

## Isolation Area Protocol for COVID-19

CDC provides guidance on an isolation plan if someone arrives or becomes ill at school. The definition of **isolation** “separates sick people with a contagious disease from people who are not sick” (CDC, 2017).

### Isolation Area

- The space near the nurse office gives separation of ill students and those who come into the office for routine care.
- School nurse will be able to monitor those students in the isolation space.

### Isolation Procedure

- Any suspected COVID case is immediately brought to the isolation space.
  - The following symptoms will be considered as needing isolation:
    - Fever >100.0
    - Chills
    - Nasal congestion
    - Runny nose
    - Shortness of breath
    - Difficulty breathing
    - Diarrhea
    - Nausea/vomiting
    - Fatigue
    - Headache
    - Muscle or body aches
    - New loss of taste or smell
- The use of facemasks for persons with respiratory symptoms and fever over 103 is recommended if available and tolerated by the person and developmentally appropriate.
- If the school nurse deems that the student is in distress, based on the physical exam, the nurse will call 911 immediately. Symptoms prompting a call to 911 include, but are not limited to:
  - Shortness of breath or difficulty breathing
  - SPO2 <95% in a student without an underlying respiratory condition
  - Persistent pain or pressure in the chest
  - Confusion or change in behavior

- o Altered level of consciousness
- o Circumoral cyanosis or change in coloring to face and/or extremities
- o Inability to wake or stay awake
- Should the school nurse determine that the student should be sent home, they will contact the student's parent/guardian or emergency contact. Pick up will occur within 45 minutes of contact.
- Should the isolated student need to use the restroom, the student will use the single stall on the first floor nearest the isolation room. Once this restroom has been used by an isolated student, the room will not be available to any other employee or student until it has been disinfected appropriately. Notification will be posted on the restroom door stating that the restroom is currently closed. The sign will be removed after the restroom has been appropriately disinfected.
- Student exits via the parking lot door.
- The school nurse will provide the parent/guardian or emergency contact with written instructions regarding the need to home isolate and/or visit their primary health care provider.
- Remember that *schools are not expected to screen students or staff to identify cases of COVID-19*. If a school has cases of COVID-19, local health officials will help identify those individuals and will follow up on next steps.
- Refer parents of high-risk students to their healthcare providers to determine when school re-entry is recommended.
- N95 masks are recommended for healthcare providers and must be fitted to ensure proper protection.
- If N95 masks are not available due to supply issues, other facemasks may be used.
- The chair used by the ill student will be disinfected once they leave.
- If multiple students are in the isolation space at the same time they will maintain a distance of 6 feet or greater from each other.

## References:

<https://www.cdc.gov/quarantine/>

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

[https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/03182020\\_NASN\\_Considerations\\_for\\_School\\_Nurses\\_Regarding\\_Care\\_of\\_Students\\_and\\_Staff\\_that\\_Become\\_Ill\\_at\\_School\\_or\\_Arrive\\_Sick.pdf](https://higherlogicdownload.s3.amazonaws.com/NASN/3870c72d-fff9-4ed7-833f-215de278d256/UploadedImages/PDFs/03182020_NASN_Considerations_for_School_Nurses_Regarding_Care_of_Students_and_Staff_that_Become_Ill_at_School_or_Arrive_Sick.pdf)