CABELL COUNTY
SCHOOLS

COVID-19
Re-Entry Guidelines

Parents and Guardians

Cabell County Schools united with Cabell-Huntington Health Department

September 2020

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CABELL COUNTY
SCHOOLS

Dear Parents/Guardians of Cabell County students,

 As you and your families prepare for the new school year, we want to provide you with some helpful resources. We understand this year will be different, but please know that we are staying up to date as new medical knowledge regarding COVID-19 becomes available. With this knowledge, we will utilize a variety of communication methods to keep you informed and safe. We want to ensure that we are focussing on your child's health, wellness, and academic progress in these uncertain times. As the school year begins, please inform your child's school of any changes in contact information. We must be able to quickly notify you if your child is showing signs and symptoms of illness. If you have any questions or concerns regarding medical needs for your child, please contact your school nurse.

Thank you,

Cabell County School Nurses

How This Guidance Developed

To mitigate COVID-19 exposure risk to students, staff, and families of Cabell County, a task force was created to plan for school re-entry. The task force consisted of Cabell County school administrators, educators, nurses, specialists, and various other staff in collaboration with the Cabell County Health Department. A county-wide survey gathered parental, staff, and community input and comfort level of school re-opening to allow planning geared toward community needs. By utilizing information and resources available from the Center for Disease Control, American Academy of Pediatrics, WV Department of Education, WV Department of Health and Human Resources, WV Association of School Nurses, and the NC Department of Health and Human Resources, guidelines and protocols were developed to mitigate the risk of exposure to COVID-19 for students, staff and families during school re-entry.

Why Additional Health Requirements Are Needed Now

COVID-19 is an airborne virus that is spread mostly through respiratory droplets released when people talk, cough, or sneeze. The virus can also spread by touching contaminated surfaces and transfer the virus to the mouth, nose, or eyes, causing infection. The best prevention against virus spread is through personal prevention practice (handwashing and staying home when sick), the use of appropriate personal protective equipment (PPE), and environmental cleaning and disinfecting.

Symptoms of COVID-19 may appear in 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

- Fever or chills
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Congestion or runny nose
- Cough
- Fatigue
- Muscle or body aches
- Sore throat
- Headache

These are not all possible symptoms. Other less common symptoms include gastrointestinal symptoms like nausea, vomiting, or diarrhea. Fever is determined by measuring 100.4 or greater. While symptoms in children are similar to adults, children may have milder symptoms. Fortunately, there are many actions that the school staff can take to help lower the risk of COVID-19 exposure and spread during the school session.

GUIDELINES REGARDING FACE COVERINGS

The health and safety of students and staff are of the utmost importance of Cabell County Schools. Face coverings are important in reducing the spread of COVID-19 and are expected to be worn. The Executive Order No. 50-20 put forth by Governor Jim Justice "mandates the use of face coverings when in confined, indoor spaces, other than one's residence or when actively engaged in the consumption of food and/or beverage, and when not able to adequately social distance from other individuals who do not reside in the same household." The West Virginia School Re-entry toolkit also states, "Students are required to wear face coverings in congregant areas and in classrooms if they are not in their core groups and/or social distancing cannot be maintained." The West Virginia Department of Education also allows counties to require additional measures to safeguard students and staff. Requirements for face coverings may be impacted by the additional guidelines within the color-coding system.

All students are permitted to wear their own face mask which meets the requirements set forth in the Student Code of Conduct. Disposable face masks will be available for all school staff and students. Neck gaiters are not allowed as a face covering or mask.

Cabell County students will be provided foldable desk shields which are intended to further minimize exposure and risk. If a student is behind the foldable shield, they will still be required to wear a face mask.

Students with documented medical conditions that do not allow for face masks will need to wear a face shield. Special circumstances will be addressed on an individual basis to accommodate the specific needs of the child in the learning environment. Physician documentation of accommodations to exempt a student from wearing a face covering must be provided to the school. Each case will be addressed on an individual basis.

Strategies to Support Students Wearing Face Coverings in Schools
- Encourage parents, caregivers, and guardians to practice wearing face coverings with students at home before the first day of school. If parents, caregivers, and guardians' model appropriate use of face coverings and help students get used to wearing them, students may be more comfortable using face coverings.
- Introduce students with sensory concerns/tactile sensitivities to face coverings with a variety of materials, prints, and textures as well as allow the student to choose which face covering is most comfortable.
- Use behavioral techniques such as positive reinforcement to increase the likelihood that students will comply with face covering guidance and other prevention practices.
- Encourage parents, caregivers, and guardians to include students in the selection of their face covering and/or the material that is used to make it. This might increase a child's acceptance of wearing the face covering.
- Display age-appropriate posters and materials with visual cues that show the proper way to wear a face covering in classrooms and hallways. Consider incorporating images of popular influencers promoting or modeling use of face coverings.
- Include reminders about face coverings in daily announcements, school newspapers, and other materials. All communication should be in an appropriate format, literacy level, and language. Consider including how to properly use, take off, and wash face coverings in back-to-school communications and educational materials.

GUIDELINES REGARDING FACE COVERINGS

Elementary School Settings
- Ensure that teachers and school staff are available to help students put on and adjust face coverings as needed as well as wash or sanitize their hands with hand sanitizer that includes at least 60% alcohol before and after assisting students with face coverings.
- Play games or engage in other fun activities that teach students how to wear a face covering.
- Consider using some art materials or other creative outlets to help students understand why face coverings help reduce the spread of COVID-19.
- Share social stories about face coverings with students so they know what to expect at school. A social story is like a simple picture book that teaches students what to expect in social settings.
- Use behavioral techniques such as positive reinforcement to increase the likelihood that students will comply with face covering guidance.
- Develop incentives such as compliance challenges where classes/ grades can earn points towards winning a grade/ school competition; schools can determine incentives for winning challenges.

Middle School Settings
- Show short videos or incorporate short lessons (less than 10 minutes) that teach students how to wear a face covering. Consider including videos with celebrities, musicians, athletes, or other influencers popular among this age group.
- Follow videos with verbal instructions that demonstrate the correct ways to wear a face covering.
- Engage the class in discussions about why face coverings help reduce the spread of COVID-19.
- Incorporate a lesson into the science curriculum on how respiratory droplets spread infectious disease.
- Create a school competition for the best health communication strategy to highlight the importance of wearing a face covering to middle school students.
- Develop incentives such as compliance challenges where teams/ grade levels can earn points towards winning a grade/ school competition; schools can determine incentives for winning challenges.

High School Settings
- Show videos or incorporate lessons that teach students how to wear a face covering and include the correct and incorrect ways to wear a face covering. Consider including videos with celebrities, musicians, athletes, or other influencers popular among this age group.
- Create a school competition for the best health communication strategy to highlight the importance of wearing face coverings to high school students.
- Develop incentives such as compliance challenges where classes/ grades can earn points towards winning a grade/ school competition; schools can determine incentives for winning challenges.

Students with Special Healthcare Needs
- Ask parents, caregivers, and guardians to practice wearing face coverings at home before the student returns to school.
- Share social stories about face coverings with students so they know what to expect at school. A social story is like a simple picture book that teaches students about what to expect in social settings.
- Introduce students with sensory concerns or tactile sensitivities to face coverings with a variety of materials, prints, and textures as well as allow the student to choose which face covering is most comfortable.
- Use behavioral techniques such as positive reinforcement to increase the likelihood that students will comply with face covering guidance and other prevention practices.
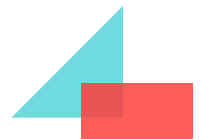
GUIDELINES REGARDING FACE COVERINGS

- A staff member who has a student that relies upon lip reading for communication, is hearing impaired, or is learning to read may wear a clear face covering.
- Face shields alone are not recommended as a substitute for a cloth mask, surgical mask, or clear face covering for staff members.
- CDC only recommends staff and teachers to wear clear face coverings in these special circumstances. It should be encouraged that the primary mask type worn by the student is a cloth mask or surgical mask.
- Neck gaiters are not allowed as a face covering or mask.
- If a staff member uses a clear face covering, please ensure covering is around the nose and wrapped securely around the face.
- It is encouraged that while teaching, 6 feet distance be maintained between the student and the staff member. If close contact is going to be sustained
(< 6 feet), the staff member and student may consider using a face shield for additional protection.
- It should be noted face shields are not recommended for normal everyday activities, but they can be utilized for additional protection for any staff member providing one on one instruction and/or sustained close contact with students and faculty. Students also can utilize the face shield if they will have sustained contact with a staff member.
- Sustained contact can be considered an encounter that lasts >15 minutes.
- If for any reason a visual speech assessment needs to be performed on a student by a staff member, a student can briefly wear a clear mask for evaluation. It is encouraged that this is done on an individualized basis (not in a group setting) to minimize the respiratory aerosolization risk. After completion of the assessment, the student can transition at 6 feet distance back to a cloth mask or surgical mask.

If a student refuses to comply with the face covering requirement, they will go through Positive Behavior Intervention Supports.

Handwashing

- Wet hands using warm, running water. Warm water combined with soap makes better suds than cold water. Running water is necessary to carry away dirt and debris that contain microorganisms.
- Apply liquid soap and lather well. Bacteria can grow on bar soap and in soap dishes.
- Rub hands together in a circular motion for 20 seconds. Friction from rubbing hands together along with the effect of the soap loosening of the germs from the skin work together with the running water for good hand hygiene. The front and back of hands, between fingers and knuckles, under nails, and the entire wrist area are washed.
- Rinse hands well under running water. Let water drain from wrists to fingertips.
- Dry hands thoroughly with paper towels. Turn off the water with a paper towel and discard towels in a waste container. Dry skin may be cracked and potentially harbor microorganisms. Lotion is recommended after several hand washings.
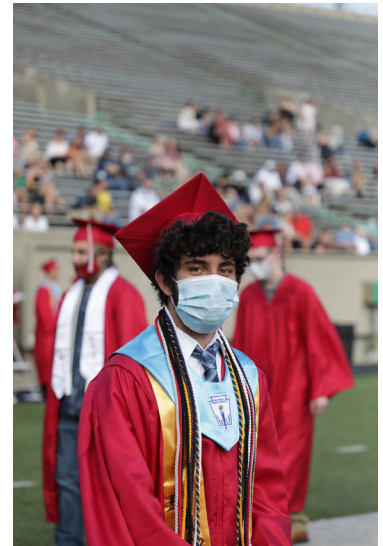
OR
- Apply alcohol-based hand rub to the palm of one hand then rub hands together. Note: The volume needed to reduce the number of bacteria on hands varies by product.
- Continue to rub hands together covering all surfaces of hands and fingers until dry. https://www.cdc.gov/handwashing/when-how-handwashing.html
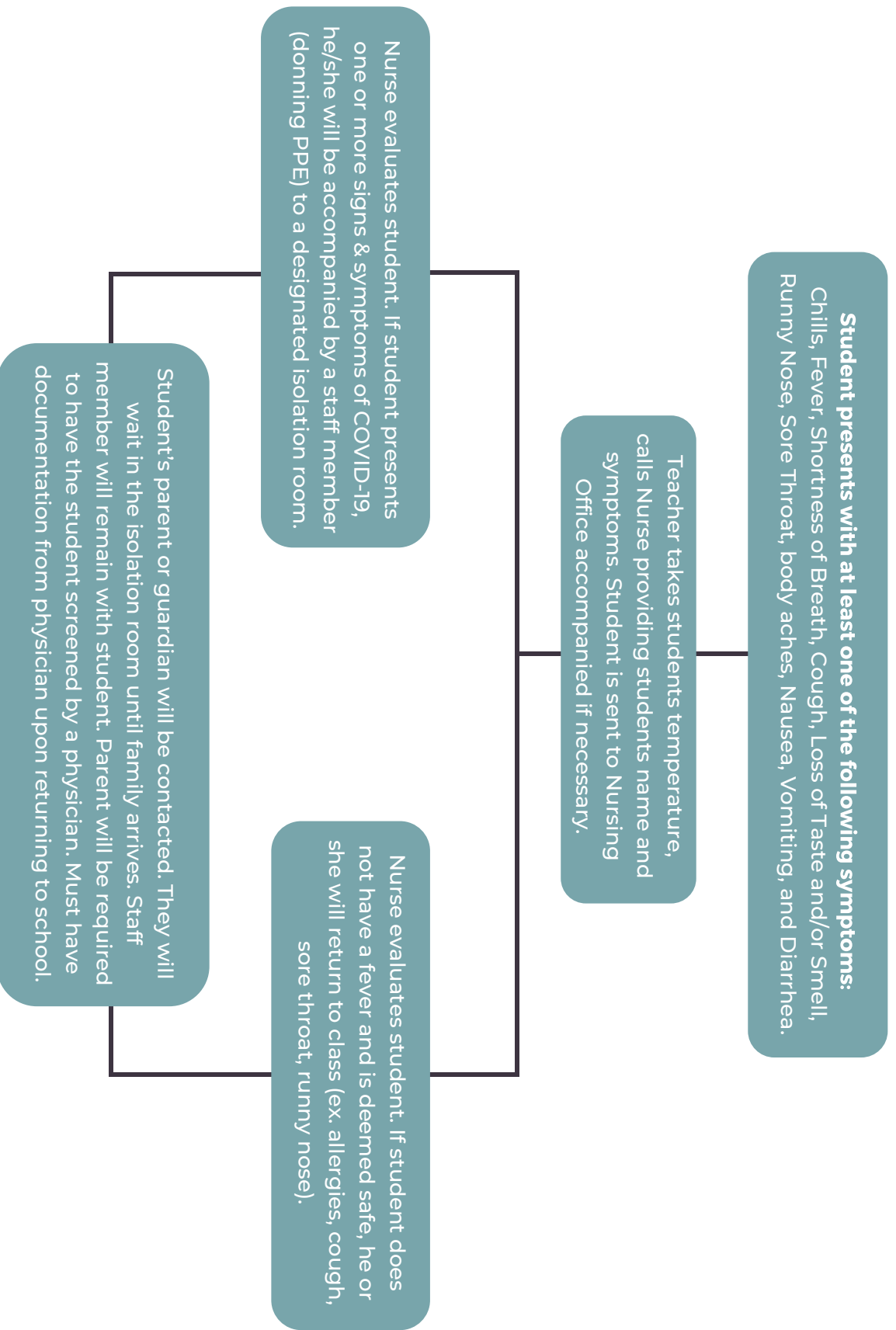
Transportation

- Drivers will disinfect seats and high touch areas at the completion of morning and afternoon runs and as frequently as possible between routes.
- Keep doors and windows open when cleaning the vehicle and between trips to let the vehicles thoroughly air out.
- If an individual becomes sick during the day, they must not use group transportation to return home and must follow the protocols.
- Hand sanitizer (with at least 60% alcohol) will be provided to support healthy hygiene behaviors on all school transportation vehicles for safe use.
- Because social distancing may be difficult on the school bus, masks or face coverings will be required for all students and staff riding the bus.
- Face masks will be provided to all students and staff for use on every bus.
- Students will be assigned to a specific seat and seated in the order in which they board/de-board bus.
- Students will be seated no more than two per seat unless from the same household.
- Students will be provided instructions on how to maintain social distancing while waiting at the bus stop and encouraged to wear a mask.
- Buses will unload students in designated area one bus at a time.
- When appropriate, buses will operate with the windows down to increase air circulation.

COVID-19
Standard Screening Protocol for Students

Student presents with at least one of the following symptoms:
Chills, Fever, Shortness of Breath, Cough, Loss of Taste and/or Smell, Runny Nose, Sore Throat, body aches, Nausea, Vomiting, and Diarrhea.

Teacher takes students temperature, calls Nurse providing students name and symptoms. Student is sent to Nursing Office accompanied if necessary.

Nurse evaluates student. If student presents one or more signs & symptoms of COVID-19, he/she will be accompanied by a staff member (donning PPE) to a designated isolation room.

Nurse evaluates student. If student does not have a fever and is deemed safe, he or she will return to class (ex. allergies, cough, sore throat, runny nose).

Student's parent or guardian will be contacted. They will wait in the isolation room until family arrives. Staff member will remain with student. Parent will be required to have the student screened by a physician. Must have documentation from physician upon returning to school.

STOP

COVID-19

Please complete the following questions before beginning your day.

Homeroom:_____ Teacher: _____

Date: _____ Time: _____

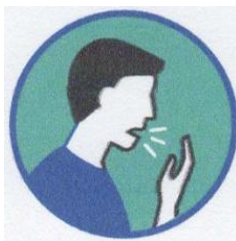## Do you have any of the following new or worsening symptoms?

Yes ☐
No ☐
Fever/Chills

Yes ☐
No ☐
Cough

Yes ☐
No ☐
**Difficulty breathing/
Shortness of breath**

Yes ☐
No ☐
**Sore throat/
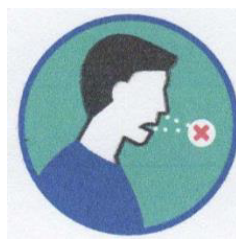Difficulty Swallowing**

Yes ☐
No ☐
**Runny nose
(not related to allergies)**

Yes ☐
No ☐
**Loss of taste/smell
or smell**

Yes ☐
No ☐
**Not feeling well,
headache, unexplained
tiredness and muscle aches**

Yes ☐
No ☐
**Nausea, vomiting
diarrhea,
abdominal pain**

In the last 14 days, have you had close physical contact with a person who:

Yes ☐
No ☐

Was sick with a respiratory illness (had a new or worsening cough, fever, or difficulty breathing)?
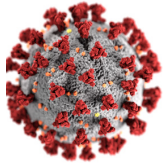
Was a confirmed or probable case of COVID-19?

If you answered YES to any of these questions, contact your supervisor and contact the Cabell-Huntington Health Department at (304) 523-6483 for further guidance.

www.cabellcountyschools.com

CABELL COUNTY
S C H O O L S

What you should know about COVID-19 to protect yourself and others

Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a mask that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.

Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.

Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.

cdc.gov/coronavirus

How to Safely Wear and Take Off a Mask

Accessible: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html

WEAR YOUR MASK CORRECTLY

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2
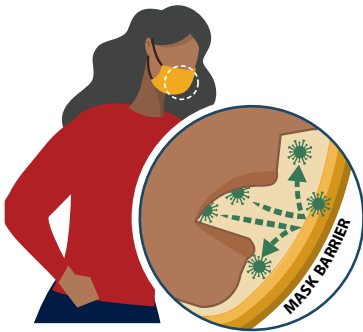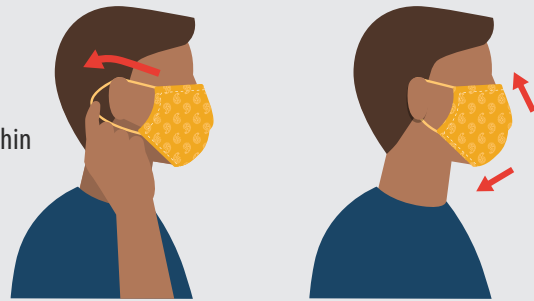
USE A MASK TO HELP PROTECT OTHERS

- Wear a mask to help protect others in case you're infected but don't have symptoms
- Keep the mask on your face the entire time you're in public
- Don't put the mask around your neck or up on your forehead
- Don't touch the mask, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available

TAKE OFF YOUR MASK CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
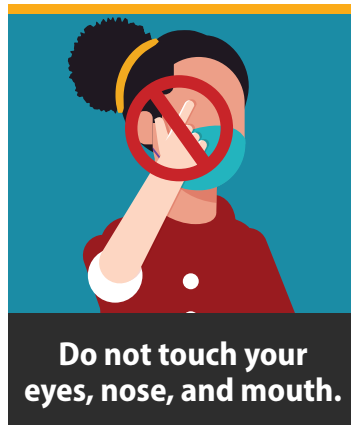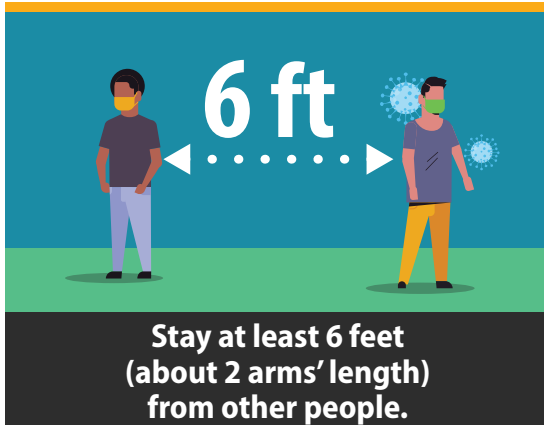- Place mask in the washing machine
- Wash your hands with soap and water

Personal masks are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a mask, see:

cdc.gov/coronavirus

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Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

6 ft

Stay at least 6 feet (about 2 arms' length) from other people.

Cover your cough or sneeze with a tissue, then throw the tissue in the trash and wash your hands.

When in public, wear a mask over your nose and mouth.

Do not touch your eyes, nose, and mouth.

Clean and disinfect frequently touched objects and surfaces.

Stay home when you are sick, except to get medical care.

Wash your hands often with soap and water for at least 20 seconds.

CDC

cdc.gov/coronavirus

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Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:

Cough, shortness of breath or difficulty breathing

Fever or chills

Muscle or body aches

Vomiting or diarrhea

New loss of taste or smell

Symptoms can range from mild to severe illness, and appear 2–14 days after you are exposed to the virus that causes COVID-19.

**Seek medical care immediately if someone has
Emergency Warning Signs of COVID-19**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.

Centers for Disease Control and Prevention
National Center for Emerging and Zoonotic Infectious Diseases

cdc.gov/coronavirus

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