

NAUSET REGIONAL HIGH SCHOOL FALL 2021
COVID-19 & SAFETY AWARENESS

PRESENTED BY: KAREN FARRELL, RN + DIAN BIRCH, RN

COVID-19 UPDATES

- COVID-19 is the respiratory disease caused by the virus SARS-CoV-2
- COVID-19 symptoms can range from mild (or no symptoms) to severe
- Vaccines are free to all
- Pfizer has full FDA approval for 16 and older
- Everyone 12 years+ is eligible for the Pfizer vaccine
- Europe recently approved Moderna for >12
- Boosters recommended now for immunocompromised
- Boosters are available 8 months after 2nd Moderna or Pfizer dose beginning 9/2021
- Johnson & Johnson shot booster after 8 months, working with federal government to make available
- Studies are ongoing for children >5

COVID-19 Vaccine Availability

Source: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/safety-of-vaccines.html>

COVID-19 UPDATES

DELTA VARIANT (as of Aug, 2021)

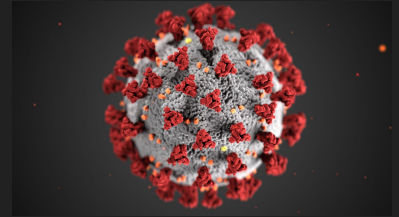
- It is more transmissible than the original alpha variant
- Vaccines continue to be extremely effective against severe illness, hospitalizations, and death
- Fully vaccinated with breakthrough may spread the virus but appear to be infectious for shorter period

Source: [Delta Variant: What We Know About the Science](#)



HOW TO PROTECT YOURSELF + OTHERS

- Know how the virus spreads
 - 6 Feet (majority)
 - Others who may not be showing symptoms
 - Respiratory Droplets (cough, sneeze, etc)
 - Person-to-person
- Get Vaccinated
 - No cost for ALL
- Wash your hands often
 - Soap and water - 20 seconds
 - Or hand sanitizer - cover all surfaces of your hands and rub them together until they feel dry



HOW TO PROTECT YOURSELF + OTHERS

- COVID Symptom Checklist:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Nausea or vomiting
- Diarrhea
- New loss of taste or smell
- Sore throat
- Congestion or runny nose

Source: <https://www.doe.mass.edu/covid19/on-desktop/protocols/protocols.pdf>

WHAT IS NEW FOR FALL OF 2021?

- Masking for students and staff while indoors is **REQUIRED** (regardless of vaccination status)
- Hand hygiene practicing continued
- Indoor learning spaces:
 - Minimum of 3 feet distance between desks/seats
 - Limit group work to less than 15 min
 - Instruct outdoors whenever possible (incentive is to be maskless as long as distance is maintained)
- COVID-19 testing **WILL OCCUR** at NRHS (More info coming soon from RNs)
- Daily self check of students and staff continues
- Symptom reporting to school nurse continues
- COVID-19 Vaccination Clinics offered on campus by RN staff / Dept of Health
- Student-Athletes continue submitted daily wellness check

MASKS + H2O

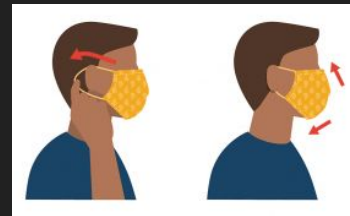
- Distancing in classrooms will be reduced in most spaces to 3 feet or less
- Continue to provide as much space as possible when indoor learning occurs
- Distancing at lunch is crucial . Must be 3 feet apart when eating and seated
- Students do not have to maintain social distancing while outdoors



- Students **MUST** be allowed to take seated **UNMASKED** water breaks during class.
- Water can be consumed during active class activities inside/outside
- Please direct any concerns to RN

SOCIAL DISTANCING

- Distancing in classrooms will be reduced in most spaces to 3 feet or less
- Continue to provide as much space as possible when indoor learning occurs
- Distancing at lunch is key. Must be 3 feet apart when eating and seated (this is where many close contact tracing happens)
- Students do not have to maintain social distancing while outdoors



CONTACT TRACING PROTOCOLS

- Distance may be 3 ft - criteria to contact trace will be 6 feet for > 15 min over a 24 hour period
- RN will look at masking and vaccination status
- Best efforts must be made to keep students spaced when possible
- Group work should be limited to < 15 min as much as possible
- Teachers will be contacted for review of distancing
- Please submit COVID-19 Vaccination card to RN for contact tracing purposes

COVID-19 TESTING AT NAUSET - METHOD PENDING

GOAL: Keep students in school and let students be students!

- Routine COVID Safety Checks
- Testing of mildly symptomatic students
- Test and stay: Close contacts - stay at school as test remains negative

Application is in and parental permission to be forwarded soon

Decision pending on use of all three testing strategies.

Source: [tps://www.doe.mass.edu/covid19/testing/#documents](https://www.doe.mass.edu/covid19/testing/#documents)



OTHER THINGS TO CHAT ABOUT...

- Vaping Awareness
- Injury Referral to RN Clinic
- Medical Alert List
- Who / Where / Why the Nurse?



VAPING AWARENESS

- Vaping Awareness
 - HIGHLY addictive nicotine devices look like normal, everyday items (see picture)
 - Students can become addicted within a short time and have other behavioral signs and symptoms
 - May present like a behavioral issue but is also a sign of nicotine addiction
 - Vapes can be fruity, minty or a variety of teen attractive flavors
 - Can be 10x the amount of nicotine as 1 cigarette = much more dangerous/addictive



INJURY REFERRAL TO THE RN CLINIC

- **Bleeding Injury**
 - Apply CLEAN pressure to wound (Above heart, with clean gauze, paper towel, rag, CLEAN IS KEY)
 - Call Nurse first - may be in other building
 - RN with the Buddy System - Always send someone to escort the injured student to the RN office
 - NEVER SEND A STUDENT ALONE with a significant bleeding injury- Student could pass out, fall, go into shock, etc

INJURY REFERRAL TO THE RN CLINIC

- **Head Injuries/Concussion**

- Students with any type of head injury should be accompanied to the RN Clinic with another student/ staff member
- Blood pressure and consciousness can be altered after a head injury (standing / position changes can result in syncope / fainting, leading to further injury)
- Whether on-campus or off, all students with a current concussion need to be evaluated by an MD. Any accommodations are to be followed by NRHS staff for concussion protocols
- Any accommodations for concussions will be relayed from guidance dept, RN or Athletic Training staff.

MEDICAL ALERT LIST

- Medical Alert List
 - List of students with **SEVERE - LIFE THREATENING** allergies who are in YOUR classes
 - Students that may need an EPIPEN to survive an illness/allergic reaction
 - Students with diagnoses you may need to be aware of in your class (seizure, diabetes etc)
- Found on the Emergency Plan in EVERY classroom
- Review and Call/See RN staff with questions or concerns (i.e. what do I do if a student says they have low blood sugar? Is about to have a seizure?)

MEDICAL ALERT SAMPLE

- Will state student's grade, concern and treatment
- If there are staff concerns/questions, please see RN

MEDICAL ALERTS 2020-2021		
EPIPEN		
Grade	Student Name	Concern/Treatment
9	Mallory	Peanut/treenut -ANAPHALACTIC
9	Bl	Peanut
9	Fl	Peanuts, cashews, walnuts, pistachios, hazelnuts, egg whites, milk, soy bean, wheat, tomatoes, garlic
9	O	Peanut, Latex (Allergy shots/Immunotherapy)
9	N	Peanut - Epipen
9	Sr	Peanut (non- anaphalactic) scratchy throat/GI upset
10	F	Citrus, peanuts, strawberries, wheat, soy
10	P	peanuts, cashews, pistachios
10	P	Peanuts
10	Kr	Peanuts, shrimp, lobster, crab, lentil, peas
10	D	PCN, Fish
10	W	egg, chicken, turkey, hazelhut, walnut, pecan
11	D	Gluten, Soy, Peanuts - ANAPHALACTIC
11	C	Bee Stings ***TEACHERS - PLEASE BE SURE TO CARRY AN EPI-PEN WITH YOU WHEN BRINGING STUDENT OUTSIDE**
11	D	TreeNuts
11	Kr	Milk, eggs, Peanuts, Tree Nuts
11	R	Peanuts, tree nuts, sesame seeds, tree nuts, Shrimp, coconut
11	St	Almond, walnut, hazelnuts, apples, pear, blueberries, blackberries, raspberries, kiwi, cranberries, cherry, peach, nectarine, plum, pomegranate, strawberries, celery, carrots, peas, greenbeans
11	St	Angioedema with Cold to Hot changes

WHO / WHERE / WHY THE NURSE?

- Who:

- Karen Farrell, RN
- Dian Birch, RN

- Where

- Located in B Building,
(adjacent to the library)



- Why:

- Provides onsite first aid and medical treatment to students/staff
- Over the counter medication administration
- Prescription med distribution (arranged with MD/parent-guardian)
- Collaborative work with Guidance, Admin, staff for health and wellness of all students, staff and faculty