School and Childcare Teachers and Administrators COVID-19 Toolkit:
Version 05-14-2021

- Toolkit Revisions
- Kent County Health Department Statement About Masks
- Kent County Health Department Statement About Contact Tracing
- Definitions
- Types of Masks
- Cloth Face Coverings Help Prevent the Spread of COVID-19
- Tips for Helping Children Wear Masks
- CONSEJOS PARA AYUDAR A LOS ESTUDIANTES A USAR MASCARILLAS
- School Health Screening Options
  - Daily Paper Screener for Schools Template
- COVID-19 Contact Tracing Spreadsheet for Schools
  - Contact Tracing in the School Setting
- Contact Tracing Flowchart
- Guidance from the CDC regarding the need to quarantine following vaccination
- Guidance from the CDC regarding the need to quarantine following testing positive for COVID-19
- Vaccinated Close Contact Protocol
- Contact Tracing in the School Setting Tutorial Video Script
- Who could be a close contact?
- K-12 COVID-19 Symptom and Testing Protocol
- What to Do After Receiving Your COVID-19 Test Results
- Isolation/Quarantine Timeline
- Mental Health Resources for Schools
- Guidance for Band Programs at Education Institutions During COVID-19
- School Drinking Water Guidance and Resources
- How mRNA vaccines work
- Frequently Asked Questions
## Toolkit Revisions

*This toolkit is a fluid document based on the most current information available. This document is subject to change and will be updated weekly to reflect revisions.*

<table>
<thead>
<tr>
<th>Change Number</th>
<th>Description of the change and/or affected section of Toolkit</th>
<th>Page Title of Update</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>0001</td>
<td>Updated recommendation for quarantine after new exposure to COVID-19 positive case.</td>
<td>FAQs: Q18, Q19</td>
<td>07/21/2020</td>
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<tr>
<td>0002</td>
<td>Updated language related to contact tracer discretion to define close contacts.</td>
<td>Contact Tracing in the School Setting; School Scenarios with Action Steps; FAQs: Q7, Q8</td>
<td>07/21/2020</td>
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<tr>
<td>0003</td>
<td>Updated recommendations for isolation criteria in household setting.</td>
<td>School Scenarios with Action Steps; Isolation/Quarantine Timeline; FAQs: Q3, Q5</td>
<td>07/21/2020</td>
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<tr>
<td>0004</td>
<td>Updated isolation requirements in school, daycare, or work settings.</td>
<td>FAQs: Q2, Q13</td>
<td>07/21/2020</td>
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<tr>
<td>0005</td>
<td>Updated wording of answer to reflect student experiencing symptoms, but tests negative for COVID-19, can return after 24 hours symptom-free.</td>
<td>FAQs: Q10</td>
<td>07/22/2020</td>
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<tr>
<td>0006</td>
<td>Added “Returning to School After Receiving Your COVID-19 Test Results” Flowchart</td>
<td>New page added: Returning to School After Receiving Your COVID-19 Test Results Flowchart</td>
<td>7/29/2020</td>
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<tr>
<td>0007</td>
<td>Added FAQs</td>
<td>Added FAQs: Q23-27</td>
<td>7/30/2020</td>
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<td>0008</td>
<td>Updated Contact Tracing in School Setting Flowchart steps</td>
<td>Contact Tracing in School Setting Flowchart</td>
<td>7/30/2020</td>
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<tr>
<td>0008</td>
<td>Updated language in Recommended Scripts for School Community to reflect Health Department vs. School Role for contact tracing</td>
<td>Recommended Scripts for School Community</td>
<td>7/30/2020</td>
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<tr>
<td>0009</td>
<td>Added “Types of Masks” page and clear face mask vs. face shield clarification</td>
<td>Types of Masks</td>
<td>08/05/2020</td>
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<tr>
<td>0010</td>
<td>Added “School Health Screening Assessment Options” and related information</td>
<td>School Health Screening Assessment Options</td>
<td>08/05/2020</td>
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<td>0011</td>
<td>Added “Who might be a close contact?” page</td>
<td>Who might be a close contact?</td>
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<td>0012</td>
<td>Added Kent ISD and State of Michigan Mental Health Resources for Schools</td>
<td>Kent ISD and State of Michigan Mental Health Resources for Schools</td>
<td>08/12/2020</td>
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<td>0013</td>
<td>Added “Contact Tracing Spreadsheet for Schools”</td>
<td>Contact Tracing Spreadsheet for Schools</td>
<td>08/13/2020</td>
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<td>0014</td>
<td>Added “Considerations for Music Education”</td>
<td>Considerations for Music Education</td>
<td>08/13/2020</td>
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<td>0015</td>
<td>Added “Algorithm for Distinguishing COVID Symptoms”</td>
<td>Algorithm for Distinguishing COVID Symptoms</td>
<td>08/20/2020</td>
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<tr>
<td>0016</td>
<td>Added further clarification about screening tools</td>
<td>School Health Screening Assessment Options</td>
<td>08/20/2020</td>
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<td>0017</td>
<td>Added “Tips for Helping Children Wear Masks”</td>
<td>Tips for Helping Children Wear Masks</td>
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<td>Page</td>
<td>Action</td>
<td>Document/Link</td>
<td>Revised/Added</td>
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<tr>
<td>0018</td>
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<td>“Algorithm for Distinguishing COVID Symptoms”</td>
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<td>0021</td>
<td>Added</td>
<td>clarification about masks with holes or that are made of mesh.</td>
<td>Types of Masks</td>
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<td>0022</td>
<td>Added</td>
<td>Mental Health Technology Transfer Center Network website</td>
<td>Mental Health Resources for Schools</td>
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<td>0023</td>
<td>Revised</td>
<td>“Considerations for Music Education”</td>
<td>Considerations for Music Education</td>
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<td>0024</td>
<td>Added</td>
<td>letter about students remaining at home while awaiting COVID-19 test</td>
<td>Kent County Health Department header</td>
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<tr>
<td>0026</td>
<td>Added</td>
<td>FAQ</td>
<td>FAQ: 33</td>
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<tr>
<td>0027</td>
<td>Added</td>
<td>a link to a visual guide for face masks under “Resources.”</td>
<td>Types of Masks</td>
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<tr>
<td>0028</td>
<td>Added</td>
<td>additional resources for individuals with autism to wear a mask.</td>
<td>Tips for Helping Students Wear Masks</td>
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<tr>
<td>0029</td>
<td>Added</td>
<td>FAQ</td>
<td>FAQs: 34</td>
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<tr>
<td>0031</td>
<td>See</td>
<td>bolded and underlined section for music class guidance</td>
<td>Considerations for Music Education</td>
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<td>0032</td>
<td>Revised</td>
<td>FAQ 26 due to EO 2020-185</td>
<td>FAQs: 26</td>
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<tr>
<td>0033</td>
<td>Added</td>
<td>FAQs</td>
<td>FAQs 35, 36</td>
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<td>0034</td>
<td>Revised</td>
<td>screening symptoms to better match electronic screener language</td>
<td>Daily Paper Screener for Schools Template</td>
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<td>0035</td>
<td>Revised</td>
<td>FAQ 22</td>
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<td>0036</td>
<td>MDHHS Update</td>
<td>replace Considerations for Music Education</td>
<td>Guidance for Band Programs at Education Institutions During COVID-19</td>
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<td>0037</td>
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<td>FAQ to reflect Band Programs at Education Institutions update</td>
<td>FAQs: 31</td>
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<td>0038</td>
<td>Added</td>
<td>mental health resource link “Headspace”, free for Educators</td>
<td>Mental Health Resources for Schools</td>
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<td>0039</td>
<td>Added</td>
<td>Halloween Activity Guidance</td>
<td>CDC Halloween Activity Guidance</td>
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<td>0040</td>
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<td>FAQ</td>
<td>FAQs: 37</td>
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<td>Added FAQ</td>
<td>FAQs: 38</td>
<td>11/12/2020</td>
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<td>Revised 14-day quarantine to 10-day quarantine</td>
<td>All corresponding scenarios in this document have been updated.</td>
<td>12/03/2020</td>
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<tr>
<td>Added how mRNA vaccines work</td>
<td>How mRNA vaccines work</td>
<td>12/17/2020</td>
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<tr>
<td>Added Spanish translation for Tips for Helping Students Wear masks document.</td>
<td>CONSEJOS PARA AYUDAR A LOS ESTUDIANTES A USAR MASCARILLAS</td>
<td>01/14/2021</td>
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<td>Added quarantine exemption for vaccinated persons throughout document.</td>
<td>All corresponding scenarios in this document have been updated.</td>
<td>02/11/2021</td>
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<td>Added questions related to quarantine exemption for vaccinated close contacts.</td>
<td>Close Contacts in the School Setting</td>
<td>02/11/2021</td>
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<td>Added Vaccinated Close Contacts Protocol</td>
<td>School identifies close contacts to a positive case.</td>
<td>02/18/2021</td>
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<tr>
<td>Added physical distancing variation for K-8th grade students (3 feet) throughout document.</td>
<td>All corresponding scenarios in this document have been updated.</td>
<td>02/18/2021</td>
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<td>Added Guidance from the CDC regarding the need to quarantine following vaccination And the need to quarantine following testing positive for COVID-19</td>
<td>Guidance from the CDC regarding the need to quarantine following vaccination</td>
<td>02/18/2020</td>
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<tr>
<td>Added FAQs</td>
<td>FAQs: 39, 40, 41</td>
<td>02/24/2021</td>
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<tr>
<td>Added FAQ</td>
<td>FAQ: 42</td>
<td>03/12/2021</td>
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<tr>
<td>Close contact for K-8th students definition changed</td>
<td>Definitions</td>
<td>03/12/2021</td>
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<td>Vaccination Guidance updated throughout document.</td>
<td>All corresponding scenarios in this document have been updated.</td>
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<tr>
<td>Quarantine changed from 10 days to 14 days</td>
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<td>04/08/2021</td>
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<tr>
<td>Quarantine changed from 14 days to 10 days</td>
<td>All corresponding scenarios in this document have been updated.</td>
<td>04/29/2021</td>
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<tr>
<td>Schools may allow students to attend school during their quarantine as long as they are a) not a part of an outbreak in the school setting and b) not considered a household contact.</td>
<td>All corresponding scenarios in this document have been updated.</td>
<td>05/14/2021</td>
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</table>
August 6, 2020

The current science on COVID-19 confirms that the primary way that COVID-19 spreads is through respiratory droplets. Two effective ways to reduce the spread of the virus are masks and social distancing. Based on this science, the Kent County Health Department confirms the following to be true regarding mask use in Kent County schools:

- The Centers for Disease Control (CDC) has confirmed that masks worn over the mouth and nose reduce the quantity of and distance the droplets containing the virus travel. This reduces the potential spread of the virus. ¹
- The CDC has confirmed that social distancing of a minimum of 6 feet is effective to reduce the potential spread of the virus.
- Science confirms that children of all ages can spread the virus.
- Young children often cannot or do not practice social distancing.
- The State of Michigan’s MI Safe Schools Return to School Roadmap, published on June 30, 2020, requires school students and personnel to wear masks when on a bus, in hallways and common areas, except when eating or drinking. ² This document also requires students 6th -12th grade to wear a mask in the classroom.
- The Governor’s executive order, (EO 2020-153) requires everyone age 5 and older to wear a mask in public. ³ This requirement reflects the best public health science and should be followed broadly.

Whenever they are in school or being transported to and from school all students and school personnel should wear masks to reduce the spread of the virus, unless they are eating or drinking, or are outside in open air and socially distanced from others. If a child cannot wear a mask for medical reasons the parent should consider an alternative to face-to-face education, such as virtual education, to protect their child and others.

Adam London, Ph.D.
Administrative Health Officer

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¹ https://www.cdc.gov/media/releases/2020/p0714-americans-to-wear-masks.html
² https://www.michigan.gov/whitmer/0,9309,7-387-90499_90705---,00.html (p. 22)
³ https://www.michigan.gov/whitmer/0,9309,7-387-90499_90705---,00.html
September 10, 2020

To School Administrators:

Contact tracing is an important tool utilized by Kent County Health Department (KCHD) to quickly identify those who should be quarantined due to exposure to COVID-19. KCHD has a well-trained team of investigators and contact tracers dedicated to contacting students and school personnel who should quarantine due to exposure and subsequent risk of infection of the Coronavirus; however, it is often impossible for these team members to reach the families prior to the following school day. For this reason, the Kent County Health Department is requesting that schools inform those who are identified as close contacts that they should not enter the school building or participate in school activities until they hear from the KCHD. It is the responsibility of the Kent County Health Department to alert students and staff of their need to quarantine, but it is the responsibility of the school to inform them of the requirement to remain out of school and to abstain from all school activities while awaiting the call from KCHD.

Thank you for working with Kent County Health Department to protect our schools from the spread of COVID-19.

Respectfully,

Adam London, Ph.D.
Administrative Health Officer
**Definitions**

**Coronavirus**: Coronavirus Disease (COVID-19) is an illness caused by a virus that can spread from person to person. The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.

**Contact Tracing**: A strategy for slowing the spread of disease in which public health workers communicate with infectious people to identify their contacts. They then follow up with those contacts to provide guidance on how to quarantine themselves and what to do if they develop symptoms of disease.

**Quarantine**: The practice of keeping someone who might have been exposed to COVID-19 away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine will be advised to stay home (usually for 10 days), separate themselves from others, monitor their health for at least 14 days, and follow directions from their state or local health department.

- Staff/students who have a proven COVID-19 positive test in the last 3 months do not have to quarantine again after a new exposure.
- If a person has been fully vaccinated, and it has been two weeks since their last dose, they are considered immune indefinitely and do not have to quarantine.
- Schools may allow students to attend school during their quarantine as long as they are a) not a part of an outbreak in the school setting and b) not considered a household contact.

**Isolation**: The practice of separating people infected with the virus (those who are sick with COVID-19 and those with no symptoms) from people who are not infected. People who are in isolation (usually for 10 days) must stay home until it’s safe for them to be around others. In the home, anyone sick or infected must separate themselves from others by staying in a specific “sick room” or area and using a separate bathroom (if available).

**Close Contact**: Generally, a close contact is a person who was within 6 feet of a person infected with COVID-19 for more than 15 minutes with or without a mask. In the school setting, school contact tracers may consider who was within 3 feet of a positive case.
# Types of Masks:

| Cloth Face Coverings                  | Cloth face coverings are masks made from material that are meant to cover your nose and mouth and to be secured under the chin and are not considered personal protective equipment (PPE). These are effective in reducing the spread of the virus. These should be cleaned daily with detergent and water.  
Bandanas do not provide the same level of protection as a cloth face mask but are better than not having any covering at all. They should be permitted when nothing else is available.  
Gaiters do not provide the same level of protection as a cloth face mask. The evaluation of their effectiveness is ongoing. If you wear a gaiter, it must have two layers or be folded to make it two layers.  
*There may be some instances when cloth face coverings are not feasible and adaptations to cloth face coverings may need to be considered.*  
In certain circumstances, a clear face covering that covers the nose and wraps securely around the face may be worn by certain people in the school setting. Some examples include:  
- Those who interact with students or staff who are deaf or hard of hearing  
- Teachers of young students learning to read  
- Teachers of students in English as a second language classes  
- Teachers of students with disabilities  
**Clear face coverings are not face shields.** CDC does **not** recommend use of face shields for everyday activities or as a substitute for masks because of a lack of evidence of their effectiveness for source control. |
| Surgical Masks                       | Surgical masks were originally intended to be worn by health professionals and are considered personal protective equipment. These are effective in reducing the spread of the virus. |
| N95 or N95 respirator                 | A N95 mask, also known as a respirator, filters particles that meet a certain standard for air filtration, meaning that it filters at least 95% of airborne particles. These are recommended only for use by healthcare personnel who need protection from both airborne and fluid hazards (e.g., splashes, sprays). |

### Additional Resources:
- Considerations for Wearing Masks
- Face Masks in Schools
- Adaptations to Face Masks Guidance
- How to Select, Wear, and Clean Your Mask
Cloth Face Coverings Prevent the Spread of COVID-19

BAD

GOOD

BETTER

Stay 6 feet away from others and wear a mask.

BEST

Stay 6 feet away from others and both wear a mask.
## TIPS FOR HELPING STUDENTS WEAR MASKS

<table>
<thead>
<tr>
<th>COMMUNICATE</th>
<th>PERSONALIZE IT</th>
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<tr>
<td>Knowing what to expect helps kids of all ages feel prepared and more at ease. Give kids time to get used to what’s new. Set expectations, give support, and answer their questions to help them feel comfortable.</td>
<td>Allow students to select their cloth face covering and/or material that is used to make it. Kids can decorate their masks to make it their own.</td>
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<table>
<thead>
<tr>
<th>PROVIDE OPTIONS</th>
<th>EXPLAIN WHY</th>
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<tbody>
<tr>
<td>For students with sensory concerns or tactile sensitivities, offer a variety of materials, prints, and textures, and allow them to choose which face covering is most comfortable.</td>
<td>Use simple words to explain why masks are important to our health and how they keep us safe from germs. Focus on the positive aspects of wearing them.</td>
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<table>
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<tr>
<th>TEACH ABOUT PROPER USE</th>
<th>MAKE MASKS COMFORTABLE</th>
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<tbody>
<tr>
<td>By talking to kids and showing them how to wear masks safely, they are more likely to properly wear them.</td>
<td>Find adaptations such as face mask extenders or ear savers that can make wearing a mask more comfortable.</td>
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<tr>
<th>PRACTICE AND PRAISE</th>
<th>MAKE IT FUN</th>
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<tbody>
<tr>
<td>As much as you can, give kids time to practice wearing their masks for longer periods of time so they are ready for school. Have your child practice putting on and taking off their masks by themselves. Use positive reinforcement to help encourage them.</td>
<td>For younger children, you can make it fun by putting a mask on their favorite stuffed animal. Play with your children while wearing masks and pretend you are superheroes or doctors.</td>
</tr>
</tbody>
</table>

If you need further assistance, seek services from specialists such as behavior analysts or behavioral psychologists.

### RESOURCES:
- [CDC How to Wear Masks](https://www.cdc.gov/mmwr/preview/mmwrhtml/mm6807a1.htm)
- [Social Stories for Young and Old](https://www.autism.com/articles/social-stories-youth.html)
- [Helping Individuals with Autism Wear Face Masks](https://www.autism.com/articles/helping-individuals-wear-face-masks.html)
- [Sesame Street Video](https://www.youtube.com/watch?v=dQw4w9WgXcQ)
- [American Lung Association: Steps You Can Take to Get Used to Wearing a Mask](https://www.lung.org/health-matters/health-topics/COVID-19/caregiving/understanding-face-masks.html)
- [Helping people with autism spectrum disorder manage masks and COVID-19 tests](https://www.autism.com/articles/helping-people-wear-face-masks.html)
# CONSEJOS PARA AYUDAR A LOS ESTUDIANTES A USAR MASCARILLAS

<table>
<thead>
<tr>
<th>COMUNICAR</th>
<th>PERSONALÍCENLAS</th>
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<tr>
<td>Saber qué esperar, ayuda a los niños de todas las edades a sentirse preparados y más cómodos. Dé a los niños tiempo para acostumbrarse a lo nuevo. Fije expectativas, ofrezca apoyo y responda las preguntas de los niños para ayudar a que se sientan cómodos.</td>
<td>Permita que los estudiantes elijan su cubierta facial de tela o el material que se usa para hacerla. Los niños pueden decorar sus mascarillas para hacerlas más suyas.</td>
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<table>
<thead>
<tr>
<th>OFREZCA Opciones</th>
<th>EXPLIQUE POR QUÉ</th>
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<tbody>
<tr>
<td>En caso de estudiantes con problemas sensoriales o sensibilidad táctil, ofrezca materiales, estampados y texturas diferentes y permitales elegir qué tapabocas les resulta más cómodo.</td>
<td>Use palabras sencillas para explicar por qué las mascarillas son importantes para nuestra salud y cómo nos protegen de los gérmenes. Concéntrese en los aspectos positivos de usarlos.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>ENSEÑE LA FORMA ADECUADA DE USARLAS</th>
<th>HAGA QUE LAS MASCARILLAS SEAN CóMODAS</th>
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<tbody>
<tr>
<td>Hablar con los niños y mostrarles cómo usar mascarillas en forma segura hará que sea más probable que las usen correctamente.</td>
<td>Busque maneras de adaptarlas, como usar extensores de mascarillas o protectores de orejas que hagan que sea más cómodo usar una mascarilla.</td>
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</table>

<table>
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<tr>
<th>PRÁCTICA Y ELOGIOS</th>
<th>HAGA QUE SEA DIVERTIDO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dé a los niños el mayor tiempo posible para practicar el uso de sus mascarillas durante períodos más prolongados, para que estén listos para usarlas en la escuela. Haga que su hijo practique cómo ponerse y quitarse la mascarilla él mismo. Use refuerzos positivos como ayuda para alentarlo.</td>
<td>En el caso de los niños más pequeños, puede hacer que sea más divertido usar la mascarilla si también le ponen una a su muñeco de peluche favorito. Juegue con sus hijos mientras usan mascarillas y simulen ser superhéroes o médicos.</td>
</tr>
</tbody>
</table>

Si necesita más ayuda, procure obtener servicios de especialistas tales como analistas de conducta o psicólogos conductuales.

**RECURSOS:**

- [CDC How to Wear Masks (CDC, Cómo usar mascarillas)](https://www.cdc.gov/stoners/Resources/Masks.html)
- [Social Stories for Young and Old (Historias sociales para jóvenes y viejos)](https://www.autism.com/social-stories/)
- [Helping Individuals with Autism Wear Face Masks (Cómo ayudar a personas autistas a usarmascarillas)](https://www.cdc.gov/stoners/Resources/Autism/Face_Masks.html)
- [Video de Sesame Street (Plaza Sésamo)](https://www.sesamestreet.org/videos)
- [American Lung Association (Asociación Americana del Pulmón): Steps You Can Take to Get Used to Wearing a Mask (Medidas que puede tomar para acostumbrarse a usar una mascarilla)](https://www.lung.org/covid19/protect-yourself/how-to-wear-masks.html)
- [Helping Individuals with Autism Wear Face Masks (Cómo ayudar a personas autistas a usarmascarillas)](https://www.cdc.gov/stoners/Resources/Autism/Face_Masks.html)
**School Health Screening Assessment Options**

For the health and safety of school communities, the Health Department requires school personnel and students to be screened for symptoms of COVID-19 before entering their school.

Schools may use any one of these options or have all three options available for their families. If none of these options meet the need of the school, they can seek a different tool and have it reviewed by the Health Department.

Schools that wish to take advantage of the Health Department’s Electronic Tool to assist with student/staff screening should reach out as soon as possible to Steve Lane at steve.lane@kentcountymi.gov.

---

### Types of Screenings

**1. Electronic Tool to Assist with Student/Staff Screening (Patient Education Genius) (PEG)**

- Before leaving for school, parents/guardians will receive a text and complete the virtual screening for their student(s) via an online portal.
- The information collected will be sent to the school, the District, and KCHD.
- HIPAA Compliance offered by KCHD.

<table>
<thead>
<tr>
<th>Who is responsible?</th>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent/Guardian</td>
<td>Free to Kent County schools provided by KCHD. This portal will provide customizable articles/messages for parents/students during the COVID-19 pandemic. Puts responsibility on parents/guardians to complete screening, reduces burden on schools. Allows many students to be screened all at once and faster entry into the building. Data is available to KCHD so Contact Tracing can be streamlined with the shared data. It also provides reporting capabilities to the school including who did or did not fill out the screening tool.</td>
<td>Technology may not be available to all families to participate in this screening. Parents/guardians may forget to screen before dropping student off at school or prior to them getting on the bus.</td>
</tr>
</tbody>
</table>
2. Paper Form Screening (See next page for template.)
- This type of screening would be completed at home and need to be brought to school.
- A parent/guardian will fill out a paper form and the student (depending on their age) will turn in the screening questionnaire.

<table>
<thead>
<tr>
<th>Who is responsible?</th>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent/Guardian</td>
<td>Allows for school to know student passed/fail screening in real time.</td>
<td>Student/staff will have arrived at the school in the building and may fail screening.</td>
</tr>
</tbody>
</table>

3. In-person Screening
- This screening would take place either outside the school building or in a room towards the front of the building to avoid sick students and staff from exposing others.
- Consent to screening is acquired through a paper form.

<table>
<thead>
<tr>
<th>Who is responsible?</th>
<th>Pros</th>
<th>Cons</th>
</tr>
</thead>
</table>
| School personnel    | Allows for screener to visually inspect staff/student for symptoms. | Student/staff will have arrived at the school in the building and may fail screening.  

Time consuming.  
Requires staff trainings and personal protective equipment and could possibly expose screener to COVID+ staff/students.  
Could lead to lines outside of the school due to many people being checked in all at once.  
The parent/guardian must provide consent for the school to take the child’s temperature. |

Some school districts prefer to have parents and staff sign a one-time agreement at the beginning of the school year stating that they will not send their child to school if they have certain symptoms. The Kent County Health Department acknowledges that this meets the requirement as stated in the Return to School Roadmap, page 24. Since this is not a robust prevention method, schools that utilize this as their screening protocol will need to be diligent to monitor for symptoms during the school day. Additionally, schools are encouraged to send periodic reminders to parents to maintain adherence to the in-home screening.
<table>
<thead>
<tr>
<th>Name of Child / Staff member:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Symptom Check</strong>: Does student/staff member have ANY one of the following symptoms listed below?</td>
<td></td>
</tr>
<tr>
<td>YES</td>
<td>NO, do not have any symptoms.</td>
</tr>
<tr>
<td>- Temperature 100.4 degrees Fahrenheit or higher <strong>OR</strong> feels warm to touch <strong>OR</strong> feels feverish or has chills []</td>
<td></td>
</tr>
<tr>
<td>- New cough or change in cough for a child who often has a cough []</td>
<td></td>
</tr>
<tr>
<td>- Shortness of breath []</td>
<td></td>
</tr>
<tr>
<td>- Loss of taste or smell []</td>
<td></td>
</tr>
<tr>
<td>- Sore throat []</td>
<td></td>
</tr>
<tr>
<td>- Body aches []</td>
<td></td>
</tr>
<tr>
<td>- Nausea or vomiting or diarrhea []</td>
<td></td>
</tr>
<tr>
<td>- Severe headache []</td>
<td></td>
</tr>
<tr>
<td>- Extreme Tiredness []</td>
<td></td>
</tr>
<tr>
<td>- Congestion/Runny nose []</td>
<td></td>
</tr>
<tr>
<td><strong>Pending Test Result Check</strong>: Is the student/staff member awaiting a pending COVID-19 test result?</td>
<td></td>
</tr>
<tr>
<td>YES</td>
<td>NO</td>
</tr>
<tr>
<td><strong>Close Contact Check</strong>: Has the student/staff member had close contact with a person who has been confirmed to have COVID-19?</td>
<td></td>
</tr>
<tr>
<td>YES</td>
<td>NO</td>
</tr>
</tbody>
</table>

If the student/staff member has answered YES to any of the questions above, the student/staff member cannot attend school today.
COVID-19 Contact Tracing Spreadsheet for Schools

The role of schools is to work with the Kent County Health Department and identify those who are close contacts within the school. Ideally within 24 hours of being notified, the school should complete the Contact Tracing Spreadsheet for Schools as thoroughly as possible. This spreadsheet is a fillable document. Once it is complete, the designated contact tracer from each school should complete the spreadsheet and send to COVIDSchools@kentcounty.onmicrosoft.com as an attachment.

For every new positive case, a new form should be filled out. Once the health department receives this document, the students or staff that are named on the document will be contacted and advised to quarantine. As of May 7, 2021, students may continue attending school during their quarantine as as long as they are a) not a part of an outbreak in the school setting and b) not considered a household contact.

Contact Tracing in the School Setting

Helpful questions to consider when identifying close contacts in the school setting:

• Who is the staff/student near (less than 3ft) throughout the day?
  o Who is the student near (less than 6ft) during activities such as choir or band class, lunch, physical education, or sports?
• Has there been adequate physical distancing in classrooms, breakrooms, and lunchrooms?
• Are there any others at the school that live with the staff/student, or carpool with them?
• Have any of the close contacts to the positive case been fully vaccinated?

Other considerations for schools when there is more than one positive case identified (to look for patterns/areas of concern):

• Did the school already know staff/student had been identified as a close/household contact of someone who was positive for COVID-19?
• Is there one location/classroom in the school that seems to be more affected?
• Is there something else in common with positive cases?
A student or school personnel tests positive for COVID-19.

School alerts Kent County Health Department (KCHD) about COVID-19 positive case. **Call 616-326-0060 to report.**

School interviews the COVID-19 positive person to identify close contacts within the school and completes the Contact Tracing Spreadsheet for Schools.

The KCHD begins contact tracing for related cases outside of the school community.

School reports close contacts by completing and submitting the COVID-19 Contact Tracing Spreadsheet for Schools form to the Kent County Health Department at COVIDSchools@kentcounty.onmicrosoft.com.

The KCHD alerts all identified close contacts of COVID-19 exposure who are in the school community and those not associated with the school.

All identified close contacts of the COVID-19 positive case will be advised to quarantine at home for 10 days from last positive day of exposure. Close contacts must also monitor for symptoms for at least 14 days.

Schools may allow students to attend school during their quarantine as long as they are a) not a part of an outbreak in the school setting and b) not considered a household contact.

- Staff/students who have a proven COVID-19 positive test in the last 3 months do not have to quarantine again after a new exposure.
- If a person has been fully vaccinated, and it has been two weeks since their last dose, they are considered immune indefinitely and do not have to quarantine.
Guidance from the CDC regarding the need to quarantine following vaccination:

Per the CDC guidance, if a person has been fully vaccinated against COVID-19 and two weeks has passed since their last dose, they are considered immune indefinitely. If they are identified as a close contact to a person who is COVID-19 positive, they do not have to quarantine. A more in depth explanation is attached, or can be found here: https://www.cdc.gov/vaccines/covid-19/info-by-product/clinical-considerations.html

How will this new guidance impact contact tracing reporting from the schools?

It is very likely that a staff person or teacher will meet the above criteria and therefore will not be required to quarantine if they are a close contact to a COVID-19 positive person. The schools will have two options regarding how to determine who meets the criteria:

- The school can communicate with the staff person that they have been identified as a close contact and then allow that person to self-report that they meet the exemption because of their vaccination status. Schools should then ask to see their vaccination cards to verify that is has been two weeks since their last dose.
- The school can maintain a list of their school personnel who have been vaccinated and the dates of their vaccines. Then if a person is a close contact and it has been two weeks since their last dose, they would not be reported as a close contact and would not have to quarantine.

When preparing the spreadsheet to submit to the Health Department, schools should not include the names of people who are exempt from the quarantine requirement due to vaccination status.

Guidance from the CDC regarding the need to quarantine following testing positive for COVID-19:

Per the CDC guidance, if a person has tested positive for COVID-19 they are considered immune for ninety days. If they are identified as a close contact to a person who is COVID-19 positive, they do not have to quarantine. A more in depth explanation is attached, or can be found here: https://www.cdc.gov/coronavirus/2019-ncov/hcp/duration-isolation.html https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/quarantine.html

How will this new guidance impact contact tracing reporting from the schools?

When preparing the spreadsheet to submit to the Health Department, schools should not include the names of people who are exempt from the quarantine requirement due to having tested positive within the last 90 days. (90 days from the onset of symptoms)
Contact Tracing in the School Setting Video Tutorial Script

Slide 1: Contact Tracing in the School Setting

Slide 2: This is a brief introduction on how schools can assist the Kent County Health Department (KCHD) in preventing the spread of COVID-19 in our community.

Slide 3: What happens when students or school staff test positive for COVID-19?

Slide 4: The school will alert the KCHD by calling the COVID-19 school phone line to report the positive case. Call 616-326-0060 to report.

Slide 5: The school will begin to interview either the person with COVID-19, parents, or guardians, and/or staff related to the case to identify close contacts within the context of the school.

Slide 6: Close contacts are students or staff in the school setting who were within 3 feet of a COVID positive person for 15 minutes or more.

School contact tracers should also consider who the student was near (within 6 feet) during activities such as choir or band class, physical education, lunch, or sports.

Slide 7: An exposure does not have to be 15 consecutive minutes. Multiple shorter exposures that add up to 15 minutes also qualify a person as a close contact.

Slide 8: Contact tracers should also consider the age of the students and whether they were able to maintain social distance. A person who has been coughed or sneezed on by a person who is COVID positive is also considered a close contact.

Slide 9: Contact tracers in the school should identify all people in the school who were close contacts with the person who was COVID positive starting from 48 hours prior to the onset of symptoms or from a positive test.

Slide 10: Some examples of close contacts in the school setting: Classmates, Lunchmates, Teammates, Playmates, Carpools, Riding the bus together

Any other gatherings with peers, such as in office spaces or bathrooms could lead to someone being a close contact.

Slide 11: The school will fill out the Contact Tracing Spreadsheet for Schools based on the information from the contact tracing interview. The form can be found on the KCHD website.

Slide 12: The school will submit the form as an attachment to the KCHD COVID School e-mail.

Slide 13: Students or staff who qualify as close contacts should be told by the school as soon as possible. Schools may allow students to attend school during their quarantine as long as they are a) not a part of an outbreak in the school setting and b) not considered a household contact.
Slide 14: There are some exemptions to having to quarantine related to vaccinations after an exposure to a positive case including:

- If a person has tested positive for COVID-19 they are considered immune for ninety days.
- If a person has been fully vaccinated, and it has been two weeks since their last dose, they are considered immune and are exempt of the requirement to quarantine indefinitely.

Slide 15: The KCHD will alert all identified close contacts of COVID-19 exposure as soon as possible, ideally within 24 hours of receiving the spreadsheet from the schools.

Slide 16: The school is responsible for ensuring that student or staff who are sick with COVID-19 do not attend school during their isolation period which will be a minimum of 10 days since the onset of their symptoms. This will help keep healthy students who attend school safe.

Slide 17: All identified close contacts of the person who is sick with COVID-19 will be advised to quarantine at home for 10 days from their last possible day of exposure and monitor for symptoms.

Slide 18: Those in quarantine will be advised to stay home. This includes staying home and not attending any in-person class time, extracurricular activities, or group projects after the school day.

Slide 19: Student or staff who need to isolate or quarantine will be informed by the Health Department when their isolation or quarantine period is complete. A negative COVID test is not required to return to school.

Slide 20: Thank you.

It may be hard to make decisions about who is a close contact in the school setting. If you are unsure about a certain situation, call the Health Department school line for assistance at 616-326-0060. Thank you for helping keep our community safe.
<table>
<thead>
<tr>
<th>Classmates</th>
<th>Lunch Mates</th>
<th>Play Mates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classmates who carpool, ride the bus together, or are in class within 3 feet of someone with COVID-19 for 15+ minutes or more.</td>
<td>When someone who eats lunch within 6 feet of someone with COVID-19 for 15+ minutes. This is a higher risk time as face coverings cannot be worn.</td>
<td>Playmates on the playground or in the gym within 3 feet of someone with COVID-19 for 15+ minutes.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Teammates</th>
<th>Opposing Teammates</th>
<th>Other Classmates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sports teammates within 6 feet of someone with COVID-19 for 15+ minutes.</td>
<td>Opposing teammates in sporting events that shared time on the field or court and were within 6 feet of someone with COVID-19 for 15+ minutes.</td>
<td>Any others that had interactions with someone who had COVID-19 lasting over 15 minutes in confined areas such as bathrooms, office room, where distancing of 3 feet is difficult.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Entire Classrooms</th>
<th>Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>If the contagious individual is a teacher and was frequently less than 3 feet from students while teaching, the entire class may need to quarantine.</td>
<td>Public health authorities may determine that distances other than 3 feet or less than 15 minutes can still result in high-risk exposures based on other considerations and circumstances in each case.</td>
</tr>
</tbody>
</table>

Any other person outside of the school community that had similar exposure to a contagious individual is considered a close contact.

Schools may allow students to attend school during their quarantine as long as they are not a) a part of an outbreak in the school setting and b) not considered a household contact.
# K-12 COVID-19 Symptom and Testing Protocol

**STUDENTS/STAFF with symptoms that are concerning for COVID-19**

STUDENT/STAFF screens positive for a concerning symptom on screener or develops concerning symptoms at school AND has no known exposure to someone with COVID-19 in the past 10 days.

<table>
<thead>
<tr>
<th>HEALTHCARE EVALUATION IS INDICATED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Household members should stay home until test results or healthcare evaluation results are back. School contacts may continue attending school.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>CLEAR ALTERNATIVE DIAGNOSIS (e.g. positive strep test, urinary infection)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can return to school after 24 hours of resolution of fever and improvement in symptoms with note from healthcare provider</td>
</tr>
<tr>
<td>Healthy household members may continue working, going to school, or childcare.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NO CLEAR ALTERNATIVE DIAGNOSIS</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COVID-19 TESTING INDICATED</strong></td>
</tr>
<tr>
<td>Student/staff stays home until results are back</td>
</tr>
<tr>
<td>Household members stay home until results are back. Schools contacts may continue attending school until results are back</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>NEGATIVE MOLECULAR/PCR TEST:</th>
<th>Stay home until fever free for 24 hours without using fever-reducing medicines, and symptoms improving.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy household members may continue working, going to school or childcare</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>POSITIVE TEST:</th>
<th>Isolate for at least 10 days, until fever free for 24 hours without using fever-reducing medicines, and symptoms improving. A negative test is NOT needed to return to school.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Household members must quarantine at home while the positive student is in isolation AND for 10 days after last exposure to student with COVID-19 or cleared by the health department. School contacts must quarantine.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TESTING NOT DONE:</th>
<th>Assume the student/staff is positive and isolate for at least 10 days, symptoms improving and fever free for 24 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>Household members must quarantine at home while the positive student is in isolation AND for 10 days from last exposure to student with COVID-19 or cleared by the health department. School contacts may continue attending school.</td>
<td></td>
</tr>
</tbody>
</table>

If student/staff has the following symptoms concerning for COVID-19, healthcare evaluation is needed:

Any **TWO** of the following:

- Fever (measured or subjective)
- Chills
- Headache
- Extreme Tiredness/Fatigue
- Sore Throat
- Congestion or Runny nose
- Body aches
- Nausea/vomiting or Diarrhea

**OR**

**ONE** of the following:

- New cough
- Loss of taste or smell
- Shortness of breath
STUDENTS/STAFF with symptoms that are NOT as concerning for COVID-19

STUDENT/STAFF has symptoms that are NOT as concerning for COVID-19 or has only ONE of the symptoms on the list below AND has no known exposure to someone with COVID-19 in the past 10 days:

HAS THE STUDENT/STAFF BEEN AROUND ANYONE WHO HAS BEEN SICK IN THE PAST 10 DAYS?

<table>
<thead>
<tr>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>COVID-19 testing <strong>recommended</strong></td>
<td>COVID-19 testing <strong>not necessary but recommended</strong></td>
</tr>
</tbody>
</table>

If testing is done, student/staff stays home until results are back. Healthy household members may continue working, going to school or childcare.

NEGATIVE TEST
Stay home until fever free for 24 hours and student/staff improving
Healthy household members may continue working, going to school or childcare

POSITIVE PCR TEST
Isolate for at least 10 days
A negative test is NOT needed to return to school
Household members must **quarantine** at home while the positive student is in isolation AND for 10 days after last exposure to student with COVID-19 or cleared by the health department. School contacts must quarantine for 10 days.

IF TESTING IS NOT DONE
Stay home until fever free for 24 hours and symptoms are improving.
*If symptoms do not improve in 2 days, contact a healthcare provider and have testing for COVID-19
Healthy household members may continue working, going to school or childcare
Students/Staff who have known exposure to a person with confirmed COVID-19

Stay home for 10 days after last exposure until cleared by the health department

Consider COVID-19 testing. Must complete 10 days of quarantine EVEN if test is negative

STUDENT/STAFF EXPOSED TO SOMEONE WITH COVID-19

IN THE HOUSEHOLD

Stay home while the family member is in isolation AND for 10 days after last exposure. Monitor for 14 days until after exposure.

All household members must also stay home while the family member is in isolation AND for 10 days after last exposure to household member with COVID-19

OUTSIDE OF THE HOUSEHOLD

and identified as a close contact by the health department

Stay home for 10 days after last exposure. Monitor for symptoms for 14 days after exposure

All household members, if they were NOT exposed to the person with confirmed COVID-19, may continue attending school as long as the person who was exposed remains healthy

COVID-19 TESTING INDICATED IF STUDENT/STAFF DEVELOPS SYMPTOMS DURING THE 10 DAYS AFTER EXPOSURE

If symptoms meet concerning criteria, isolation is required until test results are back

All household members and other close contacts must stay home until test results are back

If symptoms do not meet concerning criteria, testing is still indicated

All household members and close contacts may continue attending work, school, and childcare until test results are back

STUDENT/STAFF HAS NO SYMPTOMS BUT IS TESTED DURING 10 DAYS AFTER EXPOSURE

POSITIVE PCR TEST OR TEST NOT DONE

Isolate for 10 days

All household members and other close contacts must stay home in quarantine. They must be home while the positive person is in isolation AND 14 days after exposure to the person.

NEGATIVE TEST

Complete 14 days of quarantine

All household members and close contacts may continue attending work, school, and childcare

A negative COVID-19 test does not mean that someone who is a close contact can end quarantine early.
What to Do After Receiving Your COVID-19 Test Results

You have been tested for COVID-19 and received your test results.

### Negative Results
- **I am considered a close contact of someone with COVID-19.**
- If you are required to quarantine due to an exposure to a COVID-19 positive person, then negative test results **DO NOT** change the need to quarantine. Close contacts must quarantine for 10 days since last day of possible exposure.

### Positive Results
- **Do you have symptoms?**
  - 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

- **YES**
  - Stay home in isolation. You no longer need to isolate after 10 days from time of positive test result.
  - **If symptoms develop,** see box under **YES.**

- **NO**
  - **Stay home in isolation.** You no longer need to stay home after you are feeling better and have been fever-free for 24 hours.

The KCHD will call all those who test positive for contact tracing whether they have symptoms or not.

*If you receive inconclusive results, please consult with your medical provider.*

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If you test positive for COVID-19, consult with your regular medical provider for details about your specific case. Some students may not be able to return to school, sports, or other physical activities due to the severity of their COVID-19 infection.
Isolation and Quarantine Timeline

**STAY HOME**

A household member tests positive for COVID-19.

**ISOLATION PERIOD**

The sick household member must remain in isolation for 10 days since symptoms first appeared and 24 hours with no fever (without the use of fever-reducing medications) and other symptoms have improved.

People who live in the same household as the person who tested positive must quarantine at home.

**RETURN TO WORK, SCHOOL, DAYCARE**

Household member that tested positive can return to work, school, or daycare.

**QUARANTINE PERIOD**

Stay home 24/7 and monitor for symptoms for 10 days since last possible exposure. (The last possible exposure is when the sick family member’s isolation period ended.)

If the household members of the person who tested positive for COVID-19 do not develop symptoms, they can return to work, school, or daycare upon completing quarantine.

Household members cannot attend work, daycare, or school during the other household member’s isolation (10 days) and must continue their quarantine for 10 days after COVID-19 positive person’s isolation period is complete. If the quarantined household member DOES develop symptoms, they cannot return until 10 days since first symptoms appeared AND 24 hours being fever-free AND other symptoms have improved. Isolation and quarantine periods start over any time a new household member becomes sick with COVID-19.

Everyone should assume exposure to COVID-19 and monitor for symptoms. Call your doctor if symptoms develop.
### Mental Health Resources for Schools

#### Mental Health Screening Recommendation

**FREE Headspace Subscription for Educators**

- Hundreds of guided meditations on everything from stress and focus to the workplace.
- Sleepcasts, sleep sounds, and sleep music to help create the conditions for a better night’s rest.
- Inspiring videos, quick workouts, group meditations, and much more.

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#### Kent ISD MI Safe Schools Roadmap Mental & Social-Emotional Health Companion Document

This document was created by the Kent ISD mental health internal and external partners. It is intended to align to the MI Safe Schools Roadmap and gives guidance, recommendations, and resources for district re-entry planning. Throughout this document, items and activities in Phases 1-3 are strongly recommended while schools are closed for in-person instruction. Activities in Phase 4 are strongly recommended before schools reopen for hybrid or in-person instruction, and items in Phase 5 are recommended before school reopens for in-person instruction.

**Sections within document:**

- Classroom Community Building (Tier I)
- Mental Health Universal Screening
- Data Analysis and Student Referral Process
- Crisis Management Planning
- Professional Development
- Mental Health Universal Screening
- Community Wellness Resources
- Universal Support for Staff Wellness
- Additional Re-entry Research and Resources

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#### State of Michigan Mental Health Webpage and Support Documents

- **Best Practices In Universal Social, Emotional and Behavioral Screening, An Implementation Guide**
- **School Mental Health Screening Playbook**

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#### 31n Team Vendor Resources:

The state 31n team collaborated with each of the vendors to support your efforts to increase student mental health outcomes, and you can use your 31n funds to partner with them should you choose to do so. Note: 31n(12) funds can be used for costs associated with initiation and training on these resources, and 31n(6) funds can be used for the platform/service. Please see the attached summaries for information on each option. Let your 31n consultant know if you have any questions about any of these resources, or feel free to reach out to the vendors directly.

**Class Catalyst** is available for Tier 1 and offers virtual student check-in which could be a precursor for screening students who may need extra support.
**Trusst** is available for Tier 2 (or Tier 3) and is a text messaging platform for therapists and students to use for mental health service provision (could be helpful in areas where WIFI is limited or for students who need privacy to discuss mental health concerns when zoom or phone calls could be prohibitive).

**BH-Works** is a browser-based platform for universal screening, intake process management, referral, and care coordination, and much more.

### Macomb ISD mental health resources

**Other resources:**

- [Podcasts about crisis and re-entry by the clinical director of STARR commonwealth](#)
- [Planning for the next normal at school, Kaiser Permanente Ideas and Tools for working with Parents and Families, Collaborative for Academic, Social, and Emotional Learning (CASEL)](#)
- [Advancing Comprehensive School Mental Health Systems: Guidance from the Field, National Center for School Mental Health COVID-19, National Center for School Mental Health](#)
- [University of Maryland School of Medicine COVID-19: Family and Educator Resources, National Association of School Psychologists Coronavirus Disease 2019 Resources, National Association of School Nurses](#)
- [Responding to School Mental Health, Mental Health Technology Transfer Center Network](#)
Is it safe for my child(ren) to return to music class?
COVID-19 transmission risks are dependent on numerous factors. Factors can include the level of COVID-19 activity at the school or community and whether students are appropriately screened for illness. Risk is minimized when there have been no sick persons at the school and all students are appropriately screened for illness prior to entry.
The risk of exposure may be increased in any setting where people are in an enclosed space, especially if they are singing or playing wind instruments. However, there are some strategies which can decrease the risks of exposure. These strategies include social distancing, frequent hand washing or sanitizing with at least 60% alcohol hand rub and staying home when sick.

What measures can be done to promote health and safety in music classes?
● Students in music classes should always wear cloth face coverings and socially distance.
● Students should be placed facing the same direction with a distance of at least 6 x 6 feet between each child. Practices may need to be held remotely or broken into sections to achieve proper social distancing.
● All music stands, chairs, and other frequently touched surfaces should be disinfected between classes.
● Classes should be held outdoors whenever possible. If classes must be held indoors then occupancy should be decreased and spacing should be increased as much as possible (12 feet of spacing is better than 6 feet for example).

Is there specific guidance for band classes or other wind instrument practices/performances?
● Wind and brass instruments should not be shared between students. String instruments and percussive instruments (no mouth contact) may be shared if they are disinfected between students.
● Slit masks are permitted only while students are playing wind or brass instruments. When instruments are not being played, students should wear appropriate cloth face coverings.
● When possible, instruments should be fitted with bell covers consisting of a minimum of two layers of dense fabric. Bell covers should be made of a non-stretchy material with a MERV-13 rating (Minimum Efficiency Reporting Value).

What are some ways to improve ventilation for music classes that are being held indoors?
If indoor practice is unavoidable, ventilation should be improved in the following ways:
● Doors and windows should be opened unless this poses a safety or health risks (e.g. risk of falling or triggering asthma).
● Fans can be used to increase circulation by placing in or near windows and doors if they do not induce potentially contaminated airflow over students or staff. Strategic fan placement in exhaust mode can help draw fresh air into the room via open windows and doors without generating strong room air currents.
● Ensure that ventilation systems are functioning and maintain air quality for the room’s
occupancy level. Air filters can be inspected to ensure they are operating within service life and are properly fitted.

- Consider running the HVAC system at maximum outside airflow for 2 hours before and after the school is occupied. Portable high-efficiency particulate air (HEPA) fan/filtration systems may be used to enhance air cleaning.

**What precautions are necessary for students in choir or other vocal performance settings?**

- Vocal performances should be conducted with cloth face coverings on and the maximum possible distancing.
- Aerosol rates increase while singing and masks cannot contain 100% of aerosols projected from the mouth and nose. Six feet of distance is the minimum recommendation, and 12 feet is preferred when possible.
- Vocal performances are much safer outside, but if they must be conducted indoors, see some of the strategies above to maximize ventilation.

**What other health measures can be taken by my child(ren) to stay healthy?**

- Students should frequently wash or sanitize their hands and use good respiratory etiquette (cough into a tissue or elbow of sleeve).
- Students should partake in daily disinfection of their instrument and surroundings (i.e., music stand, chair).
- It is critical that face coverings are used the entire time during class. A face covering must fit securely around the mouth and nose.

**Should my child(ren) wear a face shield?**

Face shields do not offer the same level of protection as a cloth face covering. They may be worn in addition to cloth face coverings.

**How can instruments be made safer to play?**

All instruments should be thoroughly disinfected before and after use. Click here for a list of EPA approved disinfectants. Check with the instrument’s manufacturer to determine which disinfectants won’t tarnish or corrode the instrument.

- For wind instruments, bell covers should be used to prevent infectious air from escaping the instrument. They should be cleaned in accordance with the requirements for cloth face coverings. Even with bell covers, instrumental performances should be conducted outdoors whenever possible, with distancing of at least 6 feet. The covers should be made of instrument multilayer MERV 13 type material.
- Spit valves should be emptied away from others into an absorbent, disposable material that can be discarded. Hand hygiene is very important after disposing of this material.

**What if my child(ren) become sick?**

Immediately notify the school that your child(ren) has developed symptoms. Do not send the child(ren) back to school until your local health department or healthcare provider is consulted.
School Drinking Water Guidance and Resources

For Parents

For School Administrators and Managers

Flushing Guidance Memo to Schools During Executive Order 2020-35

Guidance on Flushing Your School Plumbing System Before Resuming Class:

Information concerning the risks of water stagnation and where to find more information to help maintain the quality of drinking water within your facilities.

For more guidance documents, lead testing information and videos, please visit, https://www.michigan.gov/egle/0,9429,7-135-3313_3675_3691-474608--.00.html
How mRNA vaccines work

Every virus is different. The virus that causes COVID-19 is called SARS-CoV-2.

Meet SARS-CoV-2

All viruses have a unique genetic code. Scientists take part of the SARS-CoV-2 virus’s code, called messenger RNA (mRNA), which tells our cells what to build, and coat them in a lipid so they can enter the body’s cell. This is injected into the patient.

CREATE

The mRNA tells the cells to make a specific part of the SARS-CoV-2 virus: the spike protein.

LEARN

The immune system then produces antibodies and activates T-cells to destroy the spike proteins.

PROTECT

If you are exposed to the virus in the future, your immune system will quickly recognize the spike protein and has the antibodies and T-cells ready to begin destroying the virus.

The Benefit of Getting Vaccinated

The virus that causes COVID-19 replicates quickly. Without the vaccine, your body has to identify the virus, learn how to fight it and carry out an immune response. In the meantime, the virus can replicate to a level beyond what your immune system can handle — which means you feel sick. With the vaccine, your body can more quickly identify the virus and skip straight to starting its immune response.

mRNA technology isn’t new.

mRNA vaccines are a product of decades of study on RNA therapies and treatment by medical scientists. mRNA therapies are being used to develop personalized cancer treatments, as well as vaccines for infectious diseases such as Zika virus. Researchers are also exploring whether mRNA treatments can be used as protein-replacement therapies for rare conditions such as the blood-clotting disorder haemophilia.
Frequently Asked Questions

1. What is the difference between isolation and quarantine?
Isolation is for people who are COVID positive. It separates people who are infected with the virus from people who are not infected. It usually lasts 10 days. 

Quarantine is for people who are well but are exposed to someone who is COVID positive. It keeps someone who might have been infected with the virus away from others. It lasts 10 days since the last possible exposure. Close contacts should also monitor for COVID-19-related symptoms for 14 days after an exposure. 

2. How long must a teacher or staff person be out of school if they test positive for COVID-19?
A teacher or staff person that tests positive for COVID-19 should isolate at home. The teacher or staff person may return to school after 24 hours with no fever and respiratory symptoms have improved (e.g. cough, shortness of breath) and at least 10 days have passed since symptoms first appeared. 

3. How long must a student, teacher or staff person be out of school if they have a family member in the same house as them that tests positive for COVID-19?
A student, teacher, or staff person that lives in the same house as someone who tests positive for COVID-19 must remain out of school the entire time the family member is in isolation (typically 10 days) plus 10 additional days of quarantine. The total time out of school would be at least 24 days. 

4. If a person tests positive but does not have symptoms, can they work from home?
Yes, if the school has a system in place for working from home this is encouraged. An employee with mild symptoms should be able to work from home as well.

5. If a teacher, staff member, or student has a household member that tests positive but does not have symptoms, can they come to work anyway and monitor for symptoms?
No, asymptomatic people who test positive can still spread the virus. School personnel or students that are considered close contacts to a COVID-19 positive household member must quarantine during the household member's isolation period and 10 days after the isolation period ends.
6. **Must we close a classroom if a person with COVID-19 attended class in that classroom? If so, for how long?**

Yes, the classroom should be closed, cleaned, and disinfected. It is recommended to close off the area for at least 24 hours and then clean the classroom. This allows any virus in the air to settle on surfaces. If that is not feasible, wait as long as possible and then clean and disinfect the classroom following CDC guidance.


7. **If a teacher or staff person was in a classroom full of children, and that teacher later finds out that they have COVID-19 while they were in the classroom, must all the class be quarantined, or only those children who were within 3 feet of the teacher for 15 minutes or more?**

Generally, the entire class will be advised to quarantine and monitor for COVID-19-related symptoms, especially among younger children.

It will be up to the discretion of the contact tracer to decide who is considered close contacts in a classroom setting. Contact tracers will consider age of students, length of exposure, social distancing, and other circumstances during time of exposure. Those who are identified as close contacts will be advised to quarantine (not leave the house unless necessary) for 10 days from last time of known exposure. Close contacts must monitor for symptoms for 14 days after an exposure.

Schools may allow students to attend school during their quarantine as long as they are a) not a part of an outbreak in the school setting and b) not considered a household contact.

8. **If the teacher was wearing a cloth mask in the classroom, and that teacher later finds out that they have COVID-19 while they were in the classroom, do the children still have to be quarantined?**

The fact that the teacher was wearing a mask does not change that close contacts will be advised to quarantine. However, as of May 7, 2021, schools may allow students to attend school during their quarantine as long as they are a) not a part of an outbreak in the school setting and b) not considered a household contact.

9. **Does a sibling of a child in quarantine have to be quarantined?**

No, if the sibling was not a direct contact of a person who tested positive for COVID-19, then they should monitor for symptoms and can continue attending school.

10. **If a student has an illness that is not COVID-19, like a cold, does that child still have to be out of school until they are 24 hours fever free?**

If the student is experiencing any COVID-19-related symptoms, they might have COVID-19 and they should not attend school. They should contact their regular medical provider and get tested for COVID-19.
If the student does not have COVID-19 but is still experiencing cold or flu-like symptoms, then they can return to school after they are feeling better and have been fever-free for 24 hours. [https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)

**11. Does the school have to inform the families of students when a child is excluded from school because of COVID-19, or does the Health Department do that?**

The school is responsible for doing contact tracing within the school setting. The Health Department will do the contact tracing outside of the school setting and advise all close contacts to quarantine.

**12. How many children must be sick with COVID-19 before a school closes?**

The Health Department will work closely with School Administration recognizing there are many factors to be considered when closing a school.

**13. Does a teacher, staff person, or student have to retest for COVID-19 after testing positive before they are allowed back to school?**

No, the teacher, staff person or student who tested positive can return to school after 24 hours with no fever and other symptoms have improved and 10 days have passed since symptoms first appeared.

The Health Department does not recommend a retest. Sometimes a person will continue to test positive even though they are no longer infectious.

**14. How can we know when a person is no longer infectious?**

The general timeline is 10 days since symptoms first appeared. If the person is asymptomatic, it is 10 days since they tested positive.

**15. If a student changes classes and is with many different students during the day rather than just one classroom of students, and that student tests positive, do all those students have to quarantine?**

It will be up to the discretion of the contact tracer to decide who is considered close contacts in a classroom setting. Contact tracers will consider age of students, length of exposure, social distancing, and other circumstances during time of exposure. Those who are identified as close contacts will be advised to quarantine (not leave the house unless necessary) for 10 days from last time of known exposure. Schools may allow students to attend school during their quarantine as long as they are a) not a part of an outbreak in the school setting and b) not considered a household contact.

**16. Should all students get tested for COVID-19 prior to starting school?**

No, the COVID-19 test only indicates the presence of the virus the moment the test is taken.
17. If a student, teacher, or other school personnel are told they are a close contact of a positive case, can they take a COVID-19 test, and if negative be released from quarantine?
No, a person can become COVID-19 positive any time during quarantine (the 10 days after the exposure). No number of COVID-19 negative tests exempt a person from quarantine.

Schools may allow students to attend school during their quarantine as long as they are not a) a part of an outbreak in the school setting and b) not considered a household contact.

18. Should students get an antibody test to prove that they have already had COVID-19 and thus do not need to quarantine if they are exposed again?
No, students do not need to get an antibody test. Students who have a proven COVID-19 positive test in the last 3 months do not have to quarantine again after a new exposure.

19. If a student or teacher already had a proven case of COVID-19 and then has an exposure in school, do they have to quarantine anyway?
No, students or teachers with proven cases of COVID-19 will not need to quarantine if the positive test was within the last 3 months of the new exposure.

Schools may allow students to attend school during their quarantine as long as they are not a) a part of an outbreak in the school setting and b) not considered a household contact.

20. Does the school have to tell families which child tested positive for COVID-19? Isn’t that a violation of HIPAA?
The identity of the child or school personnel should be protected as much as possible. Close contacts will be contacted by the Health Department and only given information related to their exposure. The name of the COVID-19 student or school personnel will be shared on a need to know basis only.

21. Will children who are at the highest risk for complications, such as children with severe respiratory problems, be required to stay out of the school classroom until this pandemic is over?
The decision to send a child to school or not will be made jointly by the parent and school with guidance from the child’s medical provider.

22. What if a staff member/student travels domestically or internationally?
There are no current restrictions for staff members or students who travel domestically or internationally. However, it would be advisable that anyone travelling to areas of the United States or the world that have high rates of COVID-19 consider a 10-day quarantine upon return. This is a link to a map which is updated regularly to show COVID hotspots around the world.

•COVID Risk Levels Dashboard, Brown School of Public Health
23. Are face shields acceptable alternatives to masks?
No, the CDC does not recommend the use of face shields as a substitute for clothing face coverings. However, a face shield that covers the eyes, nose and mouth can be worn in addition to a cloth mask if desired. Moreover, a face shield may be worn by younger children who are not required to wear a cloth face mask.

24. If a building is K-8 or 5-6, or otherwise serves students in grades PK-5 and 6 and higher, can the school choose to do strict cohorting and therefore not require facial coverings for student?
No.

25. Does the Governor’s Executive Order No. 2020-153 apply to schools?
No, schools are not considered public spaces.

26. How should masks be stored when they are not in use?
Due to EO No. 2020-185, masks are required for all students in grades kindergarten and up while in their classrooms.

27. What does the Health Department recommend for the cleaning of desks in between class periods?
As required in the Michigan 2020-21 Return to School Roadmap, student desks must be wiped down after each class period (page 27 of Michigan 2020-21 Return to School Roadmap). If the students are older (middle school and up) we recommend that the students themselves wipe down their desk using an EPA-approved agent and follow the labeled instructions. If the instructions do not require the use of gloves, then no gloves should be required. Each student can have one towel or wipe, do the wipe down, and throw the wipe or towel out on their way out of the room. With smaller children, an adult would have to rapidly do the cleaning in between classes.

28. Are there special considerations for center-based students regarding mask requirements?
Yes, the decision of whether a student at a center-based school will be required to wear a mask will be made by the students’ physician, family and school personnel.

29. What should bus drivers do if wearing a mask causes their glasses to fog up?
Bus drivers should wear a mask anytime a student is getting on or off the bus. Once the students are seated and the driver begins to drive the bus driver may lower the mask to prevent their glasses from becoming foggy. Bus drivers must not wear a face shield because it alters their ability to see. Bus companies should consider placing a plexiglass barrier between the driver and the students.
30. If children ride a bus together and one is found to be COVID positive will every child on the bus have to quarantine?
No, not necessarily. The KCHD recommends that students be given assigned seats on buses. Should a student become COVID positive, only the other students that sat close to this student would be advised to quarantine. The best way to know who is contact is through assigned seating. An additional safety measure is that students should be spread out on the bus as much as possible.

_Schools may allow students to attend school during their quarantine as long as they are not a) a part of an outbreak in the school setting and b) not considered a household contact._

31. What special precautions should be taken for music and band classes?
Special precautions should be taken including social distancing and smaller cohorts. See guidance provided in the toolkit.

32. What should siblings do when they have someone in their home that is symptomatic, has been tested, but the test results have not come back yet?
When there are students awaiting test results of their siblings, they should not attend school. If the test comes back negative, they can come back to school. If the test result for the sibling comes back positive, they have already started their required 10-day quarantine.

Despite changes in the requirement to quarantine, this remains true because they are household contacts.

33. If a person in quarantine begins to show symptoms that are concerning for COVID-19 should the other household members be quarantined while awaiting the sibling to be tested and receive test results?
Yes, since the person qualifies as a close contact and is now showing symptoms, they would be considered a probable positive. Therefore, the other siblings should quarantine. If test results are not positive, the siblings can return to school.

34. If a school-aged student is identified as a close contact by the Health Department, and is therefore advised to quarantine, will the school be notified?
Yes, the KCHD has a process in place to identify close contacts who are school-aged. The contact tracer asks the parent the name of the students’ school and we attempt to contact the school as soon as possible.

35. What guidance exists regarding mask exemption requests for children attending in-person school?
See guidance related to mask exemption requests from the CDC and AAP.
36. What are the most updated guidelines about athletic activities and sports?
The Michigan High School Athletic Association (MHSAA) is a reliable source for guidance about athletic activities. The following link specifically addresses face coverings and crowds/gathering sizes. The KCHD defers guidance about sports and athletics to MHSAA.

37. How far back must you look when identifying close contacts to a positive case?
A close contact in the school setting is anyone who was within 3 feet of an infected person for a total of 15 minutes or more. An infected person can spread COVID-19 starting from 48 hours (or 2 days) prior to getting tested or showing symptoms.

38. If a person has a test that demonstrates they have COVID-19 antibodies would they still be advised to quarantine if they are a close contact to an active case?
Yes, we don’t have sufficient information about antibody tests to tell us if the person with antibodies is truly immune.

39. If a person is fully vaccinated and then becomes a close contact of a person with COVID, do they still have to quarantine?
The CDC has declared that a person who is fully vaccinated and it has been two weeks since their last dose is considered immune indefinitely and do not have to quarantine if they become a close contact of someone who is COVID-19 positive. This immunity begins two weeks after the last dose.

40. After a person has gotten the vaccine, they sometimes feel sick. How do we know that they don’t have COVID? Should they isolate anyway?
Symptoms, such as fever, fatigue, headache, chills, joint pain, and muscle aches, often occur following COVID-19 vaccination and with COVID-19 infection or other infectious diseases (such as the flu).

Common post vaccine symptoms: Start within the first three days following vaccination. They go away within 1-2 days of onset. They usually mild to moderate and are worse in people over the age of 55.

Other symptoms, like cough, shortness of breath, runny nose, sore throat, or loss of taste or smell are not consistent with COVID-19 vaccination side effects, and instead may be symptoms of COVID-19 infection or other infectious diseases (such as the flu).

People who have symptoms consistent with the vaccine should remain at home until they feel better, then they can return to work. Please who have symptoms that are more concerning for COVID-19 should get tested and isolate until they get their test results back.

41. Do people have to continue to wear a mask after they have been fully vaccinated?
As of May 14, 2021, fully vaccinated people are not required to wear a mask indoors nor outdoors.
42. Do schools need to contact trace for a student/staff who develops concerning symptoms and has exposure to Covid-19 (in or outside the school setting) but is not getting tested?

Yes, if a student or staff member has a known exposure to a positive person and develops concerning symptoms of Covid-19, but reports that he/she is not getting tested for Covid-19, then the school should consider the student/staff a “probable” or “presumed positive” case and begin contact tracing for the student/staff based on the onset date of his/her symptoms. Even if the student/staff was already advised to quarantine due to the exposure, the school should submit a contact tracing spreadsheet identifying 0 close contacts and submit to KCHD.