

## J. Sterling Morton High School District 201 2020-2021 School Year Wellness

The following plan was developed with guidance from the Center for Disease Control (CDC), Illinois State Board of Education (ISBE) and Illinois Department of Public Health (IDPH). This plan is subject to change as these guidelines evolve.

### Wellness

J. Sterling Morton High School District 201 is committed to the health and safety of our students, staff, and their families. The following plan has been developed with that in mind. While our plan specifies guidelines for our staff, students, and buildings to follow, everyone's health and safety is dependent on each individual. Each staff member and student must ensure their own health and safety by adhering to these guidelines and reporting any issues or safety concerns to their building principal or supervisor. Each of us will play a role in our collective safety.

### Staff & Student Protection Plan

Each building principal and/or designee will be responsible for submitting their individual plans for review. Every effort must be made to ensure the health and safety of staff and students, including quarantine and a nurse's space within each building as possible.

### Signs and Messages

Each building must post signs and messages in highly visible locations that reinforce safety precautions and promote every day protective measures (e.g., proper handwashing and appropriate face coverings). Signage posted must be in both English and Spanish outside of main entryways noting A) that persons may not enter the building if they have any currently known symptoms of COVID-19, such as fever, cough, shortness of breath or difficulty breathing, chills, fatigue, muscle and body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea, vomiting, or diarrhea; B) a 6-foot distance from others must be maintained as much as possible; C) a face covering must be worn at all times; and D) shaking hands or engaging in any other physical contact is prohibited in district buildings.

Each school must broadcast regular daily announcements about reducing the spread of COVID-19 on public address systems. The district strongly encourages that each building share videos about behaviors that prevent the spread of COVID-19 on school websites, in emails, and on school social media accounts, as possible.

### Physical Distancing

J. Sterling Morton High School District 201 students and staff are expected to maintain physical distancing (6 feet separation as much as possible) throughout the school day. Signage reminding staff, visitors, and students to maintain physical distancing will be placed at all entrances, in classrooms and throughout other common areas. Physical distancing applies to all areas including the classroom, common areas and the main office. Student mixing must be reduced to a minimum within the building as much as possible. Building administrators and security will review student pick up and drop off procedures to maintain physical distancing. Staff break areas must be arranged to maintain physical distancing. Building administrators will need to review break times to minimize time staff is eating with their mask off near others.

### Face Coverings and Personal Protective Equipment (P.P.E.)

J. Sterling Morton High School District 201 does understand that physical distancing will not be possible for all circumstances. Face coverings must be worn at all times in school buildings even when physical distancing is maintained. All individuals in school buildings (students, staff, and visitors) will be required to properly wear a nose and mouth covering in all areas of the building, at all times, per the following guidelines:

- All individuals in a District 201 school building must wear a face covering at all times unless they are younger than 2 years old; have trouble breathing; or are unconscious, incapacitated, or otherwise unable to remove the covering without assistance. Face coverings must be worn at all times in school buildings, even when social distancing can be maintained.
- The use and wearing of masks and face coverings by all persons in the school building will be enforced. Students and staff with disabilities who are unable to wear a face covering may be provided reasonable accommodations per the Americans with Disabilities Act and other applicable law.
- Face coverings are not required outside if social distance is maintained (if individuals remain 6 feet apart from each other).



- The district will provide each student with two reusable masks.
- Face coverings must be plain and solid color.
- The face covering must be layered, fully cover the mouth and nose, and the covering must fit snugly against the sides of the face.
- Staff and students will be educated on the wearing and use of masks/face coverings including using signage from the Centers for Disease Control. The CDC Use of Face Coverings provides helpful explanations about the use and care of face coverings.
- The parent/guardian of a student for whom wearing a mask is medically inadvisable must provide a physician's note identifying the specific medical reason the student is unable to wear a face covering/mask. The district will then consider alternative methods of keeping the student and staff around the student safe, including allowing the student to wear a face shield which should wrap around the sides of the wearer's face and extend to below the chin. The parents of students for whom wearing a mask is medically inadvisable are advised that the CDC does not recommend face shields as a substitute for cloth face coverings.
- Parents of students who have medical conditions which pose additional risk of complication if exposed to COVID-19, should consult with their physician and also contact the school nurse to discuss your child's specific medication and medical needs within the school setting. Please see the following CDC reference for more insight: [People Who Are at Higher Risk for Severe Illness | Coronavirus | COVID-19](#).
- The need for use of Personal Protective Equipment (PPE) for staff above a face covering will be identified by exposure risk and the need to maintain safety for all staff and students. PPE will be made available for use accordingly throughout the school year. Staff will be provided training on the proper use of PPE, including putting on and removing PPE.
- Signage will be placed in areas requiring the use of face coverings. Gloves or other PPE must be used as needed when assisting students who require close contact. J. Sterling Morton High School District 201 will provide two (2) reusable masks to students and one (1) reusable mask to employees. Staff and students may use their own approved face covering. Face coverings must be solid color with no prints or patterns of any kind.

### Hand Hygiene

Frequent hand washing and hand sanitizing is key to help prevent the spread of COVID-19. Staff members must clean hands as often as possible with soap and water for at least 20 seconds. If soap and water are not available, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. Staff and students must avoid touching their mouth, eyes, or nose as much as possible. Staff and students must use hand sanitizer upon entering the classroom. Hand sanitizer will be provided by the District. Each building will place signage reminding everyone of the need for proper hand hygiene in the appropriate areas. If assisting a student requires close contact, hand washing, or sanitizing must be done before and after contact with students.

### Training

Each staff member will be required to complete safety training related to our physical distancing, face covering and hand hygiene procedures. Each building will provide training to staff that is specific to their unique circumstances. Hand hygiene and physical distancing will be included in our curriculum to help educate our students on the importance of proper hand hygiene and personal safety. Employees will also be trained on the proper way to disinfect their individual workstations if they choose to do so.

### Required Physicals and Immunizations

Due to effects of the recent physical distancing and shelter in place mandates, for the 2020-2021 school year, J. Sterling Morton High School District 201 is changing the Compliance Requirements date for physicals and immunizations. Traditionally, the State of Illinois has mandated that these be submitted no later than October 15th. Although we will follow the dates set by the State of Illinois, we encourage you to obtain these requirements as soon as possible.

Clerical staff and nurses will be keeping track of families who are not in compliance as is normal procedure.

### Temperature and Symptom Screenings

Only students and staff who are healthy should report for in-person learning. Students and staff with any of the following symptoms of COVID-19 must remain home:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- A measured temperature of 100.4 degrees Fahrenheit or greater
- Headache
- New loss of taste or smell



- Congestion
- Abdominal pain
- Sore throat
- Nausea or vomiting
- Known close contact with a person who has been diagnosed with COVID-19

Attendance personnel must request specific symptom reporting when absences are reported along with COVID-19 diagnoses and COVID-19 exposure. This information must be documented and shared with the appropriate personnel. In accordance with state and federal guidance, staff and students who are sick should not return to school until they have met criteria to return. CDC and IDPH guidelines for students who were suspected of having COVID-19, whether they were tested or not, state that 24 hours must elapse from resolution of fever without fever-reducing medication and 10 days must pass after symptoms first appeared. Families that have medically fragile and immunocompromised students must consult their medical provider prior to attending school.

Students or staff returning from illness related to COVID-19 must call to check in with the school nurse or building administrator prior to being allowed back into the building following quarantine. Staff will inform the Human Resources department of their return.

Any student or staff member who begins to exhibit a high fever associated with COVID-19 like symptoms must report to the designated quarantine area, following the building procedure. This includes any approved before or after school activities. Students will be provided a face covering and will remain in the quarantine area until a parent or guardian picks the student up or alternative transportation home is arranged (school buses or public transport must NOT be used). Staff will remain in the quarantine area until they are able to leave. These individuals must self-monitor and return to school according to the IDPH guidelines. A doctor's note may be required for staff returning to work.

Staff who has had contact with someone who is positive for COVID-19 must notify their building principal or supervisor immediately.

Temperature and symptom screenings are required for all students and staff prior to entering the building. Students and staff will have their temperature checked and certify that they are free of COVID-19 symptoms on a daily basis during remote learning. Individuals who have a temperature greater than 100.4 degrees Fahrenheit, a cough or shortness of breath, or are exhibiting any two (2) of these symptoms; chills, fatigue, muscle and body aches, headache, sore throat, new loss of taste or smell, congestion or runny nose, nausea, vomiting, or diarrhea, may not enter buildings. Individuals who exhibit these symptoms must be referred to a medical provider for evaluation, treatment, and information about when they can return to school. Temperature and symptom screening procedures for Hybrid Learning will be under review.

### **Illness and Diagnosis Monitoring**

Schools will engage in wellness and symptom screening as needed during the school day. Visual wellness checks as students and staff enter campus and buses will be conducted on an ongoing basis.

- If a student or staff is symptomatic with flu-like symptoms while entering campus or during the school day, the nurse must be notified and the nurse advised of the person's flu-like symptoms. The ill person will be separated from others, cared for in an isolation area and required to wear a face mask until the parent or emergency contact of the student can be reached and the student can be transported home or to a healthcare provider. Ill staff should contact their supervisor immediately and then leave campus. Parents and families will be reminded to keep their children home if they are not feeling well.
- The isolation area used by an ill person will be cleaned per CDC guidelines and will not be reused until cleaning has been completed.
- Individuals who exhibit symptoms will be referred to their healthcare provider for evaluation, treatment, and information about when they can return to school.
- Social distancing requirements will be maintained in the health office. Strategies to reduce health office visits from students, staff, and visitors; reduce health office congestion; reduce exposure to infection; and allow for separation will be implemented.
- If a student is injured or ill with non-COVID-19 related symptoms, the student may stay in place and be evaluated by the nurse in a setting other than the health office. The nurse must be notified of a student illness or injury prior to sending a student to the health office, and screening and temperature checks can be completed outside of the health office so appropriate triaging and/or isolation can take place. Basic first aid will usually be managed in the classroom or other suitable area. Student's specific medical needs in the school setting will be individually evaluated.
- Many students have health and medication needs during the school day and prompt and ongoing attention to their health-related concerns is of vital importance. Parents should be prepared to discuss their student's health needs with the



school nurse in order to identify and develop the necessary health plan and/or medication regimen. Clean areas inside or outside of the health office will be designated for attending to the health care needs of students who do not demonstrate virus symptoms.

- All non-essential medications and treatments should be administered at home. Student needs and prescribed treatments for asthma and respiratory care at school will be reviewed for safety and effectiveness and discussed with the parent. All required medication procedures will be enforced and medication forms must be completed by the student's physician and parent to meet legal prescription and authorization requirements.
- Parents of students and all staff will be educated on the updated Stay at Home and Illness Procedure.

The district will follow the CCDPH/IDPH guidelines for returning to work. These are current as of July 20, 2020 and will be updated as needed. For persons recovered from COVID-19 illness, isolation at home can end and they can return to work 10 days after illness onset AND at least 1 day (24 hours) after recovery.

- Illness onset is defined as the date symptoms begin.
- Recovery is defined as resolution of fever without the use of fever-reducing medications with progressive improvement or resolution of other symptoms.

### Reporting Illness - Students and Staff

To protect our school community as a whole, all staff, parents and students are expected to report COVID-19 exposures, symptoms and diagnoses when reporting absences. Attendance personnel and nursing staff will utilize attendance information to support our ability to monitor the health of the District 201 students and staff. District 201 attendance will be reported as required by local health officials.

When a parent or guardian needs to report a COVID-19 related absence, they should follow the same practice as report a routine absence from school. IN ADDITION - the child's dean will be notified of the absence.

- If your child is in close contact with someone with a positive COVID-19 test
- Has signs of COVID-19
- Has been diagnosed with COVID-19
- Has been diagnosed with influenza (respiratory flu).

The school dean will determine if the [Contract Tracing Protocol](#) needs to be initiated.

### Contact Tracing

Following Health Department guidance, should a positive case occur, the district will work with the Cook County Department of Public Health on contact tracing to identify individuals who need to be notified and who will need to self-quarantine or self-isolate. We recognize circumstances are fluid, which is why it is critical to work closely with and take direction from the health department. Staff, students and parents should be aware that personal contact information for individuals who test positive for COVID-19 must be provided to the health department by the district.

### Travel Screenings

Screening and additional requirements to quarantine following travel may occur based on guidance from local, state and federal recommendations. For instance, at the present time, the Cook County Health Department recommends that all travelers returning from international travel, or from states on the County's high-risk list as states with high positivity rates be required to self-quarantine for 14-days upon returning home to prevent any possible spread of the virus. Parents and families returning from travel are expected to notify the school nurse.

### Visitor Plan

Visitors must be restricted to prearranged, authorized visits, only. Visitors to any building must always wear an appropriate and approved face covering and report directly to the main office for a wellness screening which includes a temperature check. Visitors will remain in the main office or other designated area for the duration of the visit. Students or staff will be asked to meet the visitor to conduct business as needed. Visitors will not have access to the instructional areas of the building as to maintain physical distancing. In addition to the normal sign-in procedures:

1. **Visitors are instructed to use hand sanitizer at the Greeter's Desk.**
2. **They will be asked if they have any of the symptoms identified by the CDC as COVID-19 symptoms, including the following:**

- Cough
- Fever

OR at least TWO of these symptoms

- Shortness of breath



- Shaking with chills
- Headache
- Loss of taste or smell
- Muscle Pain
- Sore Throat
- Congestion or runny nose
- Vomiting
- Diarrhea

If YES, restrict them from entering the building. If NO to all, continue to step #3

**3. Check temperature, looking for a fever of 100.4 or higher**

- If YES, restrict them from entering the building. If NO to all, continue to step #4

**4. Allow entry to the building and remind the individual to:**

- Wash their hands or use hand sanitizer throughout their time in the building.
- DO NOT shake hands with, touch or hug individuals during their visit.

