



School Nurse UPDATE

#4 December 10, 2020

Happy Holidays!

As I write this I am awaiting communication from the Department of Health Services (DHS) surrounding the new optional quarantine periods. Once received I can update DPI's guidance. See PRACTICE POINTS for an explanation of the process. **Watch for emails when documents have been revised.**

This will be the only School Nurse Update this December. I hope that your Winter Break provides for periods of relaxation and renewal. **I will be out of the office December 17, 2020 – January 3, 2021.** Because of the long break in communication from DPI and the anticipation that COVID-19 recommendations will continue to evolve, I will host **another school nurse Zoom meeting when we return from Winter Break.** See SAVE THE DATE.

With the anticipation of COVID vaccinations **DHS will be hosting a weekly webinar for vaccine partners and stakeholders** (see DHS p. 4).

In this Update there are **several requests from various organizations for school nurses to provide input and complete surveys** (WI-AAP, DHS, WASN, CHAW). Consider taking a few minutes to fill out the surveys as the requestors truly value school nurses' perspectives.

On page 6 is the "ACIP Interim Recommendation for Allocating Initial Supplies of COVID-19 Vaccine—U.S., 2020." Wisconsin physician Dr. Jonathan Temte, representing the American Academy of Family Physicians, is a member of the Advisory Committee on Immunization Practices COVID-19 Vaccines Work Group!

I close with wishes that you take time for yourself this holiday season. Here is a short [self-care assessment](#) from the [Compassion Resilience Toolkit](#). Do something that replenishes your spirit and soul. I will be cherishing my new granddaughter!

Louise



FEATURED STORIES

[PRACTICE POINTS – The Process of Writing Guidance](#)

[PPE Awareness Training \(DPI News p. 2\)](#)

[New School Nurse Guidance from CDC \(CDC p. 7\)](#)

[COVID Community Testing Sites \(p. 4\)](#)

[DHS Vaccination Webinars \(p. 4\)](#)

[RN Education Study \(p. 9\)](#)

SAVE THE DATE

Wisconsin School Nurse Network Zoom Meeting- January 8, 2021 3:30-4:30 PM. Link to meeting will be sent out 1/6/2021.

DPI supports best practices/evidence-based resources, but does not vet or endorse products/services. User is responsible to evaluate the resource and how it meets local needs.

DPI News



Interim COVID-19 Infection Control and Mitigation Measures for Schools

This [guidance document](#) is in the process of being updated to reflect the Department of Health Services support for CDC's revised guidelines shortening the quarantine periods. Please read the document for further information and requirements for monitoring and testing per the revised guidelines. Both DHS and CDC continue to state a 14-day quarantine remains the safest option if you are a close contact of someone who has COVID-19.

Revision of other DPI documents are also in progress. Please check the DPI [COVID-19 Information for School Health Services](#) webpage for updated documents.

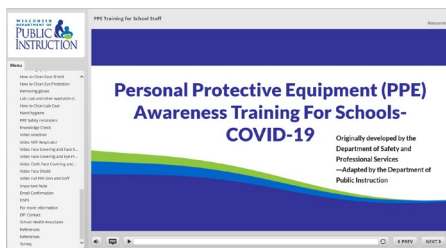
PPE Awareness Training for Schools - COVID-19

The module is intended to instruct school staff on the purpose of, and in the proper selection and use of, Personal Protective Equipment (PPE). School staff who are identified in each school district's Exposure Control Plan as having risk of occupational exposure may view the module while allowing districts to track which staff have received appropriate training in the use (selection/donning/doffing) of PPE. Districts may assign school staff to view particular instructional videos in the module based upon the PPE staff members will be required to [wear as determined by their job responsibilities and exposure risk](#). Non-designated school staff may also view the approximately 30-minute module to acquire a basic understanding of the purpose and use of PPE and how COVID-19 has affected the selection and use of PPE in schools.

Direct link to the module: <https://media.dpi.wi.gov/sspw/av/ppe-training-for-school-staff/story.html>

The link is also located on DPI's COVID-19 Information for School Health Services webpage under Guidance Documents and the Personal Protective Equipment dropdown tab.

Both DHS and CDC continue to state a 14-day quarantine remains the safest option if you are a close contact of someone who has COVID-19.



DPI News



DPI Holds Public Hearing Related to Licensing of Pupil Services Professionals

The Department of Public Instruction will hold a public hearing as required under Wis. Stat. sec. [227.16](#) to consider the promulgation of [CR 20-082](#), Amending ch. [PI 34](#) relating to revisions to licensing of pupil services professionals. **The proposed rule amends ch. [PI 34](#) of the Wisconsin Administrative Code** with respect to clarifying and creating flexibility around licensing rules for pupil services professionals, which include school nurses, school psychologists, and school social workers.

The Department will hold the public hearing at the time shown below via teleconference only. The hearing will be held as follows:

Date and Time: Thursday, January 7, 2021, from 2:30 p.m. – 4:00 p.m.

Location (Conference Call Only): Phone Number +1 608-620-9781
Conference ID: 713 418 964#

- The link to the proposed rule is here: <https://docs.legis.wisconsin.gov/document/cr/2020/82>
- The link to the hearing notice for the PI 34 pupil service licenses rule is here: https://docs.legis.wisconsin.gov/code/register/2020/779b/register/rule_notices/cr_20_082_hearing_information/cr_20_082_hearing_information

Copies of the proposed rules are available on the department's [Administrative Rules webpage](#) or the [Wisconsin Legislature Rules](#) site. Written comments may be made via the [legislature's webpage for submitting public comment](#). Questions or additional testimony may be sent by email to the department's administrative rules coordinator at adminrules@dpi.wi.gov.

The proposed rule amends, clarifies, and creates flexibility around licensing rules for pupil services professionals, which include school nurses, school psychologists, and school social workers.

DHS News

Respiratory Report

[The Weekly Respiratory Report](#) (detailing influenza data) is available and updated bi-weekly.

Webinar for Partners and Stakeholders

An update about the Wisconsin COVID-19 Vaccination Plan will be shared with vaccine partners and stakeholders on Friday, December 11, 2020, from 12:00 – 1:00 p.m. (please note updated time from last week) for vaccine partners and stakeholders. This webinar will focus on current plans for Phase 1A, which involves priority vaccination for health care personnel and long-term care staff and residents. The purpose of this call is to provide the big picture for how vaccination planning will work across the state.

Please [register in advance of the webinar](#). This is a recurring meeting. You will only need to register one time for this webinar to then be able to attend future Friday planning webinars.

You can access last week's webinar on our [website](#).

DHS Has Listing of COVID-19 Community Testing Sites

This DHS webpage displays current COVID-19 community testing sites in Wisconsin. The map is updated daily. This resource may be helpful when referring students and staff for COVID testing.

<https://www.dhs.wisconsin.gov/covid-19/community-testing.htm>

Physical Activity and Nutrition Needs Assessment Survey Request

On behalf of [healthTIDE](#) and the Wisconsin Department of Health Services, we are sharing a 5-10 minute survey which is based on the 2019 Maternal Child Health Program Needs Assessment results that found physical activity and nutrition as high priorities for Wisconsinites.

We would appreciate it if you could please answer the survey from your perspective. We are hoping to gather a large volume of responses from Wisconsin community members, organizations, local and tribal health departments, out-of-school time programs, and child care centers.

<https://www.surveygizmo.com/s3/5605601/s-WISNA>

If you have questions, please contact:

[Molly Holdorf RN BSN CLC](#)

Public Health Nurse Consultant – Maternal Child Health

Bureau of Community Health Promotion/Division of Public Health

Molly.holdorf@dhs.wisconsin.gov

608-267-3282



Webinar will focus on current plans for Phase 1A, which involves priority vaccination for health care personnel and long-term care staff and residents.

NASN News

National Handwashing Awareness Week is December 6-12.

[Spread the word in your school](#) about the 4 Principles of Hand Awareness:

1. WASH your hands when they are dirty and BEFORE eating.
2. DO NOT cough into your hands.
3. DO NOT sneeze into your hands.
4. Above all, DO NOT put your fingers into your eyes, nose, or mouth.

NASN has created several educational videos on hygiene—including handwashing—for school nurses as they return-to-school during COVID-19. School nurses can use these as a tool to educate the school community including students, staff, and parents. [See the videos](#) and share them with your school community.



NASN has created several educational videos on hygiene—including handwashing—for school nurses.

Wisconsin Association of School Nurses

WASN Conference Survey

WASN would like your feedback!

WASN plans to provide a conference for the WI school nurses in 2021. To better understand what works best, please complete the survey.

[WASN 2021 School Nurse Conference Survey](#)

Medscape Nurses

COVID-19 Vaccine Has Potential Side Effects, Nurse Volunteer Says

Nurse researcher Kristen Choi, PhD, RN, experienced first-hand a "worst-case scenario" of potential side effects after receiving an experimental COVID-19 vaccine in a phase 3 trial. She says clinicians should be prepared to reassure patients if reports of similar experiences spread when vaccine rollouts begin.

[Read more...](#)

[CDC Urges Universal Mask Wearing for First Time](#)

Immunization Action Coalition



CDC Publishes “ACIP Interim Recommendation for Allocating Initial Supplies of COVID-19 Vaccine—U.S., 2020”

CDC published [The Advisory Committee on Immunization Practices' Interim Recommendation for Allocating Initial Supplies of COVID-19 Vaccine—United States, 2020](#) in an [Early Release MMWR on December 3](#).

As interim guidance, the Advisory Committee on Immunization Practices (ACIP) recommends that both 1) healthcare personnel and 2) residents of long-term care facilities be offered COVID-19 vaccine in the initial phase of the vaccination program. All CDC information on current COVID-19 vaccine recommendations is available online at www.cdc.gov/vaccines/hcp/acip-recs/vacc-specific/covid-19.html.

In conjunction with the interim ACIP recommendations, CDC published "Clinical Considerations" on a web page titled [Interim Considerations for COVID-19 Vaccination of Healthcare Personnel and Long-Term Care Facility Residents](#). This page provides information on additional topics, including sub-prioritization information of COVID-19 vaccination for healthcare personnel (HCP) and for those in long-term care facilities. It also discusses vaccination of pregnant and breastfeeding HCP and post-vaccination symptoms in HCP.

Access the MMWR article in [HTML format](#) or in [PDF format](#).

NCIRD leaders Drs. Messonnier and Cohn’s Webinar Presentation on COVID-19 Vaccination Implementation is Now Available Online

On December 3, CDC leaders Nancy Messonnier, MD, director, National Center for Immunization and Respiratory Diseases (NCIRD) and COVID-19 Vaccine Task Force; and Amanda Cohn, MD, chief medical officer, NCIRD and COVID-19 Vaccine Task Force were featured speakers on an IAC webinar titled [COVID-19 Vaccination Implementation and ‘Vaccinate with Confidence’ Strategy](#).

Specific topics included an overview of the COVID-19 vaccine distribution strategy, current state planning efforts, and the COVID-19 “Vaccinate with Confidence” strategy.

IAC's chief strategy officer, Dr. L.J. Tan, moderated the webinar and the Q&A session that followed.

The webinar was full to capacity at 3,000 attendees. The entire webinar is now archived for viewing at www.immunize.org/webinars/cdc2 and the [slides are available for download](#)



Information for School Nurses and Other Healthcare Personnel (HCP) Working in Schools and Child Care Settings

This [webpage](#) was updated December 3, 2020, to include changes in [symptom screening for K-12 students](#) and [when to quarantine](#).

Read the CDC MMWR Report

[Summary of Guidance for Public Health Strategies to Address High Levels of Community Transmission of SARS-CoV-2 and Related Deaths, December 2020](#)

Article Synopsis

[Characteristics and Timing of Initial Virus Shedding in Severe Acute Respiratory Syndrome Coronavirus 2, Utah, USA](#)

CDC Released New Tools for Administrators for Resuming In-person Learning

The [K-12 Schools COVID-19 Mitigation Toolkit](#) aims to help schools plan for in-person instruction and ongoing operations during COVID-19. The toolkit is designed for public health officials, K-12 administrators, school district officials, and occupational safety and health (OSH) professionals to assess hazards and implement mitigation strategies to reduce the spread of COVID-19 in schools.

The [Getting Schools Ready for In-Person Learning: How to Plan and Execute a COVID-19 Mitigation Walkthrough](#) helps conduct a 5-step walkthrough with health officials to review planned COVID-19 mitigations strategies. As COVID-19 fluctuates in communities, schools may open, close, and reopen at varying times throughout the school year. In partnership with local public health officials, school or district administrators can use this step-by-step guide to plan and execute a COVID-19 mitigation walkthrough, ensuring that they are prepared to resume in-person learning at school buildings or campuses.

Mental Health Supports for School Nurses and School Staff

On Friday, December 11, at 2:00 pm CST you are invited to join Child Trends, the National Center for School Mental Health, the Division of Adolescent and School Health at CDC, and the Center for Health and Health Care for a discussion about building school mental health systems that support the teachers, nurses, and school administrators on the front lines of keeping our children healthy and safe during COVID-19. [Register here](#).



No single strategy can control the pandemic; rather, a multipronged approach using all available evidence-based strategies at the individual and community levels can break transmission chains and address high levels of community transmission; reduce related illnesses, long-term sequelae, and deaths; and mitigate the pandemic's economic impact.

Wisconsin Chapter of AAP

Dear Wisconsin School Nurses,

The Wisconsin Chapter of the American Academy of Pediatrics, in collaboration with the University of Wisconsin School of Medicine and Public Health (UWSMPH), is conducting a needs assessment with school nurses throughout the state of Wisconsin. Your participation and input will help shape future support and resources.

Participation in the survey is completely voluntary and you may stop the survey at any time. All questions are optional and all responses are completely anonymous; there is a question for your contact information should you want the research team to respond to any questions you may have. The survey will take approximately 15 minutes to complete. [Click here to begin survey](#)

The survey will be available until **Friday, December 18**.

Any questions can be directed to Dr. Dipesh Navsaria at dnavsaria@pediatrics.wisc.edu. Thank you for your consideration.

Sincerely,

Wisconsin Chapter of the American Academy of Pediatrics
UWSMPH School Health Research Team

Children's Health Alliance of Wisconsin

COVID-19 has impacted many areas in our life. We know that working in healthcare, our work never stops and we are constantly adapting to changes to ensure that those in need receive the necessary support to deliver the best care possible. As we continue supporting children and their families, we would like to know how we can further support you and your work during this unprecedented time. **Please view the [AAAAi](#) document for your reference.** Please answer the following questions so that we may find ways to cater to your needs.

1. What questions do you have for us related to COVID-19 and asthma management? How can we help? (e.g., resources, supplies, training, guidance)
2. If your school is open for instruction, do you have all the supplies you need to attend students? Examples (N95 masks, face shields, gloves, etc.)
3. If your school is currently virtual, have you been notified if you will have the supplies you need once in-person instruction resumes?
4. Does your school accept Asthma Action Plans (AAPs) as part of a child's medical form? If so, do you have AAPs on file for children with asthma in your district this year?
5. With the increased need to clean and disinfect facilities to minimize the spread of COVID-19, what green cleaning/asthma-friendly cleaning plan does your school have in place for students who have asthma?

Lastly, what has gone well for you in terms of treating students with asthma since the 2020-21 school year began? **What challenges have you faced during this time?**

We understand if you are not able to answer all of the questions at this time. We greatly appreciate your help in guiding our work with school nurses around Wisconsin. If you have any questions or concerns, please don't hesitate to contact us. Thank you for your excellent and critical work.

Miscellaneous

NCSBN Launches Research Study to Investigate Prelicensure RN Education During the Pandemic

NCSBN has launched a new research study, "National Prelicensure RN Study: Assessing the Impact of COVID-19 on Nursing Education," to investigate the impact of the rapid changes being made in nursing education programs in response to the COVID-19 pandemic.

Principal Investigator Brendan Martin, PhD, director, NCSBN Research, notes, "NCSBN undertook this study to explore the many ways in which nursing programs were able to quickly adapt to the conditions brought about by the pandemic, but even more importantly to discover how changes in instructional/clinical models will affect nursing student performance and eventual readiness to practice."

The study, which is currently underway at more than 50 nursing program sites across the nation, seeks to determine the extent to which prelicensure RN programs, either traditional Bachelor of Science in Nursing (BSN) or Associate Degree in Nursing (ADN), changed their didactic and/or clinical delivery formats due to the COVID-19 pandemic. The study will then prospectively and longitudinally track student outcomes to measure engagement, academic performance, and early career experience.

"The key strengths of this study will be its early efforts to track student performance in real-time during the COVID-19 pandemic and, from a regulatory standpoint, its focus on how well these experiences prepare new graduates for their transition to early career professionals," adds Martin.

The study will conclude in 2022. For more information contact the study lead, Brendan Martin, at bmartin@ncsbn.org.

About NCSBN

Founded March 15, 1978, as an independent not-for-profit organization, NCSBN was initially created to lessen the burdens of state governments and bring together nursing regulatory bodies (NRBs) to act and counsel together on matters of common interest. It has evolved into one of the leading voices of regulation across the world.

NCSBN's membership is comprised of the NRBs in the 50 states, the District of Columbia, and four U.S. territories—American Samoa, Guam, Northern Mariana Islands, and the Virgin Islands. There are three exam user members. There are also 27 associate members that are either NRBs or empowered regulatory authorities from other countries or territories.

Mission: NCSBN empowers and supports nursing regulators in their mandate to protect the public.



The key strengths of this study will be its early efforts to track student performance in real-time during the COVID-19 pandemic and its focus on how well these experiences prepare new graduates for their transition to early career professionals.

Diabetes in School Health

DiSH Announces December Webinar

Link for webinar and to submit questions:

<https://mailchi.mp/ae664bc45e3d/december2020dishsession>



[DiSH Website](#) [DiSH Twitter](#) [Email Us!](#)

Please join us for the December DiSH Session:

"Diabetes and Covid"

**Wednesday, December 16, 2020
3:00 - 4:00 PM CST**



Featured Presenter:

G. Todd Alonso, MD

Pediatric Endocrinologist

University of Colorado School of Medicine

Barbara Davis Center for Childhood

Diabetes

Add this session to your calendar (.ics file)

Do you have any questions for our presenter?

Fill out this question box, and we will answer them during the session!

Submit your questions here! (link)

DiSH Sessions

*Sessions will continue
on the 3rd*

*Wednesday monthly
at 3pm CST*

Practice Points

By Louise Wilson



The Process of Writing Guidance

You may have heard me say in webinars that I am the only healthcare professional at the Department of Public Instruction (DPI). While I feel qualified to provide insight and guidance on school health issues and school nursing practice, I am not qualified to determine public health policy, nor set epidemiologic standards. The Department of Health Services (DHS) is the governmental agency in Wisconsin with public health and epidemiological expertise. There are numerous individuals with varying degrees, qualifications, and expertise at DHS. Therefore, the process of DPI writing COVID-19 related guidance starts with recommendations from DHS.

DHS determines the standards. Then I, as the school nurse and school health services consultant, interpret and translate those standards into recommendations and guidance documents useful for school situations. Much like a working school nurse, I am the bridge between the two systems of (public) health and education. Other departments at DPI are writing guidance for their stakeholders and “the field” surrounding how to navigate school operations during the pandemic. If there are any concerns or advice surrounding infection control measures, I provide suggestions and make sure what DPI says is consistent with DHS’s recommendations.

Six days ago from the time of this writing CDC announced [Options to Reduce Quarantine for Contacts of Persons with SARS-CoV-2 Infection Using Symptom Monitoring and Diagnostic Testing](#). A day later DHS had reviewed those recommendations and indicated their support. Two working days later I am waiting for DHS to formally issue new guidelines and update their documents, including the [Guidelines for Prevention, Investigation, and Control of COVID-19 Outbreaks in K-12 School in Wisconsin](#) so that the wording in the [Interim COVID-19 Infection Control and Mitigation Measures for Schools](#) matches not only the intent, but the phrasing chosen by DHS. I have found both phrasing and consistency are critical in official documents.

DHS and CDC still recommend a 14-day quarantine as the gold standard. Quarantining for 14 full days after the time of exposure remains the safest strategy for preventing asymptomatic transmission of COVID-19. The new options are noted as “acceptable alternatives” that may be used. If desired, districts may choose to still use the 14-day quarantine. If districts do so, I recommend that they are consistent with their policy and communicate to staff/families why the guidance is more restrictive than the new options.

Much like a working school nurse, I am the bridge between the two systems of (public) health and education.

While a 14-day quarantine is still the safest option, these new options take into account emerging scientific evidence on quarantine periods, as well as the real challenge of complying with a two-week quarantine.

DHS now allows that, for people who do not develop symptoms, quarantine can end:

- After completing day 10 of quarantine without testing
- After completing day 7 of quarantine and receiving a negative test result (PCR or antigen) that was collected within 48 hours of the end of quarantine

People must continue to monitor for symptoms for the full 14 days. If symptoms develop following the end of quarantine, people are advised to immediately isolate, contact their health care provider, and get tested.

Guidance documents and quarantine flow charts are being revised by DHS to reflect this change. DPI will follow suit. I hope to have revisions made before I go on vacation December 17th. The Zoom meeting on January 8, 2021, will allow school nurses an opportunity to ask questions and share experiences in implementing these new quarantine periods.



While a 14-day quarantine is still the safest option, these new options take into account emerging scientific evidence on quarantine periods, as well as the real challenge of complying with a two-week quarantine.



This publication is available from:
Learning and Support
Student Services Prevention and Wellness Team
(608) 266-8857
<https://dpi.wi.gov/sspw/pupil-services/school-nurse>

December 2020 Wisconsin Department of Public Instruction

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School Attendance, Asthma and COVID-19

Considerations for school nurses.



In the current COVID-19 pandemic, certain evaluation procedures (peak flow measurements) and treatment recommendations (nebulizer treatments) for students with asthma while attending school are not consistent. This reflects the lack of objective data to guide recommendations and the variety of approaches currently taken at the local, state, and federal level based on this lack of knowledge. The purpose of this document is to summarize current overall recommendations that may be modified in the future as we learn more about COVID-19.

CONSIDERATIONS:

- The highest level of face mask and eye protection should be used during all health visit encounters by both the student and the school nurse or unlicensed assistive personnel (UAP).
 - In-person learning remains a personal decision based on family needs that may be based on the student's level of asthma control, complexity of the individual management plan, local virus activity, school administration, and guidance provided by the Centers for Disease Control and Prevention (CDC). A diagnosis of asthma that is well controlled does not preclude children from attending in-person learning. Asthma that is not well controlled should be treated appropriately to gain control by the child's asthma health provider prior to the child resuming in-person learning.
 - Children with asthma should follow the recommendations for the wearing of face coverings as indicated by the CDC while at school.
- Children should continue their daily controller medications, including inhaled corticosteroids. These medications have not been shown to increase risk of COVID-19 infection or disease severity. Children should therefore continue their medications as prescribed by their asthma health provider.
- To treat respiratory distress or premedication prior to physical activity:
 - Nebulizers should be discouraged from being used routinely in the school setting. If absolutely necessary, please see CDC and World Health Organization (WHO) web links in the reference section for guidance.
 - Rescue inhalers such as albuterol can be used with the student's own spacer, or appropriate disposable spacers. Disposable spacers should be discarded after use.
 - Follow CDC guidelines for other considerations when treating a sick child (e.g., placing in isolation room with adequate medical supervision until parent arrives for pick up).
 - Although CDC recommendations on the use of peak flow meters indicate that they are unlikely to generate aerosols, the accuracy of results can be questionable and the effort may produce coughing, so this is not recommended.
- It is not possible to distinguish between an impending viral-induced asthma exacerbation and the symptoms of COVID-19 in students who do or do not have asthma. Thus, all symptomatic students should be considered to have COVID-19 until testing proves otherwise.

- Every effort should be made to ensure that all students with asthma have an updated [Asthma Action Plan \(AAP\)](#) or Individualized Healthcare Plan (IHP).
- Children with asthma should be allowed to participate in all physical activity that has been deemed safe in terms of social distancing etc. by the school administration. Children may continue use of their premedication with albuterol to prevent exercise-induced asthma if appropriate.

REFERENCES:

- CDC: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools-faq.html#Administrators>
- WHO: <https://www.who.int/news-room/commentaries/detail/transmission-of-sars-cov-2-implications-for-infection-prevention-precautions>
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School Attendance, Asthma and COVID-19

Considerations for school nurses.



CASE SCENARIO

A child/adolescent student attending school with documented asthma complains of cough and shortness of breath and seeks evaluation by a school nurse or unlicensed assistive personnel (UAP). The following should be evaluated:

1. The school nurse or UAP should immediately apply appropriate facial covering (PPE grade) and eye covering and apply a mask to the student, if not already in place.
2. Inquire about the presence of other symptoms: sore throat, headache, nasal congestion, new loss of taste or smell, chills, stomach upset or diarrhea.
3. Inquire as to whether or not the student has had recent exposure to coronavirus in their family or their friends.
4. Perform brief physical exam (including checking for fever) to evaluate the presence or absence of respiratory distress based on staff role and job description. (School nurses would provide an exam, while UAP would be limited to a temperature check and obvious signs of illness/distress.)
5. If respiratory distress is present, determine if the child has an AAP/IHP on file with the school.
 - a. If yes, follow AAP/IHP guidance only if coronavirus exposure/illness is not suspected.
 - i. If the student's rescue albuterol inhaler is not readily available, use stock albuterol inhaler with disposable spacer device if available and authorized according to state regulations and local school board policy.
 - ii. If AAP/IHP is not available for guidance on dosing of albuterol, administer 2 puffs, wait 10 minutes and reassess respiratory status. 2-4 puffs of albuterol can be administered every 10 minutes until a total of 8-10 puffs have been given.
 - iii. If respiratory distress does not improve, call 911.
 - iv. The stock albuterol inhaler should be cleansed after use based on manufacturer's instructions. Preferably, the inhaler should be sent home with the student and a replacement inhaler obtained for use in the school.
 - b. If coronavirus exposure and illness is suspected, asthma care provider should move the student to an isolation room if possible (<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/symptom-screening.html>) and treat the child with albuterol as noted above.
 - i. If the respiratory distress improves and the child appears to be stable, parents should be notified immediately and the child sent home for appropriate referral to their asthma care provider.
 - ii. If respiratory distress does not improve after a total of 8-10 puffs of albuterol, 911 should be called.

DISCLAIMER: This document provides a summary of currently available resources that school nurses can consult as they formulate independent nursing judgement for their practice or when participating in policy discussions in their districts. This document is not intended to provide clinical standards or guidelines. The school nurse is responsible for complying with applicable federal, state, and local laws, regulations, ordinances, executive orders, policies, and any other applicable sources of authority, including any applicable standards of practice.



PARENTS PACK

MONTHLY UPDATES ABOUT
VACCINES ACROSS THE LIFESPAN

COVID-19 AND THE HOLIDAYS: MAKING SPECIAL MEMORIES THIS SEASON

November 2020

COVID-19 has spread at family gatherings, so as you think about the holidays, it is important to plan with COVID-19 in mind. Being flexible and willing to pivot will be key.

Despite the unique situation in which we find ourselves, advance planning and alternative approaches to your typical plans can help.

Advance planning

While we have adapted to wearing masks, social distancing, and limiting our interactions with those outside of our “bubble,” some may be getting tired of these measures and longing for typical holiday plans. Unfortunately, since many holiday traditions involve activities that provide opportunities for the virus to spread, it will be important to consider how we can celebrate while keeping ourselves and those around us safe and healthy.

First, it is important to include everyone in the planning and decision-making process to ensure that they are not only comfortable with the plans but also willing to follow and adhere to them. Likewise, if disagreements arise, be sure not to create a situation in which other family members feel as though they need to choose sides. Heading into holiday planning with an understanding and acceptance of the fact that everyone is handling public health recommendations differently will help prevent family disagreements that remain long after the pandemic.

Some of the questions that will be important to consider this year include: Who is at higher risk of complications from COVID-19? What travel and lodging is involved, and for whom? And, how can gatherings be both safe and fun?

Who is at higher risk of complications from COVID-19?

People with chronic conditions of the lungs and heart, those who are obese, older individuals, and certain racial and ethnic groups are at increased risk of being hospitalized, or even dying, if they are infected with COVID-19. So, when planning, you will want to consider:

- Does your group include vulnerable people? Not only is it important to think about who might be more vulnerable, but also how they will feel if you invite them to an event. Will they feel obligated to attend? Will they feel comfortable attending? Does it make more sense to cancel the event?
- Are there ways to alter the event to decrease the chance for exposure? Commonly practiced public health measures can also help, so encourage mask wearing, handwashing, use of hand sanitizer and social distancing. Other options could include limiting the size of the gathering, decreasing its length, planning an outdoor event (if possible), or hosting a virtual event.
- How do your invitations read? If you move forward with a gathering, make sure that invitations or pre-event communications include information about changes to typical plans, expectations for behavior, and messages that make it OK for those who wish to opt out to feel comfortable saying so. It is important that everyone respects the decisions of others, whether they decide to participate in this year's festivities or not.

It has been a tough year for everyone, so leaning into empathy and understanding, regardless of personal opinions, will be important.

What travel and lodging is involved, and for whom?

Travel: Traveling is often part of the holiday season, but traveling is likely to look different this year:

- Who is traveling? Are they at higher risk? Do they need special assistance?
- Can travelers quarantine at home for two weeks before their trip?
- Are there high levels of disease where people will be coming from or going to? Are there travel restrictions? Check your state's Department of Health website for travel advisories during planning and again right before traveling.
- How are they traveling? Planes, buses, trains, and cars all have their own considerations.
 - *Planes:* Those travelling by air should take precautions, like wearing masks, reducing touch points, carrying hand sanitizers and wipes, and maintaining distance, while waiting in security lines or terminals, using airport facilities, boarding shuttles, and sitting on flights.
 - *Buses and trains:* Many of the same considerations described for air travel also apply to travel by bus and train.
 - *Cars:* While car travel offers fewer interactions with people, travelers should take precautions related to stops along the way. Be sure to pack hand sanitizers or wipes, and ensure that everyone uses them when returning to the car. If travelers are from different households, everyone should wear a mask and either open the windows or set the ventilation so that air is not recirculating inside the car.

Lodging: Guests who need to travel by car may need to stay at a hotel along the way. Others may typically stay at a nearby hotel or, this year, those who normally stay at your home may opt to do so. Considerations for those staying at a hotel include:

- How well does the hotel follow public health guidance? Find out if they:
 - Require everyone to wear a mask
 - Have signage and floor markers reminding guests to maintain social distancing
 - Offer mobile check-in and check-out and contactless digital keys
 - Follow occupancy limit and seating capacity guidelines
- What are their disinfection and cleaning procedures? Find out about:
 - Policies around cleaning frequently touched surfaces
 - Cleaning practices in high-traffic areas
 - Housekeeping services in guest rooms and related to interactions with guests

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COVID-19 AND THE HOLIDAYS: MAKING SPECIAL MEMORIES THIS SEASON [cont.]

Considerations when guests are staying in the same home:

When people are staying in your home, you may feel less comfortable implementing special precautions or asking them to follow rules that are not typical, but one family's experience this summer shows why it is important to set aside your discomfort:

Over the summer, 20 relatives from five households spent three weeks together. Fourteen of the 20 people stayed together in the house without practicing public health measures; the other six visited outside with social distancing on two separate occasions, both lasting several hours. One person, who had a known exposure but tested negative for COVID-19 before the trip, was actually infected. While none of the six who visited outside developed COVID-19, 11 of the remaining 13 people who stayed in the home ultimately developed COVID-19. One was hospitalized, and one visited an emergency department; eventually, all recovered.

While this group was lucky that everyone recovered, we don't have any way to know who will become severely ill. And, sadly, many families have stories that did not end as well. For these reasons, if people from different homes are staying together, some tips for keeping everyone safe include:

- Encourage frequent handwashing, and provide hand soap or sanitizer and paper towels throughout the home. Don't share towels.
- Encourage mask wearing when indoors, particularly if social distancing is not possible.
- Clean surfaces frequently. Likewise, frequently disinfect high-touch surfaces. If families are sharing the same bathroom, clean and disinfect faucets, sinks and counter surfaces after each use.
- Limit the number of people in the kitchen, so everyone can stay 6 feet apart. During meals, plan seating that will allow for social distancing. People who live together can sit closer to one another.
- Don't share dishes, utensils or drinking glasses, and wear gloves when handling or washing these items.
- Launder all items that overnight guests used during their stay, and treat them as if they are contaminated. For example, wear gloves, wash items in the highest temperature possible, and dry at the highest heat setting recommended for the fabric.

How can gatherings be both safe and fun?

It's important to be flexible and realize that some traditions will need to be changed while keeping the occasion special, fun and safe.

During the event

- Provide hand sanitizer, soap, and paper towels. Avoid sharing hand towels.
- Make mask wearing fun by holding a mask contest instead of an "ugly sweater" contest, but make sure that designs don't make masks less protective.
- Spread seating out, so that people can comfortably social distance, rather than having everyone sit around the table.
- Plan to celebrate outdoors, if possible.
- Ensure adequate ventilation if you're gathering indoors. Keep windows and doors open and ask guests to wear their masks, unless they are eating.
- Avoid buffet-style meals; instead, have one or two people serving to decrease the chance for contamination of serving utensils. Or, order individually packaged meals from your favorite restaurant.
- Use disposable plates, cups and utensils, and encourage people to put their own used items in the trash. Make sure trash receptacles do not require touching a lid or opening a bag, so that many people are not touching the same surface.
- Put one person in charge of taking out the trash. Trash should be handled as if it is contaminated. Use disposable gloves and wash hands thoroughly after handling.

After the event

After everyone goes home, it will be important to know if anyone develops symptoms:

- Keep a list of all guests and remind them to report any COVID-19 symptoms that develop within 14 days of the gathering.
- Watch for symptoms among your own family and contact your healthcare provider if you believe someone might be infected. Alert guests if needed.

Virtual parties

Ultimately, you may decide that a virtual holiday party is the best way to ensure everyone's safety and comfort. If you decide to go this route, get creative:

- Choose a theme and have your guests "show up" with themed outfits.
- Plan what time you will eat and share the menu in advance, so everyone can dine together. Alternatively, treat everyone to a pre-ordered holiday meal, so the food can be delivered, and everyone can enjoy it together.
- Skip the meal and go right to dessert. Have guests bake and decorate cookies before the event and vote for the winners. Alternatively, send everyone a "cookie decorating" kit before the event and decorate together.
- Send gifts ahead of time, then open them during the party. Consider having attendees guess who sent them.
- Plan games, like a family history trivia game to see who remembers the most. Or, have a scavenger hunt. What about holiday bingo? Have everyone create boards and try their luck.
- Don't forget to hit the record button. Many video conferencing tools allow you to record your event without anyone needing to remember to "grab the camera."

Although this holiday season will be unlike any other, with advance planning, proper precautions and a little bit of creativity, your holidays can be both special and safe.

For more information about this newsletter or about vaccines in general, visit: www.vaccine.chop.edu/parents.



Celebrating Holidays Safely

This holiday season, keep your friends and family safe by following good public health practices.

Ideas to Celebrate Safely

- Share a meal with only the people who live in your household.
- Prepare meals and treats for delivery. If you deliver them in a way that doesn't involve contact, this can be a great way to safely share the holidays with family, friends, and neighbors!
- Have a virtual dinner with friends and family.
- Shop online rather than in person.
- Watch sports events, parades, and movies from home.

Make Safe Choices

- Avoid travel. Travel increases your chance of getting and spreading the virus that causes COVID-19.
- Be mindful that a COVID-19 test only shows if you have COVID-19 at the moment of your test. If you have been exposed to someone with COVID-19, it can take up to 14 days to develop symptoms or test positive.
- Stay home as much as possible.
- Wear a mask when you are in public or in a place with people outside of your household.
- Maintain at least 6 feet of physical distance between yourself and others who don't live with you.
- Wash your hands frequently.
- Use the [decision tool for individuals and family](#) to make choices that are best for you and your family.

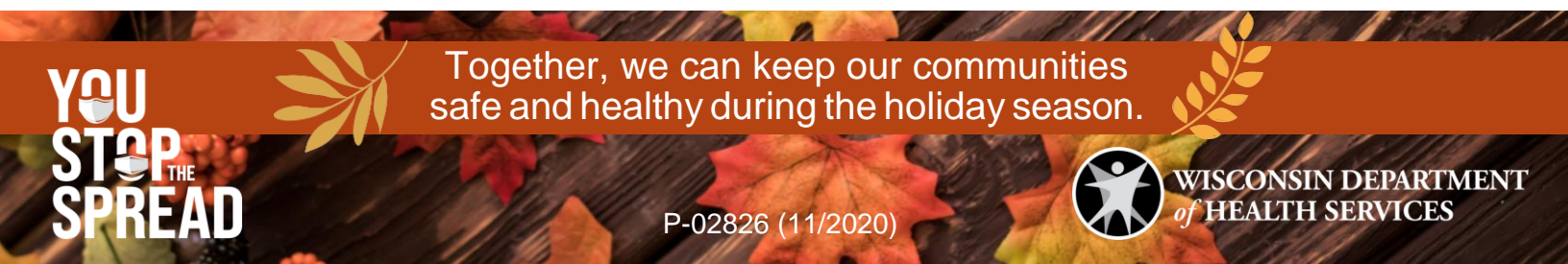
Events to Avoid

- Gatherings with people from outside your household.
- Bars, especially indoor spaces.
- Indoor dining at restaurants.
- Crowded parades or race events.
- Shopping in crowded stores.

Coping and Practicing Resilience During the COVID-19 Pandemic

We are all making changes to our lives, and our holidays, to protect ourselves, our loved ones, and our communities. It's important, but it's not easy, and we need to all remember that it's OK to ask for help.

[Learn how to recognize and manage stress as well as build resilience.](#)



Together, we can keep our communities safe and healthy during the holiday season.