



Dear NH School Nurses.

Wearing their public health hat, school nurses are now called upon to implement the New Hampshire Department of Public Health Services (NH DPHS) guidelines to minimize the community transmission spread of COVID-19.

***“The goal of community/public health moves beyond the individual to focus on community health promotion and disease prevention and is one of the primary roles of the school nurse”***

***(Wold and Selekman 2013, NASN 21st Century School Nurse).***

After the New Hampshire Department of Education guidelines came out in June, the New Hampshire School Nurses' Association (NHSNA) felt that another document outlining the public health response was warranted. The NHSNA Return to School Task force has completed a protocol for New Hampshire school nurses, ***NHSNA: Best Practices to Reduce COVID-19 Transmission in the School Setting***. The protocol is based on evidence-based guidance provided by the Centers for Disease Control (CDC), the National Association of School Nurses (NASN), and most importantly, the New Hampshire Division of Public Health Services, Bureau of Infectious Disease Control (NH DPHS). NH DPHS has reviewed and provided feedback on this document.

The NHSNA Return to School Protocol is based on what we know today and will likely remain a fluid document that will be revised as guidance is modified over the coming weeks and months. We hope you find it to be a helpful resource for you as a school nurse as you support your students and staff in the return to school process.

We would like to thank the NHSNA Return to School Task Force for their many late-night meetings to get this Best Practices document written.

Sincerely,

*Paula MacKinnon*

Paula MacKinnon RN

President

New Hampshire School Nurses' Association

**NHSNA: Best Practices to Reduce COVID-19 Transmission in the School Setting  
(8/10/2020)**

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## PLANNING- Considerations for preparing for return to school

### Guiding Documents

[CDC Schools and Childcare Programs](#)- Updated July 23, 2020

[CDC Cleaning and Disinfecting Guidance](#) – Updated July 22, 2020

[NH Grade K-12 Back to School Guidance](#)- Released July 20, 2020

[Navigating the Covid-19 Pandemic in NH K-12 School Re-Opening](#) Dr. Chan- 7/20/2020

[NH DPHS Health Alert Network Messages](#)

[American Academy of Pediatrics COVID-19 Planning Considerations](#)- 6/25/2020

[Interim Guidance: Role of School Nurse in Return to School Planning](#)- NASN 5/15/2020

[NH Case Investigation and Contact Tracing Plan](#) – 6/24/2020

### Recommended Supplies for School Nursing Office:

- PPE for nurses: surgical masks, N95 respirators, gloves, gowns, eye protection (face shields or goggles, which are ideally reusable after cleaning and disinfection)
  - N95 fit testing advised for initial use. See [CDC guidance](#)
  - Refer to the most current PPE recommendations which can be found in NH DPHS [HAN COVID-19 Update #18](#). The HAN messages should be followed for the most current updates to PPE recommendations.
  - See additional guidance under [PPE for school nurses](#)
  - [COVID19 PPE/Sanitation Supplies Order Guidance – Education K-12 \(2020 school year\)](#)
- Surgical masks for ill students presenting to the nursing office
- Touch-free thermometers
- Touch-free paper towel dispensers, soap and sinks, touch-free covered trash cans
- Hand sanitizer
- Cots/chairs/barriers for isolation rooms
- Pulse oximeters
- Ensure stock spacers available for MDI use (if not supplied by parent and for stock MDI use)
- School nurses should consider wearing lab coat or scrubs
- Consider access to washer and dryer
- Cleaning and disinfecting supplies

### Nursing Office Workflow Adjustments

- Identify two separate spaces; one to manage non-illness related visits (i.e. medication dispensing, injury, students with chronic health conditions) and one to manage symptomatic students
- Put down visible floor markings and/or hang signage to clearly identify 6-foot physical distancing requirements in office and waiting areas
- Limit the number of students in the office at any given time
  - Establish a communication mechanism for teachers to notify nurse before sending a student (i.e. call ahead or radio prior to sending a student)
  - Triage students prior to entry into nursing office to determine need for isolation (i.e. using signage to inform student not to enter before checking with nurse)
- Encourage staff to contact their own health care provider instead of visiting the nursing office for non-emergency issues
- Reduce encounters for routine medication dispensing: encourage families to discuss with the primary care provider a schedule for daily medications that can be given at home whenever possible. Develop a safe protocol for parent drop off their child's medication
- Maintain accurate visit log for attendance in nurse office

## Isolation Room

- Designate a room separate from the nursing office to keep symptomatic people away from others
- Isolation room ideally has following characteristics:
  - Has a door to close (if safe to do so), and an ability to monitor any child within
  - Located away from high traffic areas yet with an accessible exit
  - Has a window for ventilation and/or air filtration system
  - Has a dedicated bathroom
  - Stocked with secondary nursing supplies for providing care
    - Disposable supplies/equipment is better than reusable for easier cleaning and disinfection
- Develop a monitored waiting location outdoors for where mildly symptomatic students can wait for pick-up in the event of multiple symptomatic students and the isolation room(s) is needed.

## Nursing Office Staffing Considerations

- Develop contingency plans in case the school nurse is absent
- Enhance substitute nurse pool or hire float school nurses
- Create/update substitute nurse resource binder
- Designate non-medical support staff to assist with non-nursing tasks

## Training and Education

- School Nurses, Substitute Nurses and Nursing Office Support Staff Education
  - Coronavirus facts: [transmission](#), [rates of infection](#), [signs and symptoms](#), [people at higher risk for severe illness from COVID-19](#), [MIS-C in children](#), and [when to seek emergency care](#)
  - Monitor updated guidance from [CDC](#), [NH DPHS](#), [NH DOE](#) and [NHSNA](#)
  - [Role of Testing for SARS CoV-2](#) to control community transmission
  - [Contact Tracing Courses](#) are available and recommended for school nurses to understand their role in working with NH DPHS
  - [NH K-12 Guidance](#)
  - Training on appropriate PPE use. Refer to [NH DPHS HAN #18](#) and [NASN Guidance for healthcare personnel on the use of PPE in schools](#)
    - While the need to use N95 respirators is expected to be infrequent, persons wearing N95 respirators should be fit-tested
    - Look to local healthcare partners for assistance with fit testing, if needed
    - NH DPHS recommends avoiding aerosol generating procedures on sick and newly symptomatic students, if possible and safe to do so, to help avoid the need for N95 respirator use.
  - Review proper [donning and doffing of PPE procedures](#)
  - School Nurse COVID-19 Procedures; [Refer to Quick Reference Guide](#)
  - Refer to resource section for additional information

## School Staff, Administration Education

- Coronavirus facts: transmission, rates of infection, signs and symptoms, people at higher risk for severe illness from COVID-19, MIS-C in children, and when to seek emergency care
- Screening protocols, when to stay home and process for notifying school, isolation and self-quarantine requirements, travel guidelines and parameters to return to school
- Prevention measures: proper use of cloth face covering/facemask, hand hygiene, physical distancing, staying home when ill, cleaning and disinfection measures
- Contact tracing: role of assigned seating, accurate attendance taking
- Response to symptomatic student in school
- New protocols for student visits to nursing offices
- Local [options for testing for COVID-19](#). Work with local healthcare providers to facilitate testing of symptomatic students and staff

## Students and Families Education

- Coronavirus facts: transmission, rates of infection, signs and symptoms, people at higher risk for severe illness from COVID-19, MIS-C in children, and when to seek emergency care
- Screening protocols, when to keep a student home and process for notifying school, isolation and self-quarantine requirements, travel guidelines and parameters to return to school
- Prevention measures: proper use and care of cloth face covering/facemask, hand hygiene, cough/sneeze etiquette, physical distancing, avoiding sharing of materials/items, staying home when ill
- New protocols for student visits to nursing offices
- Local [options for testing for COVID-19](#). Work with local healthcare providers to facilitate testing of symptomatic students and staff

## Addressing Needs of Vulnerable Populations

- Vulnerable populations include individuals with underlying medical conditions and specific populations outlined in the CDC [People at Increased Risk for Severe Illness](#)
- [Other people who require extra precautions](#) are outlined by the CDC
- Families should consult with their child's health care providers regarding whether it is safe to return to in-person education and, if so, provide specific guidance for care at school
- Individuals with [severe or critical illness](#), or who are [severely immunocompromised](#) who are confirmed or suspected to have COVID-19 should follow discontinuation of isolation outlined in [CDC guidance](#)
- Review health plans, 504 and IEPs for revisions to minimize risk of infection
- Review respiratory treatments guidelines
  - Aerosol generating procedures like nebulizers should be avoided, if possible
  - MDI with spacers are preferred
- Staff who require close contact to care for students throughout the day (e.g., Special Ed or younger children) may require additional precautions through PPE and environmental modifications.
  - See Feasibility and Adaptations under [Considerations for Wearing Masks](#)
- [Considerations for students with disabilities and special health needs](#) - NASN (7/22/20)

## Communication Considerations

- Develop confidential mechanisms for students and staff to report possible or confirmed COVID-related absences and dismissals to the school nurse
- Imperative to update contact information for all students and staff
- Point of contact for NH DPHS should be school nurse (or designee if absent)
- In the event of a positive case at school, NH DPHS will provide guidance on communication with the school and larger community
- Contact NH DPHS for questions or concerns or need for additional guidance  
(603) 271-4496 or (603) 271-5300 afterhours and ask for the public health professional on call

## Developing Community Resources

- Prepare list of test sites available for staff and students for COVID-19-  
<https://www.DPHS.nh.gov/dphs/cdcs/covid19/documents/covid-testing-options.pdf>
- Prepare list of medical resources for families
- Prepare list of mental health resources for families
- State resource: call 211 or 211nh.org
- [Regional Public Health Network](#)

## Immunizations

- Encourage and promote influenza vaccinations for staff and students
  - Review school-based flu vaccine offerings and follow guidelines for safe administration practices
- Encourage families to keep their child up to date on all childhood immunizations
- [NH State Immunization Requirements](#) remain in effect for school entry
- Plan for the possibility of COVID-19 vaccine administration in-school

## Supporting Emotional, Nutritional and Physical Wellness

- Coordinate with wellness team to promote and support well-being of students, staff, and families
  - Areas of wellness include social, emotional, physical and nutrition health
  - Support should be provided during in-school and/or remote learning
- [Bureau of Student Wellness](#)
- [Helping Children Cope](#)
- [Support for Teens and Young Adults](#)
- [COVID-19 Parent Resource Guide](#)

## Extracurricular Activities

- Safety of extra-curricular activities depends on the location (e.g., indoors vs. outdoors), and ability to maintain physical distancing and/or cloth face covering use
- Review other pertinent [NH re-opening guidance](#) which may apply, including guidance for:
  - [Amateur and youth sports](#)
  - [Health and fitness](#)
  - [Community arts & music education](#)
  - [Performing arts](#)
  - [Libraries](#)

## Additional Considerations

- Designate COVID response team to monitor indicators of infection in school population
- Collaborate with administration to maintain physical distancing during emergency drills
- Review crisis response plans to address death or severe illness of staff or student\_  
[National Center for School Crisis and Bereavement COVID-19 Pandemic Resources](#)
- Create and maintain a tracking log of areas visited within the school for outside consultants (such as PT, OT), and approved screened visitors
- All individuals, including new student enrollees, must follow the current NH state travel guidance

## PREVENTION- Strategies to minimize community transmission of COVID-19

*“Community mitigation strategies should be layered upon one another and used at the same time—with several layers of safeguards to reduce the spread of disease and lower the risk of another spike in cases and deaths. No one strategy is sufficient”.*

(CDC, May 27,2020)

### ● Screening Procedures (NH DOE- NH Grades K-12 Back to School Guidance, 7/2020)

- Develop a process for screening staff, students, and visitors daily for symptoms of COVID-19 or risk factors for exposure prior to entering the educational facility using the screening questions below
- Parents/guardians should be instructed to screen their children daily before school
- Consider implementing a second redundant but simplified screening for students at the educational facility to prevent students with mild symptoms from entering their first classroom (this does not necessarily need to involve a temperature check)
- Refer to self-screening tool examples and [self-screener app resources](#)
- Review district’s plan for monitoring compliance with screening process

COVID-19 symptom and risk factor screening should involve asking if the individual:

1. Has any new or unexplained [symptoms of COVID-19](#) (including, temperature of 100 F or greater, chills, cough, shortness of breath, sore throat, nasal congestion, runny nose, fatigue, muscle or body aches, headache, new loss of taste or smell, nausea or vomiting, diarrhea)
2. Has had close contact with someone who is suspected or confirmed to have COVID-19 in the prior 14 days?
3. Traveled in the prior 14 days outside of New England (outside of NH, VT, ME, MA, CT, RI)?

*Note: because the epidemiology of the COVID-19 pandemic is rapidly changing, school officials should check with NH DPHS and the NH DOE to ensure that schools are using the most up-to-date travel risk factor screening questions.*

- **Masks/Cloth Face Coverings**
  - Masks/cloth face coverings should be worn by all staff, students, and visitors throughout the school day and while traveling on school bus
  - CDC recommends cloth face coverings should **NOT** be worn by children under the age of 2 or anyone who has trouble breathing, is unconscious, incapacitated, or otherwise unable to remove the mask without assistance
  - Cloth face coverings are considered “source control” and are meant to protect other people in case the wearer is unknowingly infected
    - Cloth face coverings are not PPE for healthcare workers such as the school nurse
  - The mask/ cloth face covering should cover the nose and mouth and fit snugly to minimize the need to touch or adjust the mask. The ear loops should be short enough to fit a child’s face.
  - When removed, masks/cloth face coverings should be placed in an individual, labeled receptacle, such as a paper bag
  - Ineffective masks that allow unfiltered exhaled air to escape are NOT an acceptable form of source control (e.g. masks with vents/exhalation valves; gaiters, buffs, or bandanas that are not properly secured to cover the entire nose and mouth)
  - Refer to [CDC guidance on the use of cloth face coverings in schools](#)
  
- **Physical Distancing**
  - Maximize physical distance to maintain at least a 6-foot distance, whenever possible
  - If it is necessary to space students within 3-6 feet of others in the classroom setting, then schools should look to other mitigation strategies to minimize risk of COVID-19 transmission (e.g., cloth face covering use while seated and conducting classes)
  - When nurses are evaluating a symptomatic person, both the individual being evaluated, and the nurse must wear a surgical face mask. The nurse should maintain a 6-foot distance when evaluating the person where possible. If 6 feet of physical distance cannot be maintained, or if the symptomatic person is not wearing a face mask, the nurse should use [appropriate PPE](#)
  
- **Hand Hygiene and Respiratory Etiquette**
  - Regularly educate and promote [proper hand hygiene](#) and [respiratory etiquette](#)
  
- **Cohorting and Contact Tracing**
  - Encourage cohorting of students and teachers for ease of contact tracing
  - Educate staff on the importance of accurate attendance and assigned seating
  
- **Frequent Cleaning and Disinfection**
  - Develop protocols and schedules for enhanced cleaning and disinfection in nursing office
  - Refer to [CDC Cleaning and Disinfection Your Facility](#)
  
- **Ventilation**
  - Facilities should evaluate the building ventilation system to increase building/classroom air exchanges with outdoor air, and maximize air filtration
  - Open windows and doors to enhance fresh air circulation when safe to do so
  - Fans should only be used to bring in outdoor air (e.g., positioned in front of an open window). Fans that simply circulate internal air should be avoided
  - Encourage use of outdoor spaces
  
- **Communicable Disease Monitoring**
  - Develop confidential mechanisms for tracking absences due to COVID for both students and staff
  - Participate in [Reporting ILI and total school absenteeism to NH DPHS](#)
  - Report highly suspected cases to NH DPHS (603) 271-4496 or after hours (603) 271-5300
  - Closely monitor for other [reportable communicable diseases](#)

- **Personal Protective Equipment (PPE) for School Nurse**

- Wear surgical facemask for all routine nursing office visits
- When evaluating a symptomatic person, provide the person a face mask and maintain 6-foot distance
  - If 6 feet of physical distance cannot be maintained, or if the symptomatic person cannot wear a face mask, the nurse should also use eye protection
  - A face shield without a face mask is not sufficient for respiratory protection
- When caring for a symptomatic person if you anticipate prolonged close contact (within 6 feet for 10 minutes or more) or contact with the person's secretions, wear all appropriate PPE (surgical facemask, gown, gloves, and eye protection)
  - Use N95 respirator instead of a surgical mask if the person has significant frequent symptoms that increase risk of aerosolizing respiratory droplets (e.g., sneezing, coughing, etc.)
  - Use N95 respirator if an aerosol generating procedure is being performed on a person with new or unexplained symptoms of COVID-19
- Follow guidance on [optimizing supplies of PPE](#) based on PPE supplies and capacity.
- Refer to [Training and Education](#)
- Refer to CDC Guidance on [Healthcare Workers Using PPE](#)
- Refer to [NH DPHS HAN messages](#) for most current guidance on COVID-19 and PPE use.



**RESPONSE- Plan of action for potential scenarios and protocols for return**

**Student or staff member- does not meet screening criteria prior to coming to school**

(Answers “Yes” to any screening questions):

Scenario	Action	Protocol for Return to School
<p><b>Individual has symptoms of COVID-19 outlined in <a href="#">screening questionnaire</a></b></p>	<ul style="list-style-type: none"> <li>● Exclude from school</li> <li>● Advise to contact health care provider for PCR or antigen test</li> <li>● School nurse or COVID coordinator will monitor absence line list and timeline for return to school</li> </ul>	<ul style="list-style-type: none"> <li>● Provide written documentation of negative PCR or antigen test result (in accordance with NH DPHS guidance) <b>AND</b> person is fever-free, without fever-reducing medication, for at least 24 hours and other symptoms are improving (per routine school policy),</li> </ul> <p><b>OR</b></p> <ul style="list-style-type: none"> <li>● person can provide written medical documentation that specific symptoms are chronic (not new) and part of a pre-existing medical condition</li> <li>● <b>If symptoms are new and testing is not conducted,</b> treat the individual as a suspected COVID-19 infection and allow return to school after <a href="#">CDC criteria</a> are met for removal from home isolation. Currently requires <b>10 days</b> since onset of symptoms, <b>and</b> when symptoms improved <b>and</b> fever-free for 24 hours without fever reducing medication, and district return to school protocols are met</li> <li>● Provide medical or public health documentation that self-isolation requirement has been met.</li> </ul>
<p><b>Individual reports <u>close contact</u> in the prior 14 days with someone who is <i>confirmed to have COVID-19</i></b></p>	<ul style="list-style-type: none"> <li>● Report to NH DPHS</li> <li>● Exclude from school</li> <li>● Advise to contact health care provider for PCR or antigen test</li> <li>● School nurse or COVID coordinator will monitor absence line list and timeline for return to school</li> <li>● Advise individual to follow NH DPHS guidance: <a href="#">Refer to Coronavirus Disease Self-Quarantine Guide</a></li> </ul>	<ul style="list-style-type: none"> <li>● Individual must self-quarantine for 14 days from last exposure, and provide medical or public health documentation that quarantine has been met</li> <li>● Individual cannot test out of 14-day self-quarantine in NH</li> </ul>

Scenario	Action	Protocol for Return to School
<p><b>Individual reports <u>close contact</u> in the prior 14 days with someone who is a <i>suspected</i> to have COVID-19</b></p>	<ul style="list-style-type: none"> <li>● Exclude from school</li> <li>● Siblings of students who are undergoing testing for mild non-specific symptoms do not need to be excluded</li> <li>● Siblings of students who are undergoing testing for highly suspect symptoms should be excluded from school</li> <li>● School nurse or covid coordinator will monitor absence line list and timeline for return to school</li> <li>● Consult with NH DPHS, if needed</li> <li>● <a href="#">Refer to Coronavirus Disease Self-Quarantine Guide</a> (NH DPHS)</li> </ul>	<ul style="list-style-type: none"> <li>● If person suspected of COVID-19 undergoes PCR or antigen testing (in accordance with NH DPHS guidance) and result is negative, individual in close contact may return to school</li> <li>● If suspected case is not tested, then student in close contact should self-quarantine for 14 days from last day of exposure to the individual, unless otherwise specified by NH DPHS</li> </ul>
<p><b>Traveled outside of New England States (NH, ME, CT, RI, MA, VT) in prior 14 days</b></p>	<ul style="list-style-type: none"> <li>● Exclude from school</li> <li>● School nurse or covid coordinator will monitor absence line list and timeline for return to school</li> <li>● Advise individual to follow <a href="#">NH DPHS guidance</a></li> <li>● <a href="#">Refer to Coronavirus Disease Self-Quarantine Guide</a> (NH DPHS)</li> </ul>	<ul style="list-style-type: none"> <li>● If traveled outside of New England, individual must self-quarantine for 14 days from last day of travel outside of New England</li> <li>● Individual cannot test out of 14-day self-quarantine in NH</li> </ul>

**Student or staff member- potential scenarios presenting during the school day:**

Scenario	Action	Protocol for Return to School
<p><b>Confirmed or suspected case of COVID-19 reported to school</b></p>	<ul style="list-style-type: none"> <li>● Advise person with suspected or confirmed COVID-19 to isolate at home and contact health care provider</li> <li>● Persons suspected of COVID-19 should be directed to get PCR or antigen tested for COVID-19 (in accordance with NH DPHS guidance)</li> <li>● Consult with NH DPHS for guidance</li> <li>● NH DPHS will work with school nurse or identified point of contact at the school to determine close contacts and decide who will need to self-quarantine</li> <li>● NH DPHS will work with schools to notify and inform parents/guardians, students, and other staff of any exposures to people confirmed to have COVID-19</li> <li>● Inform building administration</li> <li>● Follow facility cleaning and disinfection recommendations from CDC.</li> <li>● <a href="#">Refer to Coronavirus Disease Self-Isolation Guide</a> (NHDPHS)</li> <li>● <a href="#">Caring for someone who is on isolation-</a> information for families</li> <li>● <a href="#">Refer to Coronavirus Disease Self-Quarantine Guide</a> (NHDPHS)</li> </ul>	<ul style="list-style-type: none"> <li>● Individual with COVID-19 can return to school after <a href="#">CDC criteria</a> are met, and provides medical or public health documentation that self-isolation requirement has been met</li> <li>● A follow-up negative test is not required for return to school</li> </ul>

Scenario	Action	Protocol for Return to School
<p><b>Students identified with any new or unexplained <u>symptoms of COVID-19</u> during the school day</b></p> <ul style="list-style-type: none"> <li>● Fever or chills (including subjective fever)</li> <li>● Cough, shortness of breath or difficulty breathing</li> <li>● Sore throat, nasal congestion, or runny nose</li> <li>● Fatigue</li> <li>● Muscle or body aches</li> <li>● Headache</li> <li>● New loss of taste or smell</li> <li>● Nausea or vomiting</li> <li>● Diarrhea</li> <li>● Additional MIS-C symptoms <ul style="list-style-type: none"> <li>○ New rash</li> <li>○ Neck pain</li> <li>○ Bloodshot eyes</li> <li>○ Abdominal pain</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>● Have student put on a surgical mask (covering nose and mouth)</li> <li>● Student should be placed in an isolation room, not in the health office</li> <li>● Don <u>appropriate PPE</u></li> <li>● Assess and document temperature and any other pertinent symptoms</li> <li>● Attempt to identify any risk factors such as exposure to a suspect or confirmed case, or recent travel outside New England</li> <li>● Avoid or minimize close or physical contact, if possible</li> <li>● Contact parent or guardian for immediate pick up via private transportation.</li> <li>● Advise contacting their health care provider for COVID-19 testing</li> <li>● If there is a high suspicion for COVID-19 recommend dismissal of any siblings or household members</li> <li>● Notify building administrator</li> <li>● Notify NH DPHS for highly suspect cases</li> <li>● Clean and disinfect isolation room</li> <li>● If highly suspect case, consider relocating classroom and follow cleaning and disinfection procedures</li> </ul>	<ul style="list-style-type: none"> <li>● Follow <u>same guidance outlined above for individuals identified with symptoms of COVID-19 during the screening process</u></li> </ul>
<p>Staff identified with any new or unexplained <u>symptoms of COVID-19</u> during the school day</p>	<ul style="list-style-type: none"> <li>● Dismiss immediately and notify building administrator</li> <li>● Staff should contact their health care provider for PCR or antigen testing</li> <li>● If nurse needs to evaluate staff member, follow the same procedure as with a student (outlined above)</li> <li>● If highly suspect case, consider relocating classroom and follow cleaning and disinfection procedures</li> <li>● Notify NH DPHS for highly suspect cases</li> </ul>	<ul style="list-style-type: none"> <li>● Follow <u>same guidance outlined above for individuals identified with symptoms of COVID-19 during the screening process</u></li> </ul>
<p><b>Emergency Warning Signs:</b></p> <ul style="list-style-type: none"> <li>● Trouble breathing</li> <li>● Persistent pain or pressure of chest</li> <li>● New confusion or inability to stay awake</li> <li>● Bluish lips</li> <li>● Any other symptoms that are severe or concerning to you</li> </ul>	<ul style="list-style-type: none"> <li>● Call 911 and notify the operator that you are seeking care for someone that may have COVID-19</li> <li>● Don full PPE</li> <li>● COVID-19 CPR guidelines <u>RED Cross</u></li> <li>● COVID-19 CPR guidelines <u>American Heart Association</u></li> <li>● Follow School Emergency Response Protocols</li> <li>● Notify NH DPHS of highly suspect case</li> </ul>	<ul style="list-style-type: none"> <li>● Follow <u>same guidance outlined above for individuals identified with symptoms of COVID-19 during the screening process</u></li> </ul>

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New Hampshire Grades K-12 Back-to-School Guidance. <https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/files/inline-documents/sonh/k-12-back-to-school.pdf>

New Hampshire Department of Health and Human Services. Bureau of Infectious Disease Control. (7/28/20).  
Coronavirus Disease 2019 (COVID-19) Self-Quarantine Guide. Retrieved from <https://www.dhhs.nh.gov/dphs/cdcs/covid19/self-quarantine-covid.pdf>

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New Hampshire COVID-19 General Travel and Quarantine Guidance, & Employer Screening and Exclusion Criteria. (7/14/20). Retrieved from <https://www.DPHS.nh.gov/dphs/cdcs/covid19/documents/employee-travel-guidance.pdf>

Interim U.S. Guidance for Risk Assessment and Work Restrictions for Healthcare Personnel with Potential Exposure to COVID-19. (6/18/20). Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-risk-assesment-hcp.html>

## ADDITIONAL RESOURCES

### PLANNING

#### Training and Education

##### School Nurses

COVID-19 School and Community Resource Library- compilation of research by Mass General Hospital  
[https://www.massgeneral.org/assets/MGH/pdf/medicine/infectious-diseases/COVID-19%20School%20and%20Community%20Resource%20Library\\_July%206%202020.pdf](https://www.massgeneral.org/assets/MGH/pdf/medicine/infectious-diseases/COVID-19%20School%20and%20Community%20Resource%20Library_July%206%202020.pdf)

Contact Tracing:

[Chamberlain College of Nursing Contact Tracing Course](#)

[Johns Hopkins Covid-19 Contact Tracing Course](#)

[New Hampshire CORONAVIRUS DISEASE 2019 Case Investigation and Contact Tracing plan](#)

Consumer Information RE: Scammers and Contact Tracing

<https://www.consumer.ftc.gov/blog/2020/06/help-covid-19-contact-tracers-not-scammers?fbclid=IwAR1lwViz58BReIEplERlvtjQOycubOK12BvezlakKweE31SLKPVYv5BYF0>

## **Students and Family Resources**

Tips for talking to children about COVID-19

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/talking-with-children.html>

Back to School Planning: Checklists to Guide Parents, Guardians, and Caregivers

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

Sample Parent Infographic and Decision Flow-Chart for Dismissal from School Covid-19

[https://docs.google.com/document/d/1Lpv1oDEoWmdMtdNdI420m8f1jRf23CEPIWD\\_3Fa1ZMs/edit](https://docs.google.com/document/d/1Lpv1oDEoWmdMtdNdI420m8f1jRf23CEPIWD_3Fa1ZMs/edit)

### **Elementary school**

10 Things to Do to Get Ready for School

[https://relentlesschoolnurse.com/2020/06/29/the-relentless-school-nurse-10-things-parents-can-do-now-to-help-prepare-children-for-returning-to-school/?fbclid=IwAR25Rz\\_sg00V551w0\\_xEnznCodpRabs64ifMmTaEdLOWxIOko82zfEQ3qjM](https://relentlesschoolnurse.com/2020/06/29/the-relentless-school-nurse-10-things-parents-can-do-now-to-help-prepare-children-for-returning-to-school/?fbclid=IwAR25Rz_sg00V551w0_xEnznCodpRabs64ifMmTaEdLOWxIOko82zfEQ3qjM)

Behind My Mask Self Portrait

[https://cassiestephens.blogspot.com/2020/07/behind-my-mask-super-kid-self-portrait.html?fbclid=IwAR3OeUdoa0fnYjdxYDJEka\\_mFHTsR64v\\_pN9vob3FVPeXllkcVo\\_rc8Absc](https://cassiestephens.blogspot.com/2020/07/behind-my-mask-super-kid-self-portrait.html?fbclid=IwAR3OeUdoa0fnYjdxYDJEka_mFHTsR64v_pN9vob3FVPeXllkcVo_rc8Absc)

Jack Hartman Song About Greeting w/o Touching

[https://www.youtube.com/watch?v=OMg6t-z8KEI&fbclid=IwAR2x\\_bDlvJk1ePylAdXY7y4UusV6M4g1YVZaTLGpnjCFGcMQ\\_VlgwbQcdps](https://www.youtube.com/watch?v=OMg6t-z8KEI&fbclid=IwAR2x_bDlvJk1ePylAdXY7y4UusV6M4g1YVZaTLGpnjCFGcMQ_VlgwbQcdps)

Mayo Clinic Video about Nasal Swab For Kids

<https://www.facebook.com/MayoClinic/videos/1232575223774827>

Social Stories

<https://www.autismlittlelearners.com/2020/07/covid-19-related-stories-for-schools.html?fbclid=IwAR0gHrvzaFPB5oLwxRuvfzesUVkYHqXg02E4oqGI7c2KqJdVaejxX06jRt0>

Sesame Street-COVID-19

<https://www.google.com/amp/s/amp.cnn.com/cnn/2020/06/13/app-news-section/cnn-sesame-street-abcs-of-covid-19-town-hall-june-13-2020-app/index.html>

How to wear a mask correctly: [If Dogs Can Do This...](#)

### **Middle and High School**

Bill Nye Masks

<https://www.youtube.com/watch?v=A0UclAmrhVl>

How to Prevent "Maskne" (acne)

<https://www.wmur.com/article/dermatologists-provide-advice-on-how-to-prevent-maskne/33240479?fbclid=IwAR3StLTUbyGt5IBBwC2m9dkio2U6TTWljfsG3eVmeRvHRj-YViqb9KGX5CQ#>

CDC One Stop Shop Toolkit

<https://www.cdc.gov/coronavirus/2019-ncov/communication/toolkits/index.html>



## Addressing Needs of Vulnerable Populations

NH Asthma Collaborative  
<https://www.dhhs.nh.gov/dphs/cdpc/asthma/collaborative.htm>

COVID-19 and Asthma  
<https://www.aaaai.org/conditions-and-treatments/library/asthma-library/covid-asthma>

American Diabetes Association  
<https://www.diabetes.org/coronavirus-covid-19>

## Developing Community Resources

[DPHS COVID-19 Summary Dashboard](#)

## Supporting Emotional, Nutritional and Physical Wellness

Stress Relief Resources During COVID-19 For Nurses (NH BON)  
<https://www.oplc.nh.gov/nursing/documents/stress-relief-covid19.pdf>

Health & Fitness  
<https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/inline-documents/2020-05/guidance-health-fitness.pdf>

[FARE- Accommodating Food Allergies During COVID-19](#)

Community Arts & Music Education  
<https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/files/inline-documents/guidance-arts-music-education.pdf>

Performing Arts  
<https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/files/inline-documents/guidance-performing-arts-venues.pdf>

Extracurricular Activities Considerations  
[Amateur & Youth Sports:https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/inline-documents/2020-05/guidance-amateur-youth-sports.pdf](https://www.covidguidance.nh.gov/sites/g/files/ehbemt381/files/inline-documents/2020-05/guidance-amateur-youth-sports.pdf)

## PREVENTION

### Screening

Apps (NHSNA does not endorse any specific program)

- [Frontline Education App](#)
- [Convenient MD App](#)
- [PickUp Patrol](#)

Sample Parent Attestation Form  
<https://docs.google.com/document/d/1EbW3r7h8iS7ECVY2WRNKg8I9-QrqlxDXJ7Cb8fjULpo/edit?usp=sharing>

New Hampshire COVID-19 General Travel and Quarantine Guidance, & Employer Screening and Exclusion Criteria  
<https://www.dhhs.nh.gov/dphs/cdcs/covid19/documents/employee-travel-guidance.pdf>

## **Masks/Cloth Face Coverings**

NH DPHS Using Cloth Face Coverings to Help Slow the Spread of COVID-19  
<https://www.dhhs.nh.gov/dphs/cdcs/covid19/covid-mask-guidance.pdf>

### **RESPONSE**

## **Symptomatic Student During School Day**

[School Nurse Covid-19 Quick Reference Guide](#)

[Symptoms of COVID-19](#)

Symptom Checker Chart for Kids

<file:///C:/Users/kelly.grassini/Downloads/covid%20symptom%20self%20check.pdf>

Symptom Algorithm

<file:///msd.local/rfs/RFSSStaff/kelly.grassini/Desktop/School-Nursing-COVID-SYMPTOM-ASSESSMENT.pdf>

Infographic: [Early Cases of](#)

[MIS-C: Multi-System Inflammatory Syndrome in U.S. Children](#)

## **Self-Isolation and Self-Quarantine**

Facts on Isolation and Quarantine (NHDPHS)

<https://www.dhhs.nh.gov/dphs/cdcs/documents/isolation-quarantine.pdf>