

Centralia City School District #135 Return to School Health Plan

The purpose of this policy is to outline health guidelines as they pertain to re-opening of Centralia School District #135 after the COVID-19 school closures. These guidelines are designed to ensure and promote the safety, health, and welfare of our community, in accordance with Illinois Department of Public Health (IDPH), Center for Disease Control and Prevention (CDC) and Illinois State Board of Education (ISBE) recommendations. Some components of this document may be altered to reflect current data and recommendations as new guidelines are posted.

Executive Order 2020-40, filed on June 4, 2020, allowed schools to reopen for in-person instruction in Phase 3. In-person instruction is strongly encouraged in Phase 4; however, it is critical to note that this does not signify a return to pre-pandemic operations. Appropriate social distancing, face coverings, enhanced sanitation measures, and other accommodations will be necessary to ensure the safety of students, staff, and their families. During Phase 4, IDPH guidelines:

- Require use of appropriate personal protective equipment (PPE), including face coverings;
- Prohibit more than 50 individuals from gathering in one space;
- Require social distancing be observed, as much as possible;
- Require that schools conduct symptom screenings and temperature checks or require that individuals self-certify that they are free of symptoms before entering school buildings; and,
- Require an increase in schoolwide cleaning and disinfection.

Centralia City Schools will continue to support and meet the needs of staff and students with acute and chronic health conditions to the highest extent possible for the 2020-2021 school year. In compliance with the Return to School Guidance and to promote the health and safety of students and staff, daily use of PPE, temperature and symptom monitoring, and social distancing measures will be required in all school buildings and school buses.

Masks/Face Coverings

Face masks will be provided, on a limited basis, to students and staff if needed. If face coverings are brought from home, they must adequately cover the mouth and nose and fit snugly to the face. All coverings must be school appropriate and should not be shared. The use of face shields will not be permitted as the Illinois Department of Public Health (IDPH) has determined that they are not effective in controlling the spread of infection and should only be used when face coverings are not appropriate. When face shields are necessary, in very limited situations, individuals should understand the heightened need for strict adherence to social

distancing. If a medical condition/underlying health concern prevents the use of face coverings, a physician's note will be necessary to excuse any individual from this requirement. If a physician has excused a student from the mask requirement, the student will then be required to wear a face shield while in the school buildings and on school buses; however social distancing must be strictly enforced. Face coverings with exhalation vents/valves will not be allowed. The CDC recommends the use of cloth face coverings. As is it unclear if the use of athletic coverings/neck warmers provide any benefit as source control, the CDC does not recommend them as a substitute for cloth face coverings.

Face coverings must be worn at all times by both students and staff:

- a. While in the school building
- b. When walking into or out of the building with other students (i.e.: before/after school)
- c. While riding the bus
- d. In public, anytime it is not possible to stay at least 6 feet away from other people.

Social Distancing/Preventative Actions

Social distancing, also called "physical distancing", pertains to keeping a safe space between yourself and other persons. Social Distancing in combination with everyday preventive actions is an effective way to prevent potential infections. Classroom spaces, break periods, and lunch areas will be altered to accommodate social distance between staff and students in all school buildings. Students and staff will be required to:

- a. Stay at least 6 feet (about two arms' length) from others in both indoor and outdoor spaces as much as possible. This includes classrooms, cafeterias, common areas, entrance/exit areas, and offices
- b. Refrain from physical contact with others
- c. Avoid touching surfaces touched by others to the extent feasible
- d. Refrain from sharing or borrowing items/supplies
- e. Wash hands frequently, especially after coughing, sneezing, or blowing nose
- f. Avoid touching eyes, nose, and mouth with unwashed hands
- g. Be alert for symptoms of illness

Temperature and Symptom Monitoring

Temperature and symptom screenings or self certification and verification for all staff, students, and visitors will be required before entering school buildings/bus transportation. Individuals who have a temperature greater than 100.4 degrees Fahrenheit/38 degrees Celsius or currently known symptoms of COVID-19, such as fever, cough, shortness of breath or difficulty breathing, chills, fatigue, muscle and body aches, headache, sore throat, new loss of taste or smell,

congestion or runny nose, nausea, vomiting, or diarrhea, may not enter buildings or board school buses. Individuals who exhibit symptoms should be referred to a medical provider for evaluation and/or treatment of illness.

Transportation

Parent drop off and pick up of students to and from school buildings or other alternate modes of transportation are highly encouraged. Students and Staff that use School Transportation/School Buses will not be permitted to board if presenting with fever or COVID-19 like symptoms. No more than 50 individuals may occupy a bus at one time and adherence to 6 foot social distancing will be required to the greatest extent possible. Face Coverings are required before boarding the School Bus and for the entirety of the ride. If weather permits, windows should remain open when buses are occupied. In the event that a bus driver/bus monitor becomes ill during his/her route, the transportation supervisor will be contacted immediately. In the event that a student becomes ill during the bus route, the student will be distanced from others in a designated area and immediately assisted to the school building's Isolation Area upon arrival and parent/guardian will be contacted for student pick up. All occupied buses will be cleaned and disinfected daily or between routes according to ISBE, IDPH, and CDC current recommendations.

Centralia City School District #135

Return to School Health Plan

Illness and Absence Guidelines

Students, faculty and staff will be required to stay home if they are sick. If an individual presents to school with COVID-19 like symptoms, they will be assisted to an isolated area outside of the classroom and sent home until return to school criteria is met. Parents, guardians, or other authorized individuals should pick up ill students within a reasonable amount of time; students will not be allowed to utilize the school bus or public transportation for the return to home. Per IDPH-ISBE guidelines, all students, staff and visitors will undergo symptom and temperature screening prior to entering the building and before boarding school buses.

Parents are required to report all symptoms to the Attendance Office/Health Office staff if calling to report an absence related to an acute illness. This is necessary for illness tracking as required by IDPH.

Symptoms Requiring Absence

If presenting with COVID-19 like symptoms (fever, cough, shortness of breath, sore throat, loss of taste/smell, headache, and fatigue) or exposure to COVID-19, the individual will be required to stay home or will be sent home if becoming symptomatic while in school attendance.

Fever typically constitutes 100.4 degrees or higher. However, in light of recent events, a temperature above 99.5 degrees Fahrenheit with symptoms likely indicates an acute illness, and the individual will be sent home. Symptoms can include:

- Sore Throat or Visibly Swollen Glands
- Consistent Cough
- Active Vomiting or Diarrhea
- Shortness of Breath
- Fatigue
- Muscle or Body Aches
- Headache
- New Loss of Taste or Smell
- Congestion or Runny

Exposure to COVID-19

Individuals must let the School Nurse or building administrator know if they have been in close contact with someone who tested positive for COVID-19. Positive exposure cases will be handled on an individual basis in conjunction with the local Health Department.

****Per CDC guidelines, close contact is defined as being within 6 feet of an individual who has tested positive for COVID-19 for fifteen minutes or longer (< 6 feet for ≥15 minutes)****

Return to School Criteria

Medical evaluation and COVID-19 diagnostic testing is strongly recommended for all persons with COVID-like symptoms. Siblings and other household members of students and/or staff sent home with COVID-19 like symptoms will be required to return home as well until the affected student meets return to school criteria.

1. *Returning after absence related to COVID-19 like symptoms: (Per IDPH and Centers for Disease Control (CDC) guidelines):*

- At least 24 hours have passed with no fever, without use of fever reducing medications, and improvement of symptoms.

AND

- At least 10 days have passed since symptoms first appeared.

OR

- Physician documentation of alternative diagnosis

AND

- Proof of negative COVID-19 test results

2. *Returning after positive COVID-19 test:*

- Local Health Department recommendations will be followed and proof of release from quarantine/isolation will be required

3. *Returning after Exposure to COVID-19 (close contact)*

- 14 days have passed since the date of exposure, with no onset of symptoms (length of time during which symptoms will appear).
- If the exposure was from a member of your household, an additional 14 days have passed since the positive person was released from quarantine.

4. *Other symptoms/non-COVID illness:*

- At least 24 hours have passed with no fever, without use of fever reducing medications
- After 24 hours on antibiotics
- After 24 hours since last episode of vomiting or diarrhea
- With doctor's note of clearance

Some communicable diseases will have specific return to school criteria to meet according to school health policies