

COVID-19 Health Screening and Testing for McGraw Central School

Daily Temperature Screening:

- Daily Temperature Screening will take place at home by families and reported to school through the school messenger application.
- Additionally all students will be temperature screened upon entry to the building for the two weeks of school and a random sample will be screened in following weeks.
 - In the event that Temperature is below 100.0 °F:
 - Student will proceed to class.
 - If the Temperature is above 100.0 °F:
 - Student will be sent directly to Nurse's Office.
 - Parent will be called to pick up student.
 - Student will be sent home from school.
 - Student date of return will be determined on an individual basis in coordination with the School Nurse based on guidelines from the New York State Department of Health and student's Primary Provider.
- All Staff must report temperature and health questionnaire daily.

Periodic Health Screening:

- Students will be screened periodically using the districts identified Health Screening Questionnaire. If any answer is answered "yes" parents are requested to keep the child home and call the school nurse. If any question is answered "yes," and the child is already in school, the student will be sent home immediately. Date of return will be determined on an individual basis in coordination with the School Nurse based on guidelines from the New York State Department of Health and the student's Primary Provider.

Health Office Sick Visits:

- Covid-19 signs and symptoms are very similar to many other illnesses. Due to this fact, if a student begins to show signs and symptoms at any time throughout the school day they will be sent to the Nurse's Office for evaluation. Any student who is experiencing any signs or symptoms will be sent home. These symptoms may include:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache

- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Date of return will be determined on an individual basis in coordination with the School Nurse based on guidelines from the New York State Department of Health and the student's Health Care Provider.

Isolation of students experiencing illness symptoms:

- The Elementary and High School have portions of their offices that will serve as isolation areas with dividers in the event that a student needs to be sent home during the school day.
 - Student who presents with a temperature of 100.0°F or greater will be escorted by designated school personnel to the isolation area.
 - Students will be supervised at all times while in isolation
 - Supervising person will be in full PPE
 - The School Nurse will serve as the Point of contact and will notify Cortland County Health Department of temperature and isolation status
 - Student to be escorted to the secure vestibule by school personnel to be picked up.
 - Information will be provided to parent/guardian including:
 - recommendation for seeing health care provider for a screening specific to covid-19
 - Date of return will be determined on an individual basis in coordination with the School Nurse based on guidelines from the New York State Department of Health and Primary Health Provider.

In-person School Exclusion:

- Students will be excluded from in-person instruction if any of the following occur
 - Temperature 100.0°F or above,
 - Signs and symptoms of covid-19 that can not be attributed to any other condition,
 - Exposure to or close contact with another person who has covid-19, or
 - Positive covid-19 test
 - Students may participate in remote instruction during exclusion from in-person instruction.

Return to In-Person Instruction:

- Student or Staff that tested positive for covid-19 will need a note from their primary care physician or the Department of Health, clearing them to return to school/work and a negative test for covid-19. If they are positive, the health department will be controlling their quarantine/isolation status and give them a return to school/work release.

Cortland County Testing Protocol:

*****as per Lisa Perfetti, BSN, RN, Interim Public Health Director, Cortland County Health Department, 60 Central Ave, Room 121, Cortland, NY 13045, Phone: 607-753-5139**

Cortland County Health Department follows the guidance established by the NYSDOH for testing. Cortland County Health Department does not provide testing. Students and staff should be referred to their healthcare provider for symptoms. Care of the symptomatic person would be up to the provider. We ask all people with any symptoms to contact their provider for further guidance. Most local providers have testing capabilities. FHN has a drive thru for their own patients. Guthrie Cortland has a drive thru. Rite-Aid in Cortland has a drive thru. Cayuga Medical Center has a drive thru in Ithaca near the mall.

Cortland County DOH is not recommending voluntary testing for staff and high school students.

Cortland County does not recommend on-going testing.

Contact tracing for Cortland County:

- Positive cases are isolated for at least ten days...sometimes longer depending upon symptoms...but never shorter.
- The 10 days begins on either the day of the test (for asymptomatic cases) or the day that symptoms started.
- The health department will provide the positive case with an isolation order and complete daily follow-up phone calls throughout the isolation period and will determine the end of isolation date through that process. It would not seem necessary to also have a physician note to return to school.
- Negative tests results should not be required as people can continue with positive results for weeks after the initial isolation period is over. After 9 days...although the virus may still be "picked up" on the swab test and provide a positive result-that virus is no longer active and the person is no longer infectious.-this is the reason for the 10 day isolation period.
- We would ask you to contact us @ 758-5526 to report any known cases of COVID-19. Usually-we will already know as all test results automatically route to the health department directly from the lab.
- Our staff will begin the case investigation with that student guardian-which is a lengthy questionnaire used to determine close contacts.

- We may reach out to the school to assist us with knowing where the student has been while at school...who they were close to, etc...and as long as we are provided the contact information...we would contact them and explain their quarantine requirements.
- Quarantine period is always 14 days from last exposure to the positive case...even if gets tested and result is negative. The reason for this is that it can take up to 14 days to develop symptoms-ensuring the quarantine lasts that long significantly reduces the chance for that person to spread the virus if they do develop symptoms.

McGraw CSD guidance for people who have been diagnosed with COVID-19

- If you are diagnosed with COVID-19, a Department of Health case investigator might call you to check-in on your health, discuss who you've been in contact with and, and ask you to stay at home to self-isolate.
 - Unless you give permission, your name will not be revealed to those you came in contact with, even if they ask.
 - The health department will ask you to stay at home and self-isolate.
 - Self-isolation means staying at home in a specific room away from other people and pets, and using a separate bathroom, if possible.
 - Self-isolation is critical to protecting those who you live with as well as your community.
 - Self-isolation helps slow the spread of COVID-19 and can help keep your friends and neighbors healthy.
 - If you need support or assistance while self-isolating, then your health department or community organizations may be able to provide assistance.
 - Seek medical care if symptoms become severe. Severe symptoms include trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.

MCSD guidance for Close Contacts of someone with COVID-19

- If you have been in close contact with someone with COVID-19, an Contact Tracer from the health department might call to inform you that you've been exposed. They will ask you to stay at home and self-quarantine.
 - Close contact means you were within 6 feet of a person with COVID-19 for at least 15 minutes.
 - You should stay at home and self-quarantine for 14 days, starting from the most recent day that you were possibly exposed to COVID-19. The contact tracer will inform you of the dates of your self-quarantine.

- Self-quarantine means staying home, monitoring yourself, and maintaining social distancing (at least 6 feet from others at all times). You should remain in a specific room separate from other non-exposed people and pets in your home, and use a separate bathroom, if possible.
- If you need to be around other people or animals in or outside of the home, wear a mask. This will help protect the people around you.
- If you need support or assistance with self-quarantine, then your health department or community organizations may be able to provide assistance.
- Self-quarantine helps slow the spread of COVID-19 and can help keep your friends and neighbors healthy.
- You should monitor yourself for any symptoms of COVID-19 and notify your health department if you develop symptoms. Seek medical care if symptoms become severe. Severe symptoms include trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.

Key Actions

- Pick up the phone when your health department calls.
- Follow health department guidance.
- Notify your healthcare provider if you become ill.
- Call your healthcare provider if you start to feel ill and you have not been tested for COVID-19.
- If you have been in close contact with someone with COVID-19, you should stay at home and self-quarantine for 14 days, starting from the most recent day that you were possibly exposed to COVID-19. Monitor yourself, and maintain social distancing (at least 6 feet) from others at all times.
- Notify those who you had close contact with recently if you become ill.
- Know what symptoms mean you need to go to the hospital right away.
- Seek medical care if symptoms become severe. Severe symptoms include trouble breathing, persistent pain or pressure in the chest, confusion, inability to wake or stay awake, or bluish lips or face.