

LAUNCH NEBRASKA



Nebraska Department of Education • Effective June 8, 2020

Health Guidance

for Summer Programming and Beyond



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Health Guidance for Summer Programming and Beyond

The Nebraska Department of Education (NDE) is focused on following the guidance of public health experts when making decisions about the reopening of facilities and resumption of activities statewide. Restrictions may be gradually reduced, allowing greater flexibility, including in the operation of summer programming in schools. However, if in Nebraska as a whole, or within identified jurisdictions, disease rapidly increases, additional restrictions may need to be reinstated.

The NDE, in consultation with the Nebraska Department of Health and Human Services (DHHS), offers the following supporting guidance in order to assist schools in adhering to public health guidelines and ensuring the health and safety of their students and staff.

The Centers for Disease Control and Prevention (CDC) Coronavirus Disease-2019 (COVID-19) pandemic guidance now includes **health considerations and tools for making reopening decisions**. Information is also available in the **CDC Activities and Initiatives Supporting the COVID-19 Response and the President's Plan for Opening America Up Again**. Guidance may change in accordance with updates from the CDC and the DHHS.

Checklist for Summer Camps, Summer School, and Extracurricular Activities

The following sections contain guidance for keeping students and staff healthy and safe at summer camps, summer schools, and in extracurricular activities.

| Category | No. | Checklist Item |
|---|-----|---|
| Communication, Group Size, and Physical Standards (pages 2-5) | 1. | Promote behaviors that reduce spread |
| | 2. | Implement social distancing strategies |
| | 3. | Change parent drop-off and pick-up processes to limit contact |
| | 4. | Ensure extracurricular and athletic activities follow established safety and hygiene protocols |
| Symptom Monitoring (pages 5-7) | 5. | Require sick students and staff to stay home |
| | 6. | Screen students for sickness upon arrival |
| | 7. | Implement isolation measures if a student becomes sick, and follow with a cleaning and disinfecting processes |
| | 8. | Address vulnerable individuals |
| Environmental Cleaning and Personal Hygiene (pages 7-8) | 9. | Ensure healthy personal hygiene |
| | 10. | Intensify cleaning and disinfecting efforts |
| Additional Operating Considerations (pages 8-10) | 11. | Ensure healthy food preparation and meal service |
| | 12. | Ensure transportation staff are following safety and hygiene protocols |

Communication, Group Size, and Physical Standards

Promote Behaviors that Reduce Spread

Schools may consider implementing several strategies to encourage behaviors that reduce the spread of COVID-19.

- Stay home when appropriate.
- Educate staff and families about when they/their child(ren) should stay home and when they can return to facilities.
 - » Actively encourage employees and students who are sick or who recently had close contact with a person with COVID-19 to stay home. Develop policies that encourage sick employees and students to stay at home without fear of reprisal, and ensure employees, students, and students' families are aware of these policies. Consider not having perfect attendance awards, not assessing schools based on absenteeism, and offering virtual learning and telework options, if feasible.
 - » Staff and students should stay home if they have tested positive for or are showing COVID-19 symptoms.

- » Staff and students who recently had close contact with a person with COVID-19 should also stay home and monitor their health.
- Post signs in highly visible locations (e.g., school entrances, restrooms) that **promote everyday protective measures** and describe how to **stop the spread** of germs, such as by **properly washing hands** and **properly wearing a cloth face covering**.
- Broadcast regular **announcements** on reducing the spread of COVID-19 on PA systems.
- Include messages (for example, **videos**) about behaviors that prevent the spread of COVID-19 when communicating with staff and families (such as on school websites, in emails, and on school **social media**).

Implement Social Distancing Measures

Establish and maintain **static groups (the same students and staff together without allowing changes in group makeup)** for the maximum duration of any summer school, camp, or extracurricular program.

| | |
|-------------------|---|
| Group size | Group size is limited to 20 until further notice. |
| Groups | <ul style="list-style-type: none"> • Maintaining physical distancing in groups is required, including in classrooms, during outside activities, and when lining up • Groups convene indoors in rooms enclosed by walls or partitions • Groups do not convene in shared indoor spaces unless they are cleaned before and after use (gyms, cafeterias, art rooms, common areas, etc.) • Groups are separated outdoors but do not require a physical barrier <ul style="list-style-type: none"> » Refrain from contact sports until further notice » Groups are separated in pools by lane lines or ropes • Groups pass single file through entry and exit points (establish one way entrances and exits where possible) • Stagger arrival and drop-off times or locations by static group or put in place other protocols to limit contact between static groups and direct contact with parents as much as possible |

Change Parent Drop-off and Pick-up Processes to Limit Contact

Establish curbside drop-off and pick-up to limit direct contact between parents and staff members.

- A plan for curbside drop-off and pick-up should limit direct contact between parents and staff members and adhere to social distancing recommendations.
- If children must be escorted/assisted inside, an assigned staff member from the child's static group should escort the child into the facility as they arrive. Parents should remain in their vehicles.
- Consider staggering arrival and drop-off times to manage the flow of students into and out of the facility.

Establish **hand hygiene** stations at facility entrances, exits, and high-traffic areas (e.g., gyms, cafeterias) so that students can clean their hands and help prevent the spread of germs to others.

- If a sink with soap and water is not available, provide hand sanitizer with at least 60 percent alcohol and supervise its use. Keep hand sanitizer out of the reach of children before and after use.

Ensure Extracurricular and Athletic Activities Follow Established Safety and Hygiene Protocols

Students should refrain from contact sports. Students may engage in contact sports within their static group. It is important to maintain hand hygiene practices and clean sporting equipment after each use. Depending on the activity, students who bring their own personal belongings/equipment should have a dedicated location that is well-spaced from other equipment.

There is no evidence that COVID-19 can be spread to humans through the water. Proper operation, maintenance, and disinfection (with chlorine or bromine) of pools should kill COVID-19. Individuals participating in organized water activities must be separated in pools by lane lines or ropes.

As a result of the Governor's announcement on May 11, 2020, beginning June 1, Nebraska School Activities Association (NSAA) member schools are **permitted to open weight rooms** for voluntary strength and conditioning sessions. NSAA member school sponsored camps, clinics, and open gyms are prohibited in any sport at this time. Should the conditions warrant, these requirements will be adjusted and posted on the **NSAA website**. Prioritizing the health and safety of all students and staff must remain the focus of all schools. Please **contact the NSAA** for more information regarding weight room requirements.

The DHHS recently released **Statewide Sports Reopening Guidelines**, effective June 1. The guidelines apply only to team sports. Individual sports such as golf and tennis (including doubles tennis) are not prohibited under any Directed Health Measure (DHM), however, participants must practice social/physical distancing.

Symptom Monitoring

Require Sick Students and Staff to Stay Home

Individuals who have a fever of 100.4°F or above, or other signs of illness, must not be admitted to the facility.

- Communicate to parents the importance of keeping children home when they are sick, the steps being taken to ensure the health and safety of their children, and other important information related to limiting COVID-19 exposure.
 - » A letter to families should outline all health and safety precautions taken by your facility. See the **Child Care Aware of America** website for resources.
- Communicate to staff the importance of being vigilant for symptoms and staying in touch with school leadership if or when they start to feel sick.
- Follow procedures to ensure that children and staff who come to summer camps, summer school, or extracurricular activities sick or who become sick while at your location are placed in isolation and sent home as soon as possible. See page five for guidance on how to manage a student who becomes sick while at your location.

Screen Children for Illness Upon Arrival

Individuals who have a fever of 100.4°F or above or other signs of illness must not be admitted to the facility. Participants must be screened for fever upon arrival.

- Ask the parent/guardian to confirm that the student has not taken fever reducing medication in the last 24 hours and does not have shortness of breath, sore throat, or a cough.
- Make a visual inspection of the child for signs of illness, which could include flushed cheeks, rapid breathing or difficulty breathing, fatigue, or, in young children, extreme or unusual fussiness.
- Communicate regularly with families about behaviors that prevent the spread of COVID-19 and encourage parents/guardians to self-check their children on symptoms daily prior to arriving.

Examples of how to conduct temperature screenings are listed below.

Example 1: Reliance on Barrier/Partition Controls

1. Stand behind a physical barrier, such as a glass or plastic window or partition that can protect the staff member's face and mucous membranes from respiratory droplets that may be produced if the child being screened sneezes, coughs, or talks.
2. Conduct temperature screening, following steps below
 - » Perform **hand hygiene**.
 - » Put on disposable gloves.
 - » Check the child's temperature, reaching around the partition or through the window.
 - » Make sure your face stays behind the barrier at all times during the screening.
 - » If performing a temperature check on multiple individuals, ensure that you use a clean pair of gloves for each child and that the thermometer has been thoroughly cleaned between each check.
 - » If you use disposable or non-contact thermometers and you did not have physical contact with the child, you do not need to change gloves before the next check.
 - » If you use non-contact thermometers, clean them with an alcohol wipe (or isopropyl alcohol on a cotton swab) between each child.

Example 2: Reliance on Personal Protective Equipment

1. If social distancing or barrier/partition controls cannot be implemented during screening, personal protective equipment (PPE) can be used when within six feet of a child.
2. Upon arrival wash your hands and put on a facemask, eye protection (goggles or disposable face shield that fully covers the front and sides of the face), and a single pair of disposable gloves. A gown could be considered if extensive contact with a child is anticipated.
3. Take the child's temperature.
 - » If performing a temperature check on multiple individuals, ensure that you use a clean pair of gloves for each child and that the thermometer has been thoroughly cleaned between each check.
 - » If you use disposable or non-contact thermometers and you did not have physical contact with the child, you do not need to change gloves before the next check.
 - » If you use non-contact thermometers, clean them with an alcohol wipe (or isopropyl alcohol on a cotton swab) between each client.
 - » After each screening, remove and discard PPE, and wash hands.

Implement Isolation Measures if a Student Becomes Sick, and Follow with Cleaning and Disinfecting Processes

It is important to establish a space to isolate students who become sick, and be prepared with cleaning and disinfecting processes.

- Create an isolation room or area, such as a cot in a corner of the classroom, a small office, or an empty classroom that can be used to isolate a sick student. Ensure proper adult supervision of an isolated child as needed.
- Follow CDC guidance on how to **disinfect the building** if someone is sick.
- If a sick child has been isolated in the facility, clean and disinfect surfaces in the isolation room or area after the sick child has gone home.
- Identify areas used by the person who is sick and restrict use of these areas until cleaned, if possible.

If COVID-19 is confirmed in a student or staff member:

- Close off areas used by the person who is sick.
- Open outside doors and windows to increase air circulation in those areas.
- Wait up to 24 hours, or as long as possible, to allow respiratory droplets to settle before cleaning or disinfecting.
- Clean and disinfect all areas used by the person who is sick, such as offices, bathrooms and common areas.
- If more than seven days have passed since the person who is sick visited or used the facility, additional cleaning and disinfection is not necessary. Simply continue routine cleaning and disinfecting.
- Follow **CDC Guidance** on home isolation.

Address Vulnerable Individuals

Federal guidance indicates that elderly individuals and those with serious underlying health conditions, including high blood pressure, chronic lung disease, diabetes, obesity, asthma, and those whose immune system is compromised such as by chemotherapy for cancer, might be at higher risk for severe illness from COVID-19.

Speak to the parents of children with health conditions to ensure that participation in the summer camp is approved by the child's physician.

Staff with underlying health conditions cannot be required to work in a childcare, summer, or afterschool program if they present medical provider documentation of their inability to work due to a high risk health condition.

Environmental Cleaning and Personal Hygiene

Ensure Healthy Personal Hygiene

Cloth masks are required for adults, and for older students. Children under two years old and individuals with severe breathing difficulties should not wear masks.

All children and staff must engage in **hand hygiene** at least every two hours and at the following times:

- Arrival and exit of the facility and after breaks
- Before and after using outdoor play equipment
- Before and after preparing, eating, or handling food or drinks, or feeding children
- Before and after administering medication, lotions, ointments, or medical treatment
- After using the bathroom or helping a child use the bathroom
- After coming in contact with bodily fluid
- After handling animals or cleaning up animal waste
- After playing outdoors or in sand
- After handling garbage

Wash hands with soap and water for at least 20 seconds. If hands are not visibly dirty, alcohol-based hand sanitizers with at least 60 percent alcohol can be used if soap and water are not readily available.

- Supervise children when they use hand sanitizer to prevent ingestion. Hand sanitizer is not recommended for children below age two or children with known excessive hand-to-mouth behaviors.
- Assist children with hand washing who cannot wash hands alone. After assisting children with hand washing, staff should also wash their hands.

Intensify Cleaning and Disinfecting Efforts

- Every hour, **clean and disinfect** surfaces, bathrooms, and objects that are frequently touched, such as doorknobs, light switches, classroom sink handles, and countertops.
- Schedule and follow additional procedures for cleaning and disinfecting, including cleaning and sanitizing toys and other shared materials. All cleaning materials must be kept secure and out of reach of children.
- Do not share toys among static groups unless they are cleaned and sanitized before and after each group's use.
- Clean and sanitize toys.
 - » Reduce the number of toys in classrooms.
 - » Toys that children have placed in their mouths or that are otherwise contaminated by body secretions or excretions should be set aside until they are cleaned by hand by a person wearing gloves (or other approved method).
 - » Children's books, like other paper-based materials, are not considered a high risk for transmission and do not need additional cleaning or disinfection procedures.

Additional Operational Standards

Ensure Healthy Food Preparation and Meal Service

- Serve meals in classrooms, rather than in cafeteria or group settings. If meals are typically served family-style, plate each student's meal to serve it so that multiple students are not using the same serving utensils.
- Sinks used for food preparation should not be used for any other purposes.
- Teachers must ensure that children wash hands prior to and immediately after eating.
- Teachers must wash their hands before preparing food and after helping children to eat.

For school food and nutrition professionals and volunteers working in meal preparation or distribution at a summer school or camp, potential sources of exposure include close contact with others on site with COVID-19 and touching one's nose, mouth, or eyes after touching surfaces or handling items that others infected with COVID-19 have touched. Currently, there is no evidence to support transmission of COVID-19 through food.

Food and Nutrition staff should:

- Notify a supervisor and stay home if having **symptoms**.
- Follow **CDC-recommended steps** if sick. Staff should not return to work until the criteria to **discontinue home isolation** are met, in consultation with healthcare providers and **state** and **local health departments**.
- Follow **CDC recommended precautions** and notify a supervisor if living with a family member with COVID-19.
- Limit close contact with others and maintain a distance of at least six feet, when possible.
- Wear a cloth face covering. These face coverings are not surgical masks or respirators and are not appropriate substitutes for them in workplaces where masks or respirators are recommended or required.
- **Clean**, sanitize, and **disinfect** frequently touched surfaces such as kitchen countertops, cafeteria and service tables, door handles, carts, and trays, throughout the day. Follow the directions on the cleaning product's label and clean hands afterwards.
- Practice proper **hand hygiene**. This is an important infection control measure. With appropriate hand hygiene, gloves are not necessary for workers who are not involved in food preparation. Wash hands regularly with soap and water for at least 20 seconds. An alcohol-based hand sanitizer containing at least 60 percent alcohol can be used, but not as a substitute for cleaning hands with soap and water.
- **Take steps** to ensure that all water systems and features (e.g., sink faucets, drinking fountains) are safe to use after a prolonged facility shutdown. Drinking fountains should be cleaned and sanitized, but encourage staff and students to bring their own water to minimize use and touching of water fountains.
- **Key times to wash hands include:**
 - » Before and after work shifts
 - » Before and after work breaks
 - » After using the restroom
 - » Before eating or preparing food
 - » Before putting on and after taking off disposable gloves when preparing food
 - » After touching objects with bare hands which have been handled by other staff, customers or visitors, such as tables, trays, carts, racks, dishes, cups, utensils, bags, coolers, totes, and trash
 - » After blowing your nose, coughing, or sneezing
 - » After putting on, touching, or removing cloth face coverings
- Avoid contact with body fluids.
- Do not touch eyes, nose, or mouth.
- Use tissues when you cough, sneeze, or touch your face. Throw used tissues in the trash, and then wash your hands.

Ensure Transportation Staff are Following Safety and Hygiene Protocols

The CDC has issued **guidance for bus operators**. For bus operators, potential sources of exposure include having close contact with a bus passenger with COVID-19, by contacting surfaces touched or handled by a person with COVID-19, or by touching one's mouth, nose, or eyes.

- Limit close contact with others by maintaining a distance of at least six feet, when possible.
- Seat passengers six feet away from the bus driver.
- Avoid touching surfaces often touched by passengers.
- Use gloves if required to touch surfaces contaminated by body fluids.
- Practice routine cleaning and disinfection of frequently touched surfaces, including surfaces in the driver cockpit commonly touched by the operator.
- Clean, sanitize, and disinfect vehicles and equipment including:
 - » buses and vans
 - » car seats and seat belts
 - » wheelchairs, walkers, and adaptive equipment being transported to schools
- Proper **hand hygiene** is an important infection control measure. Wash hands regularly with soap and water for at least 20 seconds. If soap and water are not readily available, use an alcohol-based hand sanitizer containing at least 60 percent alcohol.
- **Key times to wash hands, in general, include:**
 - » Before, during, and after preparing food
 - » Before eating food
 - » After using the toilet
 - » After blowing your nose, coughing, or sneezing
- **Additional times to clean hands on the job include:**
 - » Before and after work shifts
 - » Before and after work breaks
 - » After touching frequently touched surfaces, such as seats and handrails
 - » After putting on, touching, or removing cloth face coverings
- Avoid touching your eyes, nose, or mouth

Field trips are not recommended outside the community at this time.



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