



COVID-19

Wood County

Parent Information

Return to School

Fall 2020

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Responding to COVID-19

There are many things to think about as schools reopen during the COVID-19 pandemic. Schools are not only a place of learning for students, but workplaces for teachers and other employees. Decisions about how to respond to COVID-19 in schools will be made to protect both the immediate and long-term health and safety of students, teachers, and employees.

The goal of this document is to give information for what you can expect when it comes to COVID-19 and returning to school.

COVID-19 spreads very easily and quickly. Even if everyone is doing everything right, your school may see cases of COVID-19. Types of prevention measures that are utilized in schools and how much COVID-19 is in your community will also impact your school.

COVID-19 is a new disease. We learn more every day about COVID-19 and the best ways to stop it from spreading. This can make it very hard for school administrators, teachers, employees, and families to know what to do. This document provides public health recommendations to help you make informed decisions about how to protect your student and prevent the spread of COVID-19.

Recommendations may change as we learn more about COVID-19. Schools and public health need to be willing to adapt to these changes as we learn more about the best ways to keep students, teachers, and employees safe and schools open for in-person learning.

Symptoms of COVID-19

Call your healthcare provider or local clinic's COVID-19 hotline for further guidance if your student has any of the symptoms of COVID-19, even if the symptom is mild. Testing locations can be found at: <https://www.dhs.wisconsin.gov/covid-19/community-testing.htm>.

Even if they don't have symptoms, students, teachers, and employees need to be very careful and take precautions at school because children and adults may be asymptomatic and still be able to spread the disease. This means they have no signs or symptoms of the virus but can still give it to others.

Symptoms of COVID-19 can include: fever (temperature of 100.4°F or higher, or feeling feverish), cough, shortness of breath, chills, headache, decrease in sense of smell or taste, sore throat, muscle aches and pains, nausea, vomiting, diarrhea, or runny nose. Symptoms can range from mild to severe.

If you are unable to check a temperature on your student, ask if he or she is feeling feverish (the person's skin may feel hot or be red, or he or she may have chills or be sweaty).

Visit the Centers for Disease Control and Prevention (CDC) [website](#) for a full list of symptoms that may be associated with COVID-19.

Exclusion from School

Children should be isolated and sent home from school immediately if:

- They have taken any medications (for example, ibuprofen, Tylenol) to reduce fever in the last 24 hours.
- They have tested positive for COVID-19, with or without having symptoms, and have not yet finished their isolation period per public health recommendations.
- They have been diagnosed with COVID-19 by a healthcare provider, and have not yet finished their isolation period per public health recommendations.
- Within the last 2 weeks, they have come in close contact with anyone who has COVID-19.

Or within the last 24 hours, they have experienced the following symptoms **above their baseline**:

- Either cough, shortness of breath, difficulty breathing, new loss of smell or taste
OR
- At least two of the following symptoms:
 - Fever (measured or subjective, or chills or rigors)
 - Myalgia (muscle aches)
 - Headache
 - Sore throat
 - Fatigue
 - Muscle or body aches
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

Other symptoms may also require exclusion for a different communicable disease.

Generally, children with fever, diarrhea, or vomiting alone should be sent home for at least 24 hours, even if it is unrelated to COVID-19 infection.

Definitions

Asymptomatic: a person is a carrier of a disease and shows no symptoms, but can still spread the disease.

Close contact: individuals who have been exposed to COVID-19 in one of the following ways:

- Were within 6 feet of a positive person for more than 15 minutes total in a day.
- Had physical contact with the person (hugging, shaking hands).
- Had direct contact with the respiratory secretions of the person (i.e., from coughing, sneezing, contact with dirty tissue, shared drinking glass, food, or other personal items).
- Lives with or stayed overnight for at least one night in a household with the person.

Close contact criteria apply regardless of mask use, face shields, or physical barriers, such as Plexiglas or plastic barriers, though these can be effective measures at decreasing disease spread.

Contact tracing: strategy used to slow the spread of disease by identifying and informing individuals who have been exposed to monitor symptoms, get tested as indicated, and quarantine.

Isolation: keeping sick people away from healthy ones. This usually means that the sick person rests in their own bedroom or area of the home and stays away from others. This includes staying home from school.

Physical distancing: also known as social distancing. Keeping 6 feet of space between yourself and others. Can be accomplished by avoiding gatherings, such as parties, crowds, and unnecessary visits to stores.

Quarantine: separating people who were around someone who was sick, in case they get sick. Quarantine prevents them from accidentally spreading the virus to other people before they even realize they are sick or start having symptoms. Most people who are in quarantine should stay at home and avoid going out or being around other people. This includes staying home from school.

Self-monitoring: Checking yourself for symptoms of a disease.

Positive Cases

People who are tested for COVID-19 will get their test results from the healthcare provider or testing location where their sample was collected. They will also receive guidance from the county health department in which they live and will be asked to provide a list of individuals they had been in close contact in the two days before they got sick or tested positive.

An individual who tests positive should isolate at home and is not allowed to return to school/work for at least 10 days since they became sick (or if they do not have symptoms but have tested positive, 10 days since they were tested). In some cases, this isolation period may be extended.

The health department will notify the school when a student or staff member tests positive for COVID-19.

Individuals are released from isolation after:

1

At least 10 days have passed since onset of symptoms or a positive COVID-19 test

2

No fever (above 100.4°F) for 24 hours without the use of fever-reducing medication

3

Symptoms are improving or have subsided

Contact Tracing in Schools

Each Wood County school has an identified point of contact (POC) that works closely with the health department on contact tracing. This may be the school nurse or other identified personnel. The school collects and provides a list to the health department of students, teachers, or employees who were in close contact with the person who tested positive for COVID-19. The POC or health department will notify students, parents, teachers, and employees if they were exposed to COVID-19 at school. Only students, teachers, or employees who came into close contact with the person who tested positive will be notified of a possible exposure. People who are identified as close contacts will be asked to quarantine and will not be allowed to come to school.

Isolation vs Quarantine

What's the difference?

Isolation keeps someone who is sick or tested positive for COVID-19 (even if they have no symptoms) away from others, even in their own home.

What should you do if you have COVID-19?

- Stay home until
 - 10 days from the start of symptoms, and
 - At least 24 hours of improved symptoms and without a fever greater than 100.4F (without fever-reducing medication)

What should you do if you tested positive for COVID-19 but don't have symptoms?

- Stay home until 10 days have passed since your positive test

If you live with others, stay in a specific "sick room" or area and away from other people or animals. Use a separate bathroom, if available.

Quarantine keeps those who have been in close contact* with someone who has tested positive for COVID-19 away from others to reduce the spread of the virus.

What should you do if you had close contact with a person who has COVID-19?

- Stay home for 14 days after your last contact with the person who tested positive.
- Check your temperature twice a day & watch for symptoms of COVID-19.
 - Fever greater than 100.4F
 - Cough
 - Shortness of breath
 - Chills
 - Headache
 - Loss of taste
 - Loss of smell
 - Sore throat
 - Nausea
 - Vomiting
 - Diarrhea
 - Runny nose
 - Muscle ache
- Stay away from others in your home as much as possible, even if they are also in quarantine.
- Wash your hands often and practice good hygiene.
- Postpone all non-essential medical appointments until your quarantine is over.
- Get tested or call your healthcare provider, if you develop symptoms.

*An individual within 6 feet of an infected person for a cumulative total of at least 15 minutes.

Scenario Examples

The following examples are scenarios that may be encountered during the school year.

Scenario 1: A teacher tests positive for COVID-19.

Mrs. Watkins is a 2nd grade teacher. **She tested positive for COVID-19.**

She must isolate at home. She can't go to work until her symptoms start to get better and she has been fever-free for 24 hours without medicine AND it has been at least 10 days since she first had symptoms or tested positive.

Anyone who lives with Mrs. Watkins must quarantine for at least 14 days. The health department will tell the people who live with Mrs. Watkins how long to quarantine and if testing may be recommended.

Mrs. Watkins was at school 2 days before she got sick and tested positive for COVID-19. The health department will call the school to tell them Mrs. Watkins tested positive for COVID-19. The school POC works with Mrs. Watkins to find out who she had been in close contact with, about 6 feet (about 2 arm lengths) for 15 minutes or more. Anyone in close contact with Mrs. Watkins in the 2 days before she got sick or tested positive is instructed to quarantine for 14 days.

The students who were exposed in Mrs. Watkins' class should quarantine at home for 14 days from the date of exposure. The students' families do not have to quarantine UNLESS the student who was exposed to COVID-19 develops symptoms or tests positive.

No one else at the school was in close contact with Mrs. Watkins. No other students, teachers, or employees need to quarantine.

Scenario 2: A student tests positive for COVID-19.

Pearl is an 8th grade student at a junior high school. Cole is Pearl's brother. He is a 5th grade student at an elementary school. **Pearl tested positive for COVID-19.**

Pearl must isolate at home. She can't go to school until her symptoms start to get better and she has been fever-free for 24 hours without medicine AND it has been at least 10 days since she first had symptoms or tested positive.

The health department called Pearl's parents and the school to find out who she had been in close contact with, about 6 feet (about 2 arm lengths) for 15 minutes or more. Anyone in close contact with Pearl the 2 days before she got sick or tested positive is instructed to quarantine for 14 days from their last date of contact with Pearl.

Pearl's brother Cole (and the rest of his family) are instructed to quarantine for 14 days from the last day he is exposed to his sister while she is infectious. This means Cole may need to stay home longer than 14 days. Even if he doesn't get sick or tests negative for COVID-19, Cole and his family need to finish their quarantine. No one else in Cole's class or his school needs to quarantine. His school does not need to tell other parents, teachers, or employees that Cole's sister tested positive for COVID-19.

The students who were exposed in Pearl's classes should quarantine for 14 days from the date of exposure. Their families do not have to quarantine UNLESS the student who was exposed to Pearl gets sick or tests positive for COVID-19.

Pearl's teachers who were exposed must quarantine at home for 14 days from the date of exposure. The teachers' families do not need to quarantine UNLESS the teacher (the one they live with) becomes ill or tests positive for COVID-19.

No one else at the school was in close contact with Pearl. No other students, teachers, or employees need to quarantine.

Scenario 3: A student/teacher/school employee is exposed to someone in their personal life who tested positive for COVID-19.

A student/teacher/school employee named Pat attends/works at an elementary school. The health department called Pat and told them they were a close contact to someone

who tested positive for COVID-19. The health department told Pat what to do next, how to quarantine, and when to get tested. Even if Pat tests negative, they must finish their 14-day quarantine.

Pat calls the school to let them know they were exposed to COVID-19 and need to quarantine. Pat quarantines at home and does not go to school/work. Pat's family does not need to quarantine UNLESS Pat gets sick or tests positive for COVID-19.

Scenario 4: A student/teacher/school employee lives with someone who was exposed to COVID-19, but the student/teacher/school employee was not exposed to the person who tested positive.

A student/teacher/school employee named Kelly attends/works at the high school. The health department calls Kelly's family member (who lives in the same household as Kelly) to tell them they were a close contact to someone who tested positive for COVID-19.

The health department tells the family member what to do next, when their quarantine ends, and when to get tested. The family member should quarantine at home for 14 days from the last time they were in close contact with the person who tested positive.

Kelly was not in close contact with the person who tested positive for COVID-19. Kelly can continue to go to school/work. Kelly does not need to quarantine UNLESS her family member becomes sick or tests positive for COVID-19.

Frequently Asked Questions

What happens if a student, teacher, or employee is exposed to someone with COVID-19?

If a student, teacher, or employee was exposed to a person who tested positive for COVID-19, the health department and the school will work together on contact tracing. Contact tracing is how public health workers find the close contacts of someone who has COVID-19.

What happens if a student, teacher, or employee tests positive for COVID-19 and how will it impact my student?

If a student, teacher, or employee tests positive for COVID-19, he or she should isolate right away. This means the person needs to stay at home and away from other people as much as possible. The student, teacher, or employee should not go to school or work.

People who have been in close contact with someone who tests positive for COVID-19 are at an increased risk of getting infected and infecting others. Close contact means someone was closer than 6 feet (about 2 arm lengths), for 15 minutes or longer, to a person who has COVID-19. Contact tracing is how public health workers find the close contacts of someone who has COVID-19. Anyone who was in close contact with the person who tested positive for COVID-19 should quarantine for 14 days.

Will the health department notify the school if a student, teacher, or employee tests positive?

Yes. The health department will notify the school if a student, teacher, or employee at the school tested positive for COVID-19.

How long do students, teachers, and employees who test positive have to isolate at home?

Anyone who tests positive for COVID-19 should isolate until his or her symptoms get better and he or she has been fever-free for 24 hours without fever reducing medicine AND it has been at least 10 days since he or she first had symptoms or tested positive. Students, teachers, and employees should not go to school or work until the health department has said they are done with isolation.

If a student, teacher, or employee tests positive for COVID-19, does he or she need a doctor's note or a negative test result to go back to school or work?

No. If a student, teacher, or employee tests positive for COVID-19, the health department will tell the person how long to isolate. In some situations, the health

department may also call the school to let them know the person who tested positive has finished their isolation and can return to school.

Studies show people may test positive long after they are infectious. This means a person, who at one time was sick with COVID-19, could still test positive even though he or she can't spread the virus to other people anymore. This makes it hard for students, teachers, and employees to know when they can return to school or work if their school or employer requires a negative test result.

If a student, teacher, or employee tests negative for COVID-19, does he or she need a doctor's note to go back to school or work?

No. The health department does not recommend schools or employers require evidence of a negative test result to come back to work. This places a burden on the healthcare and public health systems. If a student, teacher, or employee has been asked by the health department to quarantine for 14 days because he or she was exposed to someone with COVID-19, the person should finish his or her quarantine even if the test result is negative.

What does a close contact exposure mean in a school setting? Does wearing a mask change these parameters?

A close contact exposure means anyone who had physical contact (hug, kiss, etc.) or who was closer than 6 feet (about 2 arm lengths) for a cumulative total of 15 minutes or longer in one day to the person who tested positive for COVID-19. Sharing of food or beverages that may result in exchange of respiratory secretions is also a close contact. Wearing a mask reduces the likelihood that the virus will be spread and someone will become ill, however it does not change the quarantine protocol for close contacts. That remains 14 days from the last date of contact with the positive case.

Anyone who was in close contact with a person who has COVID-19 up to 2 days before he or she had symptoms or tested positive is considered exposed and should be quarantined for 14 days. If the health department or point of contact at the school are

unable to determine who was in close contact with the person who tested positive, everyone in the classroom, school bus, lunch or free period, extracurricular activity (sports, dances, clubs), or school gathering (assemblies, dances) will be considered exposed and should quarantine for 14 days.

What is the general process for contact tracing and how long do students, teachers, and employees have to quarantine?

When the health department is notified of a positive case, a case interviewer will contact the individual and conduct an interview. The infectious period is calculated and the dates the individual was infectious (able to spread the virus to others) are determined. Close contacts are also determined during that period. The school may also be asked to provide close contact information.

Anyone who had a close contact exposure should quarantine for 14 days from the last time he or she was in close contact with the person who tested positive for COVID-19. Public health may recommend a person who was exposed to COVID-19 get tested. However, even if the test is negative, he or she must finish the 14-day quarantine.

If a person who is on quarantine develops symptoms of COVID-19, he or she should isolate and call a healthcare provider right away. He or she will need to be tested for COVID-19.

If a child is found to be COVID 19 positive or suspected COVID 19 positive, will immediate family members have to quarantine?

If a child is positive, yes, household contacts would have to quarantine. If they cannot separate themselves in the home somehow, the quarantine would be 14 days from their last contact with the positive child OR 14 days from the date the child is released from isolation (if they are unable to maintain separation from the child in the home).

What is the shortest duration and the longest duration of quarantine possible?

Longer quarantine periods are often necessary for households who cannot keep their distance from the positive case while the case is in isolation and infectious. Cases are

released from isolation 10 days after symptom onset AND if they were fever-free and feeling better for at least 24 hours. So, the minimum for isolation of a positive is 10 days after symptoms start. If they never had symptoms, they are isolated for 10 days from the date of their test. Household contacts who cannot maintain separation during this time START their quarantine when the positive case is out of isolation and it goes for 14 days from that date. So a person could be quarantined for 24 days. Shorter quarantine periods often occur when a person is tested late in their illness or there is a delay in test results and that person was a close contact several days earlier. The quarantine is 14 days from last exposure to the case, so they could already be several days into that 14-day period when they are notified that they are a close contact.

Can students be tested at school without parental consent?

Testing may or may not be available at your child's school. If it is available, a child will not be tested without parental consent unless the student is over the age of 18 years and thus able to consent for his or her own healthcare.

Is there a specific number of positive COVID 19 cases that would require a school to shut down?

Currently, there is no specific number of cases that would cause a school to close. If there are not enough teachers to provide the education or if there are not enough students present to make teaching worthwhile, schools may choose to close. School closures would depend on the specific circumstances occurring in that school.

Help your Students, Teachers, and Employees

This is a stressful time for everyone. Students, parents, teachers, and employees may not always feel comfortable telling someone they need help. Talk to your students, other parents, teachers, and employees about stress related to COVID-19 and ways to cope with that stress.

Resources for Teachers, Employees, Students, and Families

Students, parents, teachers, and employees may need extra help from a professional. You can help them by making sure they know where to find resources. A list of local Safety and Wellbeing resources is included on the last page of this document. This and other resources are also available in Spanish and Hmong languages on the Wood County Health Department website.

The Center for Healthyminds, University of Wisconsin-Madison, put together a list of resources to support well-being during the pandemic: [COVID-19 Well-Being Toolkit and Resources](https://centerhealthyminds.org/well-being-toolkit-covid19) found at: <https://centerhealthyminds.org/well-being-toolkit-covid19>

Information about local community resources can be found by calling 2-1-1 or visit <https://211wisconsin.communityos.org/> for a list of resources.

Other local resources related to COVID-19:

Wood County Health Department COVID-19 Dashboard breaks down Wood County's COVID-19 cases by demographics and school district area:
<http://woodwi.maps.arcgis.com/apps/opsdashboard/index.html#/da7f0d6815494e4b85e614e042671b14>

Wood County Health Department Recovery and Metrics provides information on where we stand in the three-phased approach to relaxing community mitigation measures currently in place to limit transmission of COVID-19:
<https://www.co.wood.wi.us/Departments/Health/CovidGatingMetrics.aspx>

Other Helpful Resources

Schools and the education sector are not just places of learning for students, but also places of employment. Your school's plan should address the health and safety of students, teachers, and employees. Make sure your school's COVID-19 reopening plan follows public health guidance, as well as state and federal labor laws. These resources may be helpful to you as you write your school reopening plan.

Wisconsin Department of Health Services

- [COVID-19 Guidance for Schools and Child Care](#)
- [Guidelines for the Prevention, Investigation, and Control of COVID-19 Outbreaks in K-12 Schools in Wisconsin](#)
- [COVID-19 Badger Bounce Back](#)

Wisconsin Department of Public Instruction guidance for district and school leadership

- [Education Forward, Operating Schools During a Pandemic](#)
- [School Health Services Infection Control and Mitigation Toolkit](#)
- [Reopening School Buildings Risk Assessment Tool](#)
- [Interim COVID-19 Transportation Guidance](#)
- [Interim COVID-19 Cafeterias and Food Service Guidance](#)
- [COVID-19 Infection Control Checklist for K-12 Schools](#)

Centers for Disease Control and Prevention Resources

- [K-12 Schools and Child Care Programs](#)
- [Preparing for a Safe Return to School](#)
- [Operating Schools During COVID-19](#)
- [Cleaning and Disinfecting Your Facility](#) (including alternative disinfection methods)

Wisconsin Tomorrow: An Economy for All

The Wisconsin Economic Development Corporation has a well-constructed economic recovery strategy found here: https://wedc.org/wp-content/uploads/2020/06/Wisconsin_Tomorrow_Single_Page_Layout.pdf

Wisconsin Interscholastic Athletic Association (WIAA)

2020 WIAA Return to Fall Sports Considerations

- Includes medical clearance form
- Considerations for the following fall sports: Cross Country, Football, Golf, Soccer, Swimming & Diving, Tennis, and Volleyball

Additional information: [The University of Southern Mississippi National Center for Spectator Sports Safety and Security \(NCS4\) COVID-19 Considerations for Sport and Entertainment Venues and Events](#)

American Academy of Pediatrics

- [Guidance for School Re-entry](#)

National Association of School Nurses (NASN)

- [Guidance for Healthcare Personnel on the Use of PPE in Schools During COVID-19](#)

Environmental Protection Agency (EPA)

- [Approved disinfectants against COVID-19](#)

Safety and Wellbeing

Resources for domestic abuse, mental health, substance use and crises during these challenging times. In the event of an emergency, call 911.

LOCAL RESOURCES

Aspirus COVID-19 Call Center

- www.aspirus.org/coronavirus-covid19
- 715-422-9319

Love INC of South Wood County

- www.loveincswc.org
- Call 715-424-LOVE (5683) to connect with a volunteer for assistance, guidance, love and hope

Marshfield Clinic Health System - Community Connections Team

- www.communityhealth.marshfieldclinic.org/en/Community-Connections
- Call 715-221-8400 for assistance with basic needs

Marshfield Clinic Health System - COVID-19 Helpline

- www.communityhealth.marshfieldclinic.org
- 1-800-782-8581

Personal Development Center

- www.pdcmarshfield.org
- Call 715-384-2971 to be connected with an advocate for domestic abuse support and resources

Three Bridges Recovery, Inc.

- www.threebridgesrecoverywi.com
- Call 715-424-0403 to be connected with peer-based recovery support services
- Free Narcan delivery available for anyone who requests it

United Way's 2-1-1

- www.221.org
- Call 2-1-1 or 877-947-2211 to connect with a resource specialist who can link you with resources to meet your needs

Wisconsin Rapids Family Center Crisis Line

- www.familyctr.org
- Call 715-421-1511 to be connected with an advocate for domestic abuse support and resources

Wood County Crisis Intervention Hotline

- Wisconsin Rapids and surrounding areas
715-421-2345
- Marshfield and surrounding areas
715-384-5555

STATEWIDE & NATIONAL RESOURCES

Crisis Text Line

- www.crisistextline.org
- Text HOME to 741741 to connect with a crisis counselor

National Domestic Violence Hotline

- www.thehotline.org
- Call 1-800-799-7233 or TTY 1-800-787-3224 to connect with an advocate

Substance Abuse and Mental Health Services Administration Disaster Distress Helpline

- Call 1-800-985-5990 to connect with a crisis counselor
- TEXT: "TalkWithUs" to 66746

Suicide Prevention Lifeline

- Call 800-273-TALK (8255) to connect with a counselor

The Trevor Project

- www.thetrevorproject.org
- Call 1-866-488-7386 to connect with a counselor
- Text START to 678678

Wisconsin Addiction Recovery Helpline

- Call 2-1-1 or 833-944-4678 to connect with a resource specialist who can help with substance use treatment and recovery services

If you have questions or immediate needs related to COVID-19, call 2-1-1 or text COVID-19 to 211-211



For up-to-date information, please visit www.co.wood.wi.us