash your hands after you remove the gloves.





Protect Yourself



○ Atlantic City Return to School Plan

- Below is a link for the complete document
- <https://www.acboe.org/cms/lib/NJ50000099/Centricity/ModuleInstance/6205/2ACPS%202020-2021%20RTL%20Final%20Submission.pdf>



○ Department of Education Restart and Recovery Plan for Education

- Below is a link from the Department of Education's Restart and Recovery Plan for Education: THE ROAD BACK
- <https://www.nj.gov/education/reopening/>



○ State of New Jersey Weekly Report

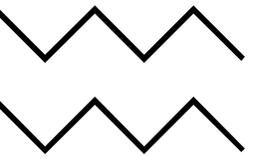
- Please click the link below to obtain the COVID-19 weekly activity report for the State of New Jersey.
- <https://www.nj.gov/health/cd/statistics/covid/>



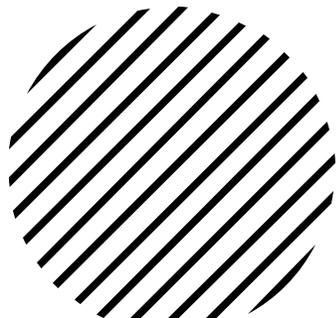
○ Atlantic City Return to School Plan

- Students and employees may be asked to leave or not come to school if they test positive for COVID-19 or exhibit one or more of the symptoms of COVID-19, based on CDC guidance and examination by the school nurse:
 - ○ a fever of 100.4 degrees Fahrenheit or greater
 - ○ **cough**
 - ○ **shortness of breath or difficulty breathing**
 - ○ chills
 - ○ repeated shaking with chills
 - ○ muscle pain
 - ○ headache
 - ○ sore throat
 - ○ **new loss of taste or smell**
 - ○ fatigue
 - ○ congestion or runny nose
 - ○ nausea or vomiting
 - ○ diarrhea





Atlantic City Public Schools Standard Operating Procedures



Face Coverings & Hand Hygiene

Positive screening protocols upon arrival

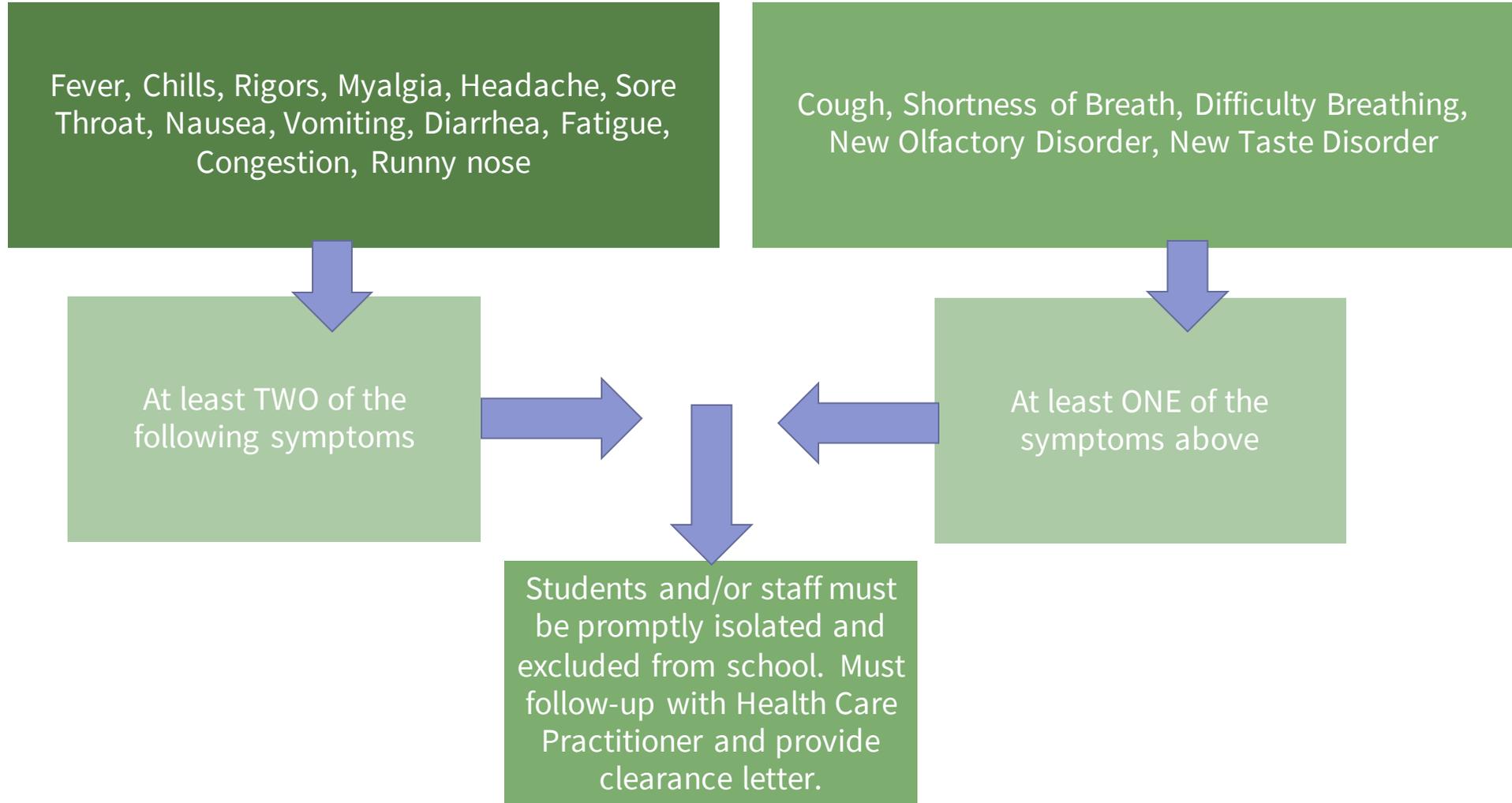
Positive screening protocols during school

Screening Protocols for Designated Staff

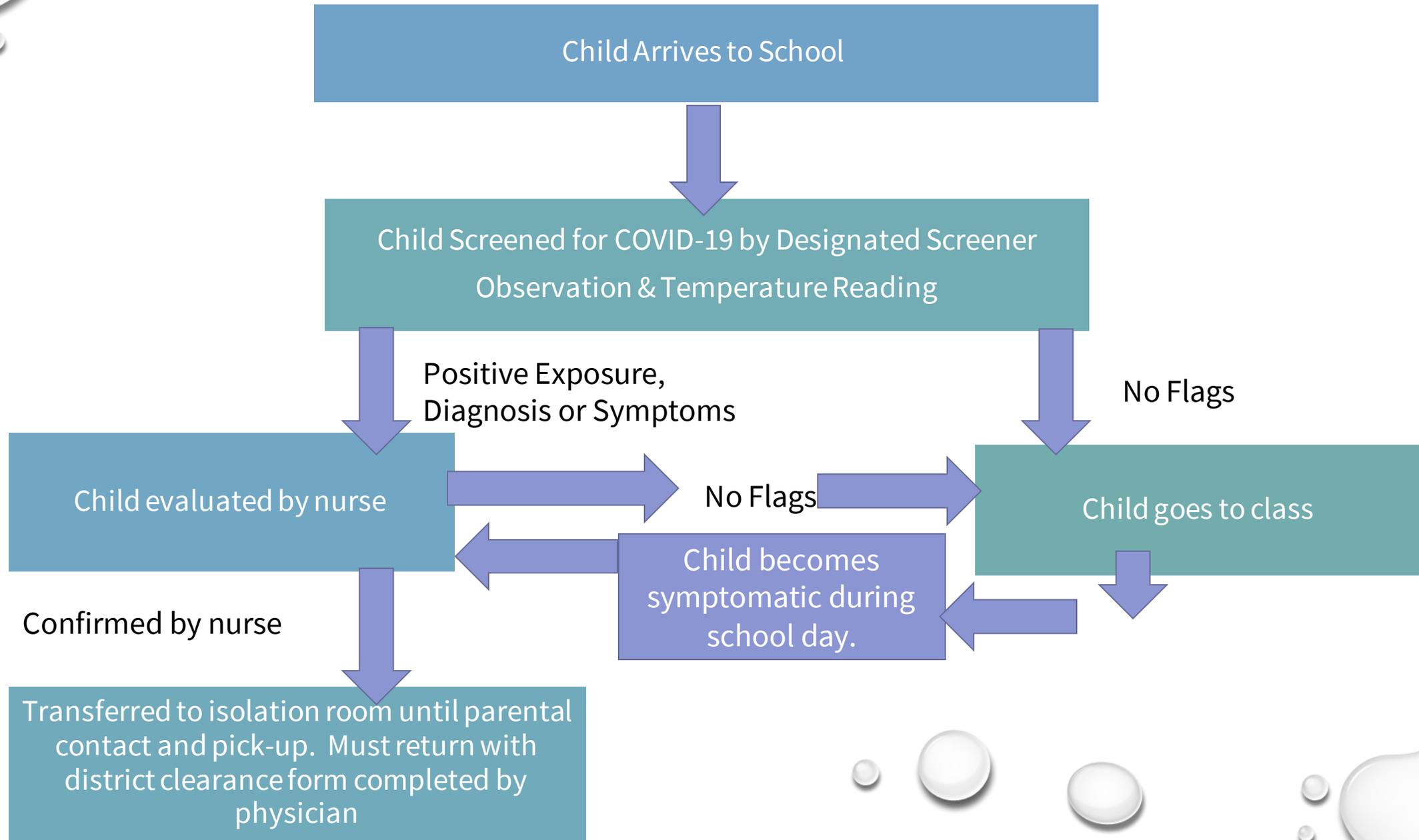
Contact Tracing



NURSING COVID EXCLUSION FLOWSHEET



Staff Roles Flow Sheet



Quick Reference guide to COVID-19 related Absences for STAFF

COVID-19 Symptoms

Must have **2** of the following symptoms: Fever 100.4 or >, Chills, Fatigue, Body Aches, Headache, Sore Throat, Congestion or Runny Nose, Nausea or Vomiting, Diarrhea

OR

If you have any of the following symptoms: Shortness of Breath, Difficulty Breathing, New Loss of Taste, New Loss of Smell



You must stay home. Please immediately notify your principal/supervisor. You must see a physician and provide a return to school note with date of return listed prior to re-entry. Please send to Principal, & Nurse

Quarantine and Isolation

Must be notified by Health Department that you have had close contact with a person who tested positive for COVID-19 and advised by Health Department or Physician to Quarantine

OR

Has been diagnosed with COVID-19



You must stay home. Please immediately notify your principal/supervisor. Please provide the necessary documentation of Quarantine or Isolation prior to re-entry. Please send documents to Principal, & Nurse

Travel Advisory List

Exceptions to the travel advisory are also permitted for individuals traveling to New Jersey from designated states who work in critical infrastructure, as defined by the Cybersecurity and Infrastructure Security Agency

Critical Infrastructure workers who have had an exposure but remain asymptomatic should adhere to the screening, social distancing, and mitigation practices prior to & during their work shift, as outlined by the CDC

Education employees are considered Critical Infrastructure workers and are exempt from travel advisory. You are allowed to work if you remain asymptomatic

Parent Guide to Keeping Children Home When Sick

Does your child have the following symptoms: Cough, Shortness of Breath, Difficulty Breathing, New loss of Taste, & New Loss of Smell

Answered Yes

Stay Home and Contact your medical provider immediately.

Does your child have the following symptoms: Fever 100.4 or greater, Chills, Rigors, Myalgia, Headache, Sore Throat, Nausea, Vomiting, Diarrhea, Fatigue, Congestion, Runny Nose

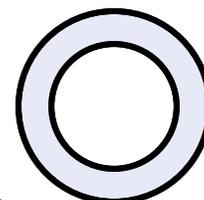
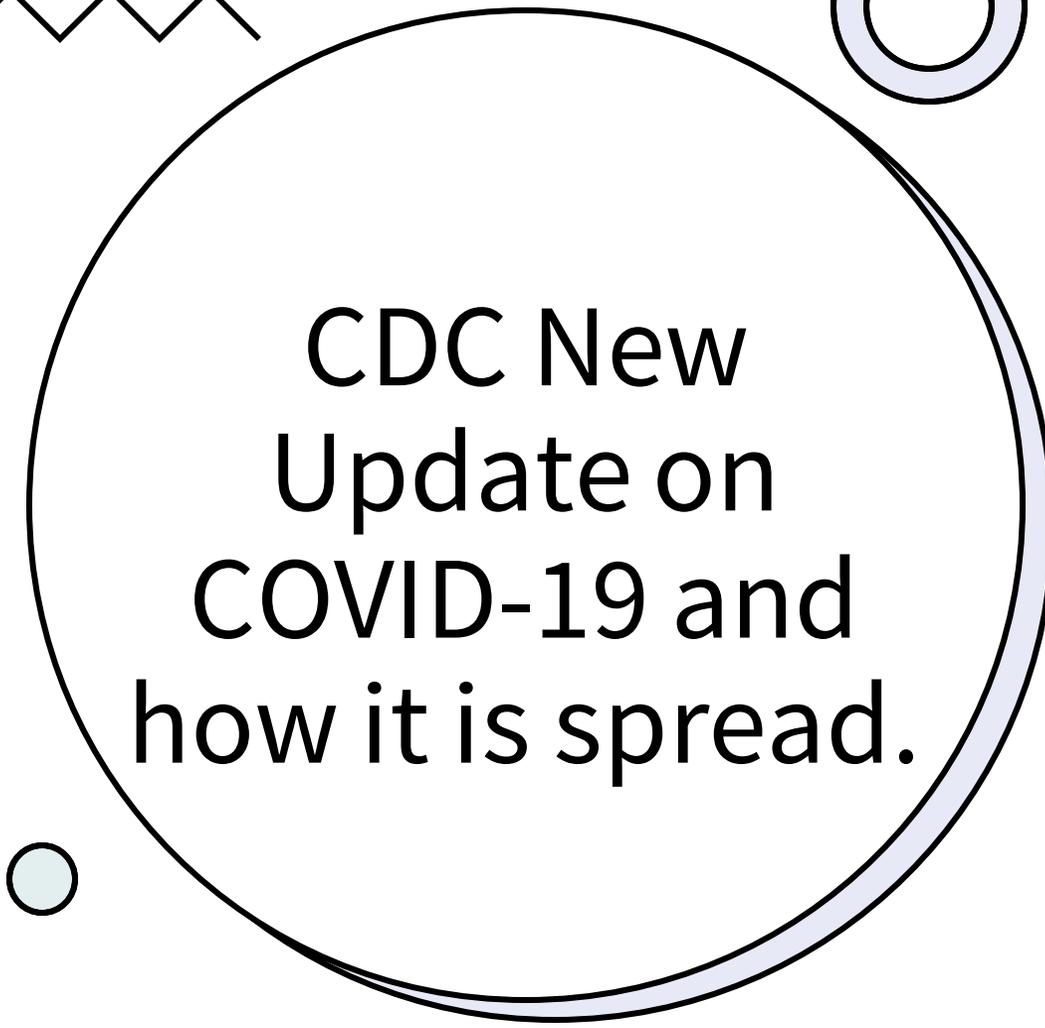
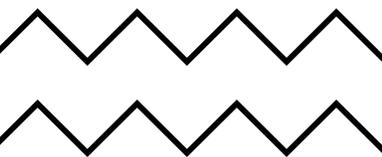
Answered Yes to a least two symptoms

Stay Home
Must be fever free (without medication) for at least 24 hours and symptoms must be resolved

Your child or someone in household diagnosed with COVID. Your child has had close contact with a person with confirmed COVID-19. Child traveled to an area of high community transmission.

Answered Yes

Stay Home
Must follow Health Department guidelines. May return when health department or healthcare provider have told them it is safe to return.



CDC New Update on COVID-19 and how it is spread.

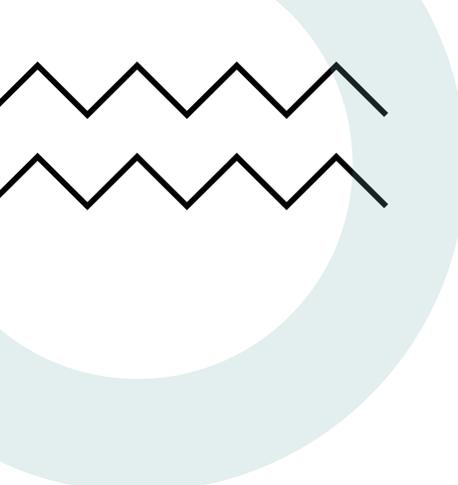
As of September 18, 2020, CDC states:

- It is possible that **COVID-19** may spread through **the droplets and airborne particles that are formed when a person who has COVID-19 coughs, sneezes, sings, talks, or breathes.**
- **The particles can remain suspended in the air and be breathed in by others.**

As of September 23, 2020, CDC states that:

- **The Main mode of spread is person-to-person, via droplets**





CDC Update: How to Protect Yourself

- To prevent infection you must:
- Stay at least 6 feet away from others whenever possible.
- It's imperative that you **WEAR A MASK** when around others
- Also, routinely clean and disinfect touched surfaces
- If you are sick, please stay home and isolate



Ongoing Changes and Research

- As you can see all information is subject to change based on CDC guidelines.
- ACBOE Certified School Nurses stay abreast of the changing CDC guidelines and follow CDC and New Jersey Department of Health guidelines.



Contact your SCHOOL NURSE

- If you have any questions or concerns regarding possible exposure, prevention, cleaning, or symptoms.
- If you believe that you have possibly been exposed or have COVID symptoms.
- ACBOE School Nurses are here to help you navigate and obtain the necessary information needed to stay healthy.

