

Therapy Room for COVID-19

CDC provides guidance on an isolation plan if someone arrives or becomes ill at school. The definition of **isolation** “separates sick people with a contagious disease from people who are not sick” (CDC, 2017).

- Students who have symptoms of COVID-19 at entry to school or who report symptoms at any point during the school day are accompanied to the Therapy Room for further assessment and isolated while arrangements are made for their return home. Staff will be excluded and sent immediately home.
- Students who have had close contact with an individual who has screened positive for COVID-19 symptoms are accompanied to the Therapy Room where they can be quarantined while arrangements are made for their return home.
- Adult visitors and staff who have had close contact with an individual who has screened positive for COVID-19 are excluded from the facility and instructed to return home to self-quarantine.

Therapy Room

- The library offers optimal outdoor air, social distancing area, and immediate exit availability without exposing any other part of the school. The library will be divided in two by the built-in accordion wall. The room on the right will be the nurse’s office to care for non-symptomatic student’s needs (nose bleeds, meds, etc). The room on the left will be the isolation/quarantine space with barriers/room dividers.
- A door in the accordion wall allows a staff member and/or school nurse to be able to monitor those students in this space.

Isolation Procedure

- Send ill staff immediately home, and isolate symptomatic students if caregivers are not present to immediately take them home.
 - The following symptoms will be considered as needing isolation:
 - Fever >100.4
 - Chills
 - Nasal congestion
 - Runny nose
 - Shortness of breath
 - Difficulty breathing
 - Diarrhea
 - Nausea/vomiting
 - Fatigue
 - Headache
 - Sore throat
 - Cough
 - Muscle or body aches
 - New loss of taste or smell
 - Signs and symptoms of MIS-C:
 - Rash. Red eyes. Cracked/swollen lips. Red/swollen tongue. Swelling hands/feet. Stomach pain.
- The use of facemasks for persons with respiratory symptoms and fever over 100.4 is recommended if available, tolerated by the person, and developmentally appropriate.
- If the school nurse deems that the student is in distress, based on the physical exam, the nurse will call 911 immediately. Symptoms prompting a call to 911 include, but are not limited to:
 - Shortness of breath or difficulty breathing
 - SPO2 <95% in a student without an underlying respiratory condition
 - Persistent pain or pressure in the chest
 - Confusion or change in behavior
 - Altered level of consciousness
 - Circumoral cyanosis or change in coloring to face and/or extremities
 - Inability to wake or stay awake
- If the school nurse determines the student should be sent home, the student's parent/guardian or emergency contact will be called. Pick up will occur within 30-45 minutes of contact.
- Should the isolated student need to use the restroom, the library has a rest room. Once this restroom has been used by an isolated student, the room will not be available to any other employee or student until it has been disinfected appropriately. Notification will be posted on the restroom door stating that the restroom is currently closed. The sign will be removed after the restroom has been appropriately disinfected.

- At pick-up student exits via the back door of the library. This is the door to the left of the school's main entrance walkway.
- The school nurse will provide the parent/guardian or emergency contact with written instructions regarding the need to home isolate and call/visit their primary health care provider.
- Remember that *schools are not expected to screen students or staff to identify cases of COVID-19*. If a school has cases of COVID-19, local health officials will help identify those individuals and will follow up on next steps.
- The chair and area used by the ill student will be disinfected once they leave.
- If multiple students are in the isolation space at the same time they will maintain a distance of 6 feet or greater from each other.
- If the school nurse is in isolation with symptomatic student/s, other asymptomatic students needing the health office will be directed to the front office until nurse available.
- The student's teacher will notify the Main Office or Therapy Room before sending any student.

References:

<https://www.cdc.gov/quarantine/>

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

https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/03182020_NASN_Considerations_for_School_Nurses_Regarding_Care_of_Students_and_Staff_that_Become_Ill_at_School_or_Arrive_Sick.pdf