

Bishop Chatard Safety and Wellness (Nursing Office)

Protocol for Flu/Coronavirus Regular and Pandemic Action Steps

The following message is informational for Bishop Chatard High School Staff, Parents, Students, Stakeholders, and Deanery Schools

- 1) At Bishop Chatard High School, each classroom will be provided with Hand Sanitizers, Clorox Wipes, and Hospital-Strength Room Disinfectant Spray.
- a) At Bishop Chatard High School, all Educators and Staff are advised to spray the Disinfectant in their Classrooms on Mondays after school, after all students have exited the Classrooms. Face Masks will be supplied per request by the Nursing Office for those Educators who have issues with the Disinfectant Spray.
- b) At Bishop Chatard High School, Clorox Wipes will be provided for all Classrooms. Educators are advised to wipe down all desk tops and door knobs within their classroom. This should be done on Wednesdays and Fridays after your last period.
- c) At Bishop Chatard High School, Educators will be asked to post Hand-Washing Direction in their Classrooms.
- d) At Bishop Chatard High School, the Nursing Staff will place numerous Hand-Washing Signs throughout the school building.
- e) All Guidelines concerning Flu/Coronavirus will be reviewed and acted upon as disseminated from the Marion County Health Department and the Center for Disease Control.
- f) All questions concerning areas of Health and Wellness should be directed to the Bishop Chatard High School Nursing Office, email - mmeyer@bishopchatard.org, jagostino@bishopchatard.org and /or the Director of Safety and Wellness, Vincent Lorenzano 317-251-1451, email vlorenzano@bishopchatard.org

A) Information on Coronavirus

What is a Coronavirus?

Coronaviruses are a large family of viruses that usually cause mild respiratory illnesses such as the common cold. Some coronaviruses have caused more severe illness, such as Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS). COVID-19 is a disease caused by a new coronavirus that was not identified in humans before December 2019.

What are common symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of fever, cough, and shortness of breath. It takes 2 to 14 days after a person gets the virus in their body to become ill. COVID-19 is a new disease, and we are learning more each day about its symptoms and how it is spread.

How does the virus spread?

Most often, it is spread from person-to-person via respiratory droplets produced when an infected person coughs or sneezes, similar to how flu and other respiratory pathogens spread. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

It's currently unclear if a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or eyes. Often, with most respiratory viruses, people are thought to be most contagious when they are most symptomatic (the sickest).

Who should seek medical evaluation for COVID-19?

Students, staff, and volunteers who are:

- Ill with a fever, cough, or difficulty breathing AND have traveled outside the United States in the last 14 days.
- Ill with fever, cough, or difficulty breathing AND have been identified by public health officials as a recent close contact of a confirmed COVID-19 case or had recent close contact with someone who is being evaluated for COVID-19 infection.

What should I do if I suspect a student, staff member, or volunteer is at risk for COVID-19?

If a student, staff member, or volunteer meets the above criteria, it is important to place them in a private room away from others and ask them to wear a face mask. Immediately notify Bishop Chatard High School Administration and the School Nursing Office. They will provide you with guidance.

What can I do to prevent COVID-19 infections in my school?

Schools do not need to take any special precautions beyond what is normally recommended to prevent the spread of viruses in schools. You can help students and staff reduce their risk for getting and spreading viral respiratory infections, including the flu and the common cold, by encouraging them to take simple steps which will also prevent COVID-19. These include:

- Individuals should stay home when they are sick.
- You should do frequent hand washing with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after you sneeze or wipe your nose. Help young children do the same. If hands are visibly dirty, use soap and water to clean hands.
- If soap and water are not readily available, using an alcohol-based hand sanitizer with at least 60% alcohol.
- Advise students and staff to avoid touching their eyes, nose, and mouth with unwashed hands.
- Follow the school's routine cleaning and disinfection program. Emphasize students and staff to clean and disinfect frequently touched objects and surfaces.
- Cover coughs or sneezes with a tissue, then throw the tissue in the trash and clean your hands with soap and water or hand sanitizer (if soap and water are not readily available).

- Urge students and staff to get a flu shot during the flu season.
- Provide adequate supplies for good hygiene, including clean and functional handwashing stations, soap, paper towels, and alcohol-based hand sanitizer.

B) The following guidelines pertain both to the Flu and Coronavirus:

These steps should be followed ALL the time and not only during a flu pandemic.

- **Educate and encourage students and staff to cover their mouth and nose** with a tissue when they cough or sneeze. Also, provide them with easy access to tissues and running water and soap or alcohol-based hand cleaners. Remind them to cover coughs or sneezes using their elbow instead of their hand when a tissue is not available.
- **Remind teachers, staff, and students to practice good hand hygiene** and provide the time and supplies for them to wash their hands as often as necessary.
- **Send sick students, teachers, and staff home** and advise them and their families that sick people should stay at home until at least 24 hours after they no longer have a fever or signs of a fever (without the use of fever-reducing medicine).
- **Clean surfaces and items** that are more likely to have frequent hand contact such as desks, door knobs, keyboards, or pens, with cleaning agents that are usually used in these areas.
- **Move students, teachers, and staff to a separate room** if they become sick at school until they can be sent home. Limit the number of staff who take care of the sick person and provide a surgical mask for the sick person to wear if they can tolerate it.
- **Have Personal Protective Equipment (PPE) such as masks** available and ensure the equipment is worn by school nurses and other staff caring for sick people at school.
- **Encourage early medical evaluation for sick students and staff** at higher risk of complications from flu. People at high risk of flu complications who get sick will benefit from early treatment with antiviral medicines.

--March 3, 2020