School Leaders Forum

Return to School and COVID19

September 2, 2020

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Meet Our Panelists

Dr. Mary Carol Burkhardt
Medical Director, Hopple Street Clinic

Dr. Robert Kahn
Professor, Division of General and Community Pediatrics

Dr. Monica Mitchell
Professor, Behavioral Medicine and Clinical Psychology

Dr. Joshua Schaffzin
Director, Infection Prevention

Dr. Hector Wong
Interim Chair of Pediatrics and Chief Medical Officer; Interim Director of Research Foundation

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Purpose of Today's Information Session

- As schools return to learning, superintendents and administrators may have questions regarding health information around COVID-19.

- We have assembled this panel of Cincinnati Children's experts who can provide up-to-date COVID-19 information, including basic facts, infection control/prevention, epidemiology, transmission, vaccines, and more.

- Not here to endorse or reject any particular school policy.
  - We can discuss risk level but cannot make recommendations that will depend on risk tolerance.
  - Evidence will evolve, implementation will be challenging
  - Learning and improvement will be critical

- Future sessions will be offered if school leaders are interested.

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INFECTION PREVENTION AND CONTROL

The 'Bundle'

In decreasing order of priority and difficulty:

1. Distancing
   - Continuum – 6ft gives twice as much protection as 3ft
   - Physical barriers, short exposure – less significant
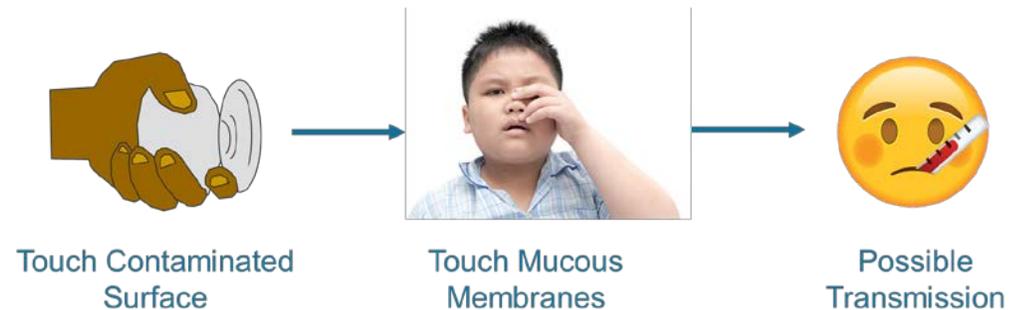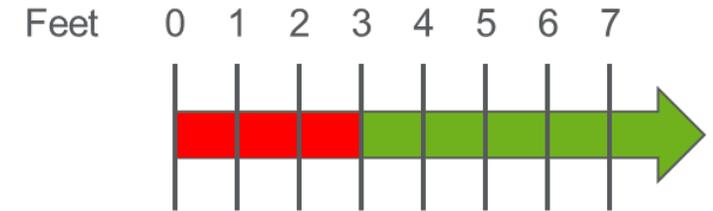
2. Masking
   - Very few exceptions, focus on supporting universal use

3. Hand hygiene
   - Scheduled times. 'captains'

4. Cleaning
   - Standard products, consistent frequency

Feet 0 1 2 3 4 5 6 7

Touch Contaminated Surface → Touch Mucous Membranes → Possible Transmission

Bundle: A set of evidence-based interventions that when done reliably together affect a desired outcome.

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Quarantine

- Risk is from <u>close contact</u> (within 6ft for >10 min)
  - A contact of a contact is not a contact
  - Masking and being symptom-free decreases risk
  - Distancing ≥3ft is better than none

- Additional considerations for broader quarantine:
  - What is the incidence of cases?
  - Is the Bundle being reliably done?
  - Are kids effectively cohorted?
  - What is the staffing impact?
  - What is happening in the community?
  - How quickly can contact tracing occur?
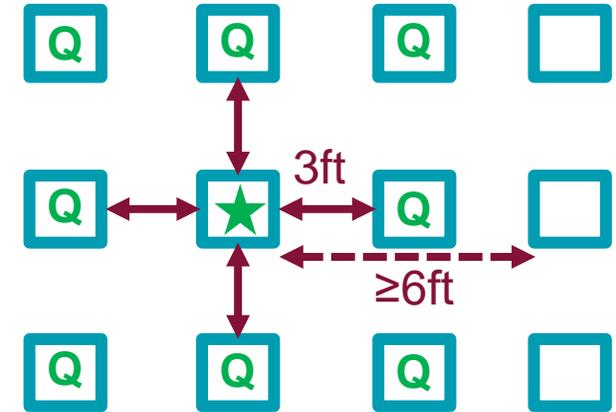
COVID Case (★) is <6ft away from 8 students who should be quarantined (**Q**). Other students are at least 6ft away and need not be quarantined.

When Symptoms Appear at School

ALLERGIES, COLD, FLU AND COVID-19
Most common symptoms for each

SYMPTOMS	Allergies	Cold	Flu	COVID-19
Body aches		✓		sometimes
Chills		rarely	✓	sometimes
Dry cough	✓	✓	✓	✓
Fatigue	sometimes	✓	✓	✓
Fever		rarely	✓	✓
Headache	✓	rarely	✓	sometimes
Itchy eyes	✓			
Loss of taste/smell	sometimes	rarely	sometimes	✓
Nasal congestion	✓	✓	✓	rarely
Nausea/vomiting/diarrhea		sometimes	sometimes	sometimes
Runny nose	✓	✓	✓	rarely
Sneezing	✓	✓	✓	sometimes
Sore throat	sometimes	✓	✓	sometimes
Shortness of breath	sometimes	rarely	✓	✓

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https://www.beaumont.org/health-wellness/blogs/is-it-allergies-or-covid-19

COVID MEASURES TO INFORM SCHOOL PLANNING

Reviewed By:

- **Hamilton County Public Health**: Commissioner Greg Kesterman and team
- **Cincinnati Health Department**: Commissioner Melba Moore and team
- **Cincinnati Children's Hospital Medical Center**
- **The Health Collaborative**

For more information, see:
- **CCTST** - https://www.cctst.org/covid19
- **CHD –** https://www.cincinnati-oh.gov/health/covid-19/covid-19-measures-to-inform-school-district-decisions/
- **HCPH –** https://www.hamiltoncountyhealth.org/wp-content/uploads/School-metrics_8.31.20.pdf

Description

- Following measures are offered as tool to inform choices about learning models
- The existing **Ohio Public Health Advisory System** contains valuable community metrics but multiple lag new infections
- Measures on the next slides are front-end indicators of a rise in new community infections to assist in near real-time decision making
  - Primary Measures: Assess how many people in the community have COVID & direction of trend
  - Secondary Measures: Community Performance Indicators - how community systems are coping (e.g., positive testing rate)
  - Other Measures: School-based cases and quarantine

Primary measures: New Cases

1. Daily new cases per 100,000 (7-day moving avg)
Demonstrates level of virus in community

2. Trend line of daily new cases per 100,000
Indicates whether cases are increasing or decreasing

Secondary measure: Community Performance Indicators (e.g., positive test rate)

Percent of COVID tests that are positive
Demonstrates adequacy of community testing (and prevalence of disease)

Also consider (not shown here): Positive test rates in asymptomatic people; Time from test to result ("turnaround time"); Contact tracing success rate

*Harvard Global Health Institute. *Key Metrics for COVID Suppression. Retrieved from* https://globalepidemics.org/wp-content/uploads/2020/06/key_metrics_and_indicators_v4.pdf

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For all in-person learning:

Measure implementation of reliable & bundled protection protocols

- School-based measures of daily cases and quarantine, absenteeism among students and staff over time
  - Create systems to track school cases and absentees
- Bundle: Stay Home when Sick, Distancing, Masking, Hand Hygiene, Cleaning
  - Measure implementation of protection protocols
- If protocols cannot be maintained or school cases rise, consider transition to remote / hybrid models

Read more:
- Overview of protection strategies: Harvard Global Health Institute. *Risk Reduction Strategies for Reopening Schools.* Retrieved from https://schools.forhealth.org/risk-reduction-strategies-for-reopening-schools/
- Meta-analysis of distancing, masks, and eye protection: Chu et al. (2020) Physical distancing, face masks, and eye protection to prevent person-to-person transmission of SARS-CoV-2 and COVID-19: a systematic review and meta-analysis. *The Lancet, 395* (10242), 1973-1987. Retrieved from https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)31142-9/fulltext.
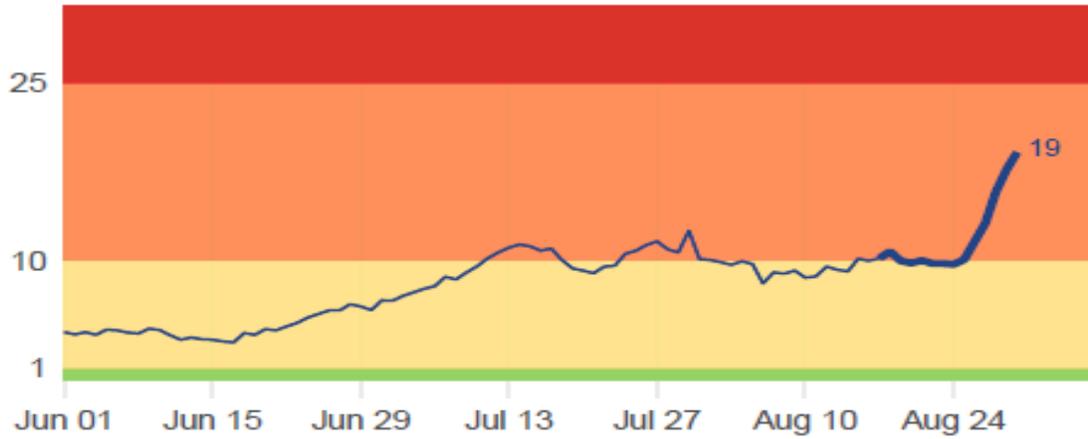
Primary measures and proposed thresholds
Summary of Harvard Global Health Institute Recommendations (link below)
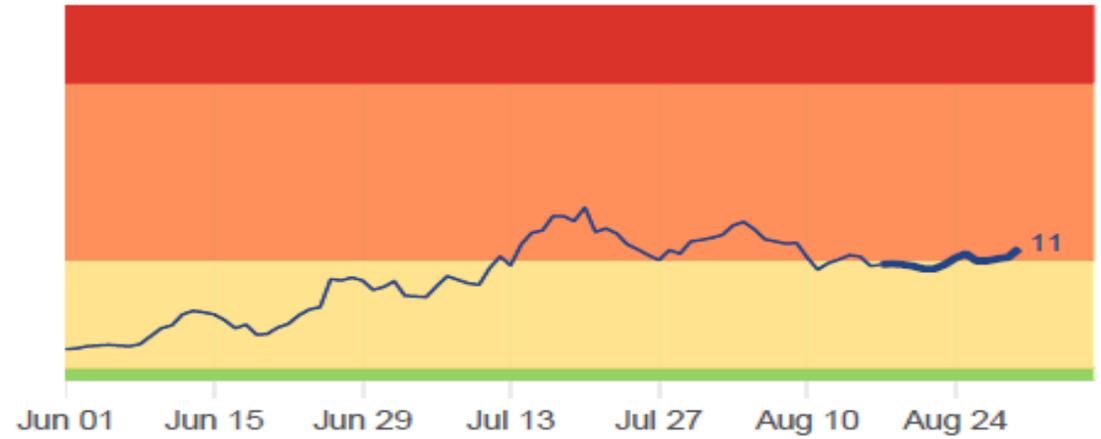
Category	Daily New Cases per 100,000	Schools should:
Red	>25	Encourage remote learning for all learners when possible
Orange	10<25	Consider remote or hybrid learning unless Community Performance Indicators *(slide 3)* met. If Community Performance Indicators are met, follow guidance in Yellow:
Yellow	1<10	**Consider if school protective protocols can be strictly implemented** *(see slide 4)* If no, consider remote or hybrid learning If yes, consider return to in-person with possible prioritization & phase-in: • Priority 1: preK-5, special education through 8th • Priority 2: grades 6-8 and special education for grades 9-12 • Grades 9-12: 　○ Not a priority in Orange – continued remote or hybrid learning 　○ Return in Yellow on hybrid schedule IF distancing can be maintained for all grades, majority of time
Green	<1	All grades in school with strict protection protocols

*Adaptation of suggested thresholds from Harvard Global Health Institute. Schools should consider student needs and ability to implement protection protocols as they make the decision for their district. *The Path to Zero and Schools: Achieving Pandemic Resilient Teaching and Learning Spaces. Retrieved from* https://globalepidemics.org/wp-content/uploads/2020/07/pandemic_resilient_schools_briefing_72020.pdf.
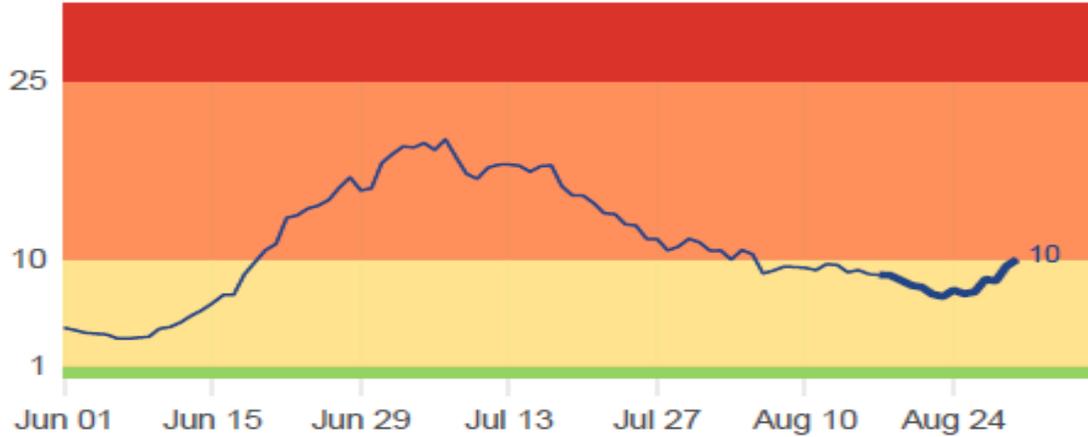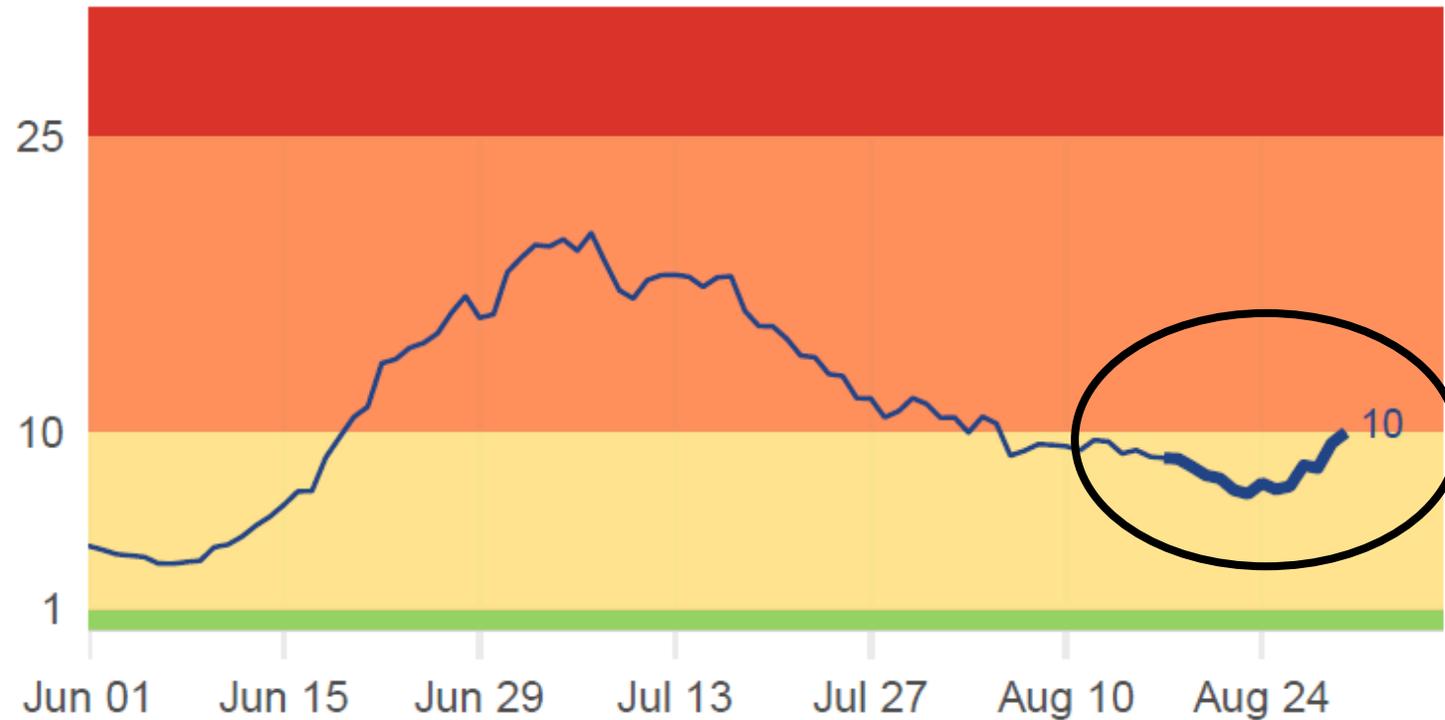
Daily new cases per 100,000 (7-day moving average) as of 8/31/2020

Values when other countries opened schools: Denmark = 3.3, Germany = 0.8, Norway = 1.6

Trend in daily new cases per 100,000

Hamilton County, Ohio
Population: 817,473

Previous 2 weeks in **BOLD**.
CDC positive indicators for continued re-opening:

- 9 of past 14 days declined
- 14th day less than 1st day
- REBOUND = 5 consecutive days of increase

Centers for Disease Control and Prevention. (May 2020). *CDC Activities and Initiatives Supporting the COVID-19 Response and the President's Plan for Opening America Up Again. Retrieved from* https://www.cdc.gov/coronavirus/2019-ncov/downloads/php/CDC-Activities-Initiatives-for-COVID-19-Response.pdf.

Secondary measure: % COVID tests that are positive
Goal: <5% (CDC), <3% (Harvard)

Hamilton County, Ohio
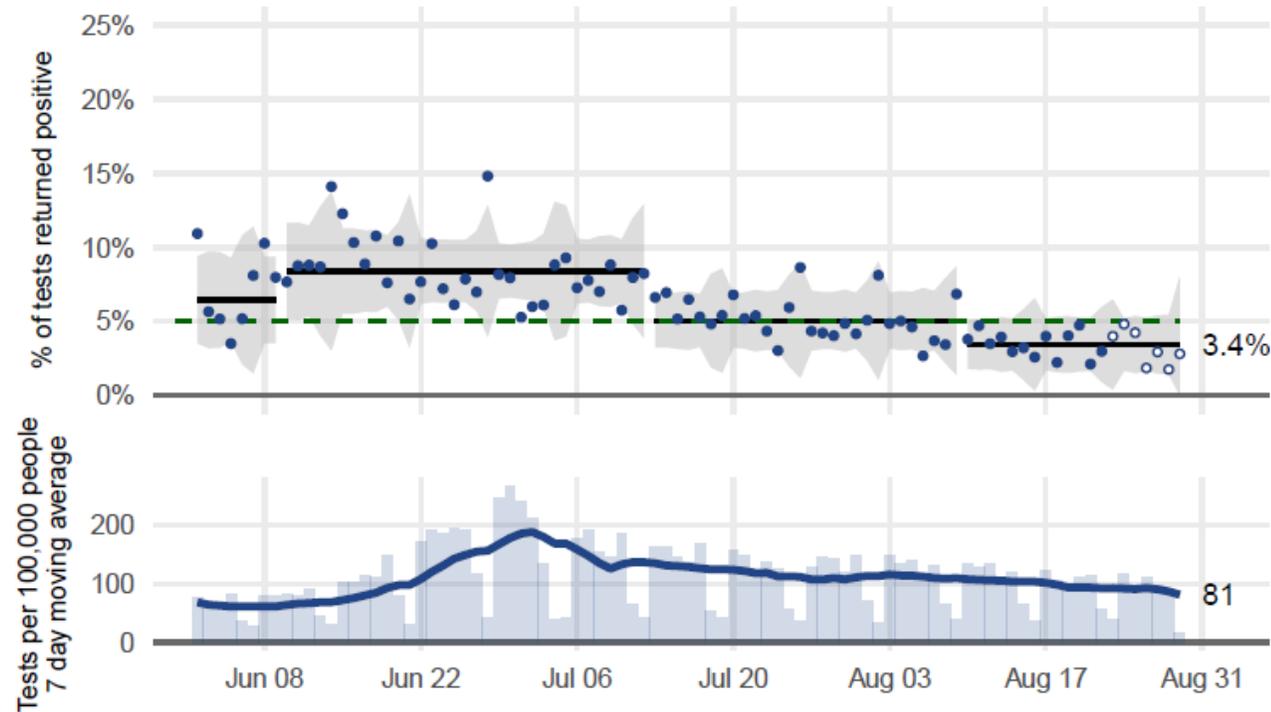
Open circles indicate points highly subject to change. Location is based on address provided to the lab.
Source: The Health Collaborative data as of 08/31/2020.

County	Rate (%)
Hamilton*	3.4
Butler	5.6
Clermont	4.0
Warren	5.2

*Cincinnati = 2.8%

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How many asymptomatic cases per 100 kids?

- Tested 33,000 healthy kids at 28 hospitals, 23 cities (elective surgeries)
- Local incidence in that city
- Hamilton County estimate
  - ~1 in 100 children
- Distance, mask, hygiene…!

https://jamanetwork.com/journals/jamapediatrics/fullarticle/2769878

A — Weekly incidence in the general population and asymptomatic infection in children

Prevalence, %

Weekly incidence, No. per 1000 general population within CSA
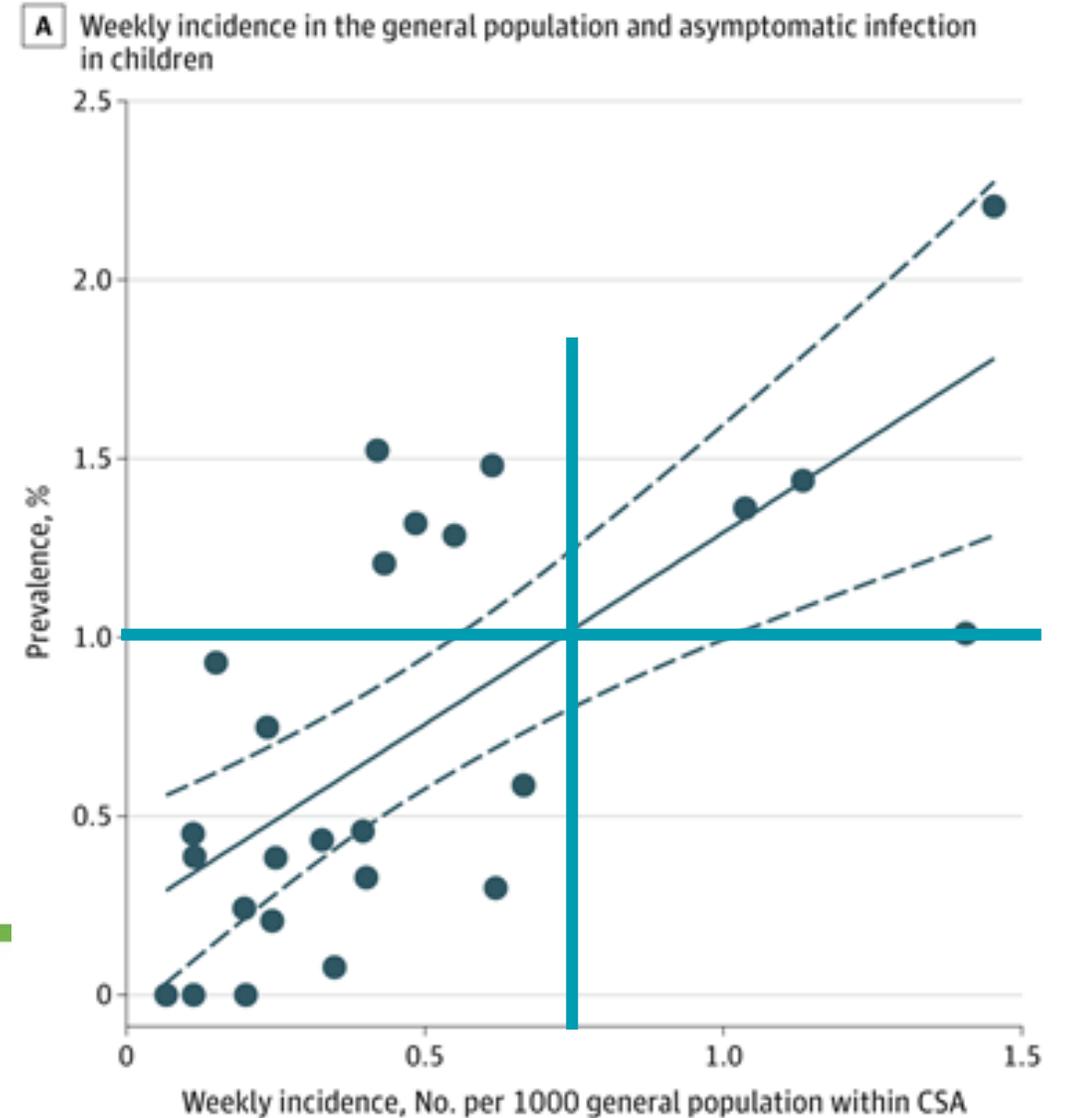
FEELING SAFE AT SCHOOL

Supporting Teachers, Parents and Students

Teachers

Regular Safety Huddles
- Information Sharing
- Consistent Communication
- Transparency
- Safety Plan and Reinforcement

Engagement and Leadership
- Key Roles in Classroom and School Safety
- Ideas and Voices Matter/Important
- Critical to Engaging Students/Parents

Support and Encouragement
- Provide Empathy
- Encourage Self-Care
- Show Teacher Appreciation

Parents and Students

Safety	Share information to help keep children and families safe
Information	Be prepared to answer parents' and children's questions about COVID, health, and safety
Learning:	Provide support to students and parents as they manage online and adapted learning models
Routines	Encourage parents to establish routines for their children, families
Resources	Provide resources to support students' needs

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RETURN TO PLAY FOR ATHLETES

New Recommendations for Return to Play For Athletes

OH Youth Sports

- https://coronavirus.ohio.gov/static/responsible/Youth-Collegiate-Amateur-Club-Pro-Sports.pdf

American College of Cardiology

- https://www.acc.org/latest-in-cardiology/articles/2020/07/13/13/37/returning-to-play-after-coronavirus-infection

CCHMC Cardiology

- https://s3.eu-west-2.amazonaws.com/uploads-7e3kk3/42187/covid_and_pediatric_return_to_sport_082120.e8b3e4e507ca.pdf

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Pediatric patient with history of COVID-19 infection AND asymptomatic for >14 days

- **Asymptomatic or mild symptoms (no fever, <3 days of symptoms)** → Clear for participation
- **Moderate symptoms (prolonged fevers and bedrest, no hospitalization, no abnormal cardiac testing)**
  - Age <12 years → Clear for participation
  - Age >12 years, high intensity competitive sports participation or physical activity* → ECG prior to participation
    - Normal ECG → Clear for participation
    - Abnormal ECG → Evaluation by pediatric cardiologist and testing as dictated by the abnormal ECG → Concern for myocarditis
- **Severe symptoms (hospitalized, abnormal cardiac testing, multisystem inflammatory syndrome in children (MIS-C))** → Follow myocarditis return to play guidelines†
  1. Testing: ECG, echocardiogram, 24 hour Holter monitor, exercise stress test, +/- cardiac MRI
  2. Exercise restriction for 3-6 months
  → Concern for myocarditis

Some athletes may have higher risk for myocarditis (inflammation around heart)

Return to Play:

Must by asymptomatic x 2 wks

If 12 or greater OR have severe illness, will need EKG

Medical clearance important

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https://www.acc.org/latest-in-cardiology/articles/2020/07/13/13/37/returning-to-play-after-coronavirus-infection

Questions?

Resources

Resources for Teachers:

- Learning Policy Institute https://learningpolicyinstitute.org/issue/covid-19-resources
- CDC: Worker Safety and Support https://www.cdc.gov/coronavirus/2019-ncov/community/mental-health-non-healthcare.html
- EverFI: https://everfi.com/blog/k-12/10-ways-educators-can-support-their-mental-health/
- AACTE Teacher Education: https://aacte.org/resources/covid19-resources/

Resources for Parents:

- CCHMC https://www.cincinnatichildrens.org/patients/coronavirus-information/family-resources
- CDC: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html
- Society for Adolescent Health and Medicine: https://www.adolescenthealth.org/COVID-19/COVID-19-Resources-for-Parents-and-Teens.aspx
- National Head Start: https://www.nhsa.org/covid-19-resources-parents
- American Academic of Child and Adolescent Psychiatry https://www.aacap.org/AACAP/Families_and_Youth/Resource_Libraries/covid-19/resources_helping_kids_parents_cope.aspx