

How to Plan for a Healthy Winter Season

With Katharine Vital, Lead Nurse & Kellie Fitzgerald, Program Nurse

Agenda Items

- Staying on Top of Protocols in the Classroom
- Protocol Reminders- Illness Guidelines
- Cold and Flu Season
- Thanksgiving, Holiday Travel and Testing
- Indoor Gatherings, How to Stay Safe
- Students without Masks, Safety Guidelines, Mask Break Protocols
- Teachers, Therapists and Planning for Remote Learning

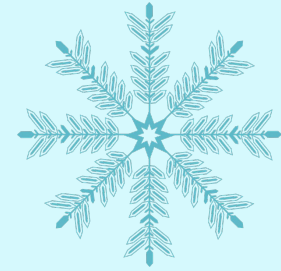


Protocols in the Classroom



We are in the swing of things (*pat yourselves on the back, seriously!*)...but we **cannot** become complacent with our classroom protocols!

Remember to:

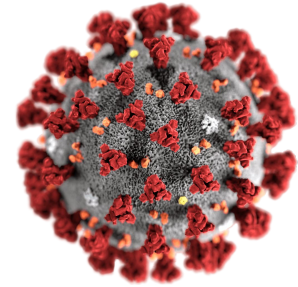


- **Wash Your Hands** (coming and going from all classrooms)
- Follow all [CASE PPE Guidance](#) ([cleaning time](#), sequences, *take your time during changes!*)
- Follow [Cleaning Protocols](#)
- [Distance](#) between students and staff (especially staff when students are not in the rooms)

Protocol Reminders: Employee Health

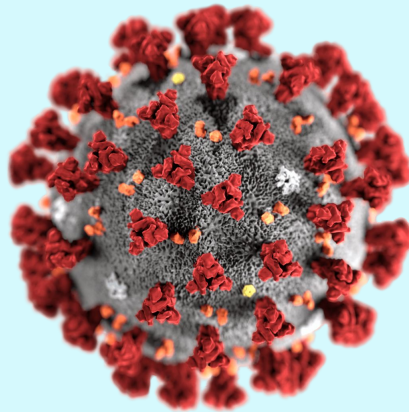
If you have any of the symptoms below you should be tested for COVID-19 and contact your PCP prior to returning to work/school.

- Fever (100.0° Fahrenheit or higher), chills, or shaking chills
- Cough (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Headache when in combination with other symptoms
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms



COVID-19 Testing Sites

List of [available testing sites.](#)



Protocol Reminders: Employee Health



By physically coming into work, you are self certifying to your administrator that you:

- Have no flu-like symptoms, no signs of a fever (temperature above 100.0°, or symptoms described previously within the past 48 hours.
- Have not had “close contact” with an individual diagnosed with COVID-19 or exhibiting flu-like symptoms in the past 48 hours.
- Have not been asked to self-isolate or quarantine by a doctor or local public health official.
- Have been cleared by a medical professional to return to work if any COVID-19 symptoms were experienced.
- Employees who have traveled outside of Massachusetts may be required to isolate for 14 days before returning to work per Massachusetts Guidelines. This requirement is subject to change.

Protocol Reminders: Employee Illness

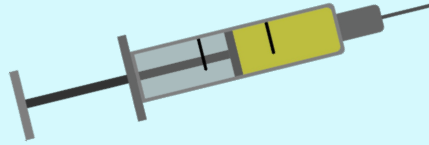


- ❑ Employees should not return to work until the criteria to discontinue home isolation are met, in consultation with healthcare providers and state and local health departments.
- ❑ Employees deemed to be a close contact with a COVID-19 positive individual must remain home for a 14 day quarantine (even with negative test results).
- ❑ With the permission of your program administrator, you may work remotely if you must be absent from in person learning due to illness or are awaiting test results.



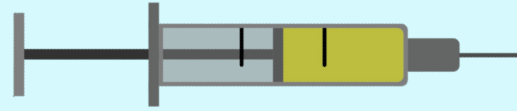
Cold and Flu Season

**Reminder to get
your flu shot
ASAP!**



“State public health officials...announced that influenza immunization will be required for all children 6 months of age or older who are attending Massachusetts child care, pre-school, kindergarten, K-12, and colleges and universities...Students will be expected to have received a flu vaccine by December 31, 2020 for the 2020-2021 influenza season, unless either a medical or religious exemption is provided” (Mass.gov, 2020)

Cold and Flu Season



Tips for Staying Healthy :

- Avoid close contact with people who are sick.
- While sick, limit contact with others as much as possible.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw it in the trash after you use it and wash your hands.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs that can cause respiratory illnesses like flu.
- For flu, CDC recommends that you (or your child) stay home for at least 24 hours after the fever is gone, without the use of fever-reducing medications, except to get medical care or for other necessities. The stay-at-home guidance for COVID-19 may be different.
- In the context of the COVID-19 pandemic, local governments or public health departments may recommend additional precautions be taken in your community. Follow those instructions.
- <https://www.cdc.gov/flu/pdf/freeresources/updated/everyday-preventive-actions-8.5x11.pdf>

Thanksgiving and Holiday Travel



Please do your research before traveling out of Massachusetts or accepting travelers from other communities or states **into your home**.

Some [communities in MA](#) have been labeled “**Red**” for high rates of COVID-19. Persons coming from these communities into your home **may pose a higher risk** of spreading COVID-19 to you and your family members, even though they are still in-state.

Out of state travel:

All visitors entering Massachusetts, including returning residents, who do not meet an exemption, are required to:

- Complete the [Massachusetts Travel Form](#) prior to arrival, unless you are visiting from a lower-risk state designated by the [Department of Public Health](#).
- Quarantine for 14 days or produce a negative COVID-19 (PCR) test result that has been administered up to 72-hours prior to your arrival in Massachusetts.

If your COVID-19 test result has not been received prior to arrival, visitors, and residents must quarantine until they receive a negative test result.

Thanksgiving and Holiday Travel




- You **do not need to quarantine** for 14 days if you took a test for COVID-19 and have received a negative result. The specimen for the test must have been collected no more than 72 hours before your arrival in Massachusetts, and the testing must be by a method approved by the [Massachusetts Department of Public Health](#). Upon request, you must be able to demonstrate proof of the negative test result.
- If you took a test prior to your arrival but **have not received** your negative result, you **MUST** quarantine until you receive the negative result. You may obtain a test at your own expense after your arrival in Massachusetts, but you **MUST** quarantine until you obtain a negative result. [Use the COVID-19 testing map to find a site near you.](#)
- Information about approved molecular tests can be found in the [Department of Public Health Guidance](#). A negative result from an antigen test (rapid test) **must be confirmed by a negative result from an FDA EUA-approved molecular (PCR) SARS-CoV2 test**, on a sample obtained 72 hours or less prior to arrival in Massachusetts. Serology (antibody) tests will not be accepted.


Thanksgiving and Holiday Travel Q&A




Does this apply to students arriving from other States or foreign countries to attend college or university or boarding school?

 **Yes.** The travel rule applies to all persons entering Massachusetts from any point of origin. A student who enters Massachusetts from any place not included on the list of COVID-19 lower-risk States must quarantine for 14 days if the student cannot provide proof of a negative test result that meets the standards of the 72-hour test rule.

I am a MA resident returning home after traveling to a state that is not considered lower risk. I have proof of a negative test result taken before my out-of-state travel, I was out of state only for 48 hours, I am returning within 72 hours of the time the sample was taken. Can I use my negative test results taken before I left to satisfy the 72-hour testing rule and avoid quarantine?

 **No,** you must quarantine or obtain a new test upon return, unless you meet another exemption.

Do I need to notify CASE Administration if I am planning to travel to a state that is deemed high risk by the state of Massachusetts?

 **Yes,** if you are planning to travel outside of the state and will need to obtain a negative test result upon your return, you **MAY NOT** come back to work until you receive that test result. This may mean you will need to be absent from in person learning. Please contact your program administrator immediately to discuss the details of returning to work.

Testing Basics

	MOLECULAR TEST	ANTIGEN TEST	ANTIBODY TEST
Also known as...	Diagnostic test, viral test, molecular test, nucleic acid amplification test (NAAT), RT-PCR test, LAMP test	Rapid diagnostic test (Some molecular tests are also rapid tests.)	Serological test, serology, blood test, serology test
How the sample is taken...	Nasal or throat swab (most tests) Saliva (a few tests)	Nasal or throat swab	Finger stick or blood draw
How long it takes to get results...	Same day (some locations) or up to a week	One hour or less	Same day (many locations) or 1-3 days
Is another test needed...	This test is typically highly accurate and usually does not need to be repeated.	Positive results are usually highly accurate but negative results may need to be confirmed with a molecular test.	Sometimes a second antibody test is needed for accurate results.
What it shows...	Diagnoses active coronavirus infection	Diagnoses active coronavirus infection	Shows if you've been infected by coronavirus in the past
What it can't do...	Show if you ever had COVID-19 or were infected with the coronavirus in the past	Definitively rule out active coronavirus infection. Antigen tests are more likely to miss an active coronavirus infection compared to molecular tests. Your health care provider may order a molecular test if your antigen test shows a negative result but you have symptoms of COVID-19.	Diagnose active coronavirus infection at the time of the test or show that you do not have COVID-19

Indoor Gatherings and How to Stay Safe



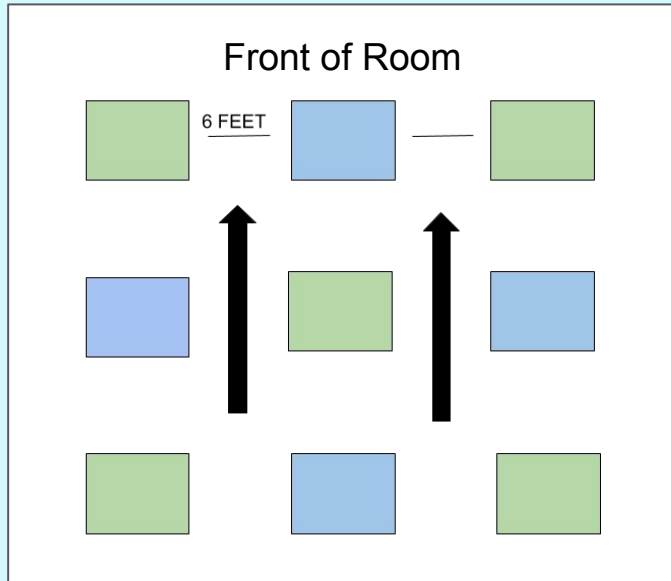
- Prior to gatherings, all persons should ideally be quarantined for 14 days or tested for COVID-19. Keep in mind a negative test result only means you are negative at **that point in time**.
- Gatherings should ideally take place outdoors. If that is not an option, windows and doors should be kept open to ensure adequate air flow
- Everyone should wear masks and remain 6 feet apart.
- Eating should be done 6 feet apart.
- Food (if served) should be individually packaged or served by one person wearing PPE (mask and gloves), NOT served buffet style.
- Wash your hands as often as you can (arriving, before and after eating and drinking, before you leave) and have hand sanitizer readily available
- Clean and sanitize high touch surfaces often with proper cleaning supplies. Always follow manufacturer guidelines for COVID-19 disinfection.

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-coronavirus-covid-19>

Students Without Masks

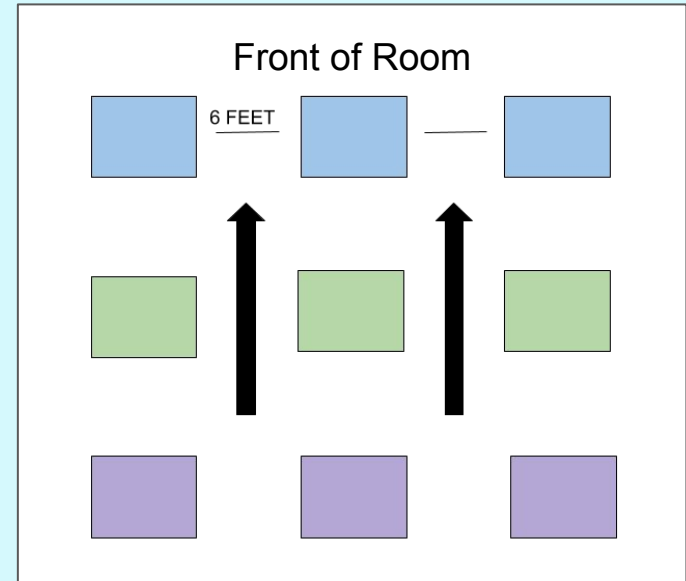


- We will be indoors more as the weather gets colder
- [Mask breaks](#) and eating should be extremely structured and be limited.

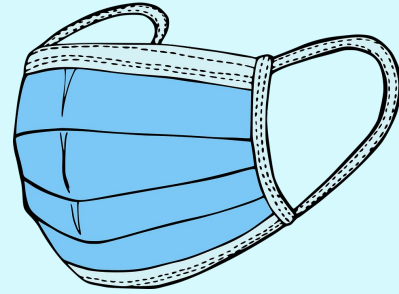


*Examples of tiered
mask/ snack breaks
for students in
classroom by
groups*

*All student should be
facing the same direction
and be at a minimum 6
feet apart*



Mask Break Guidelines



- *Students and staff must be separated at a 6ft distance during mask breaks.*
- Mask breaks should ideally occur outside whenever possible.
- Students should place their mask on a clean paper towel (inside facing up) when taking mask breaks.
- Staff taking a mask break should ideally use a separate area from the classroom and ideally be located outside whenever possible.
 - (Please follow host school guidelines regarding mask breaks as well)
- When mask breaks occur indoors, open exterior windows if possible and enhanced cleaning should occur in designated areas.

Teachers, Therapists, and Remote Learning



- In the unlikely event that schools will be closed or certain classrooms need to quarantine, therapists and teachers should be prepared with **a remote learning schedule and materials for 14 days (2 weeks of school)**. (*This is different than the snow bags*)
 - *See sample remote learning schedule provided on the next slide (A)*
- In the event that a Therapist needs to quarantine, their therapies will be provided via zoom/ google meet during the student's *scheduled in person therapy time*.
 - It is suggested that therapists keep a collection of activities that are “remote friendly”
 - It is suggested that a Classroom Google Site is utilized to optimize remote learning for families.
 - *See sample google site provided on next slide (B)*

Example of Remote Schedule (Slide A)

Master Remote Synchronous Schedule- Full Remote Times Only

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30	<p>8:30-9:00- NS- OT- Amanda & Shenae (host): https://us04web.zoom.us/j/75000679363?pwd=MVFqYk84S1BQdVp4Y0F2SzVaTHVHZz09</p> <hr/> <p>8:30-9:00- ML- Functional Academics- Ashley (host) & Olivia: https://us04web.zoom.us/j/72101263160?pwd=MzQzeWxTN3M4OFBzOWI0RVVzNkRlUT09</p>	<p>8:30-9:00- AS- PT- Laura & Shenae (host) NO SESSIONS 11/3</p>		<p>8:30-9:00- RO-Functional Academics- Ashley (host) & Sarah: https://us04web.zoom.us/j/77409079838?pwd=SEN0VlVxVUdEtcCOHR5djlVNDNDZz09</p>	<p>8:30-9:00- ML- Functional Academics- Ashley (host) & Shenae: https://us04web.zoom.us/j/75623009341?pwd=TTZnbEzwcWV5oQzFz094ZllyMi9lUT09</p>
9:00	<p>9:00-9:30- RO-Functional Academics- Ashley (host) & Sarah: https://us04web.zoom.us/j/73583539184?pwd=a1R0ejllU1YzXQ5b3pQZjdTMIlYU09</p>	<p>9:00-9:30- NS Communication- Katelyn & Morgan (host) NO SESSIONS 11/3</p>	<p>9:00-9:30- NN- PT- Laura (host) & Shenae: https://us04web.zoom.us/j/75741302202?pwd=YUhgMmphWDJlQWw5nWmPrRlVWVoU1c4dz09</p> <hr/> <p>9:00-9:30- TP: Functional Academics- Ashley (host) & Olivia: https://us04web.zoom.us/j/3979353589?pwd=aExCOTBCCcGtGdjlhTGRY0JTRy8vUT09</p>	<p>9:00-9:30- ML- Deafblind- Ise (host) & Shenae: https://perkins-org.zoom.us/j/92218978329?pwd=N1JWdDdwSTZjbVnkVXZvMGZVMXpQZz09</p>	<p>9:00-9:30- AS- PT- Laura & Olivia (host): https://us04web.zoom.us/j/72173000682?pwd=MJ29kTm9zVEFDd3IeMEJmQlUvS3M1dz09</p> <hr/> <p>9:00-9:30 NS- Communication - Katelyn (host) & Morgan: https://us04web.zoom.us/j/73727681918?pwd=bmRwcW5zWFVfMHZncXJxbmRlVz09</p>
9:30	<p>9:30-10:00- Morning Meeting- Ashley (host) & Morgan: https://us04web.zoom.us/j/7246998508?pwd=RXJib2R0QUFANXRwYkdtTlMrRDBYZz09</p>	<p>9:30-10:00- RO- PT- Laura (host) & Olivia NO SESSIONS 11/3</p> <hr/> <p>9:30-10:00- ML- Communication - Katelyn (host) & Shenae NO SESSIONS 11/3</p> <hr/> <p>9:30-10:00- Morning Meeting- Ashley & Morgan: NO SESSIONS 11/3 https://us04web.zoom.us/j/7246998508?pwd=RXJib2R0QUFANXRwYkdtTlMrRDBYZz09</p>	<p>9:30-10:00- Morning Meeting- Ashley (host) & Sarah: https://us04web.zoom.us/j/7246998508?pwd=RXJib2R0QUFANXRwYkdtTlMrRDBYZz09</p> <hr/> <p>9:30-10:00- TS- PT Consult- Laura (host) & Morgan: https://us04web.zoom.us/j/78907837329?pwd=c0x5aVEvNVM1anhNQ2dUWVFPbzJlQ09</p>	<p>9:30-10:00- Morning Meeting- Ashley (host) & Morgan: https://us04web.zoom.us/j/7246998508?pwd=RXJib2R0QUFANXRwYkdtTlMrRDBYZz09</p>	<p>9:30-10:00- ML- Communication - Katelyn (host) & Shenae https://us04web.zoom.us/j/79881636158?pwd=aVNMWlkrT2NzWldHQtcxUHRaM2Q4UT09</p> <hr/> <p>9:30-10:00- Morning Meeting- Ashley & Sarah: https://us04web.zoom.us/j/7246998508?pwd=RXJib2R0QUFANXRwYkdtTlMrRDBYZz09</p>

Mrs. Wilson's Classroom

CASE

collaborative
"Nurturing and inspiring every child to learn and grow"



- Home
- Group Activity Zoom Links
- Individual Student Zoom Links
- For Parents
- Nurse's Page
- Weekly Remote Learning Activities
- Teacher Videos
- Story Time
- Music Therapy Recordings

Google Site Example (Slide B)

Home

Group Activity Zoom Links

Individual Student Zoom Links

For Parents

Nurse's Page

Weekly Remote Learning Activities

Teacher Videos

Story Time

Music Therapy Recordings

Therapist Tips

Fun Clips for All

Fun Apps to Download at Home

Group Activity Zoom Links

If you have trouble accessing any content on the site, please email kfitzgerald@casecollaborative.org for help at any time

[Back to Home Page](#)

Monday

Morning Meeting

9:30-10:00

<https://us04web.zoom.us/j/72469988508?pwd=RXJib2R0OUFaNXRwYkdRTlMrRDByZz09>

ADL Group

12:30-1:00

<https://us04web.zoom.us/j/74912593070?pwd=UnZBZzFfEVRjdlhWbWVhVjVlUWwncz09>

Tuesday

Morning Meeting

9:30-10:00

<https://us04web.zoom.us/j/72469988508?pwd=RXJib2R0OUFaNXRwYkdRTlMrRDByZz09>

Literacy Group

12:30-1:00

<https://us04web.zoom.us/j/72646079626?pwd=RWZONFdlZ9icm9lRWFrTmFqdHJlUT09>

Wednesday

Morning Meeting

What are Snow Bags?



- Snow bags are physical materials that get sent home to families for use during snow days and or power outage days.
- These should consist of 2-3 days worth of physical materials with an option for an electronic component should the student have power and wish to access materials that way.
- These “bags” should be sent home ASAP so families have access to them in advance of inclement weather.
- When your school building needs to be closed due to inclement weather and or power outage you will inform families it is a “snow bag” day and no other services will be provided.
- Consider making an informational packet/presentation and or video to explain the contents of the bag to families so they will be ready to use them when the time comes.

Exit Ticket



All CASE employees must fill out the exit ticket certifying that you have read through and listened to this presentation.

The link to the google form to certify completion can be found here:

<https://forms.gle/fFbBUD6UCf9vkz4h6>

Thank you for your time and attention!