

STAY IN SCHOOL TOOLKIT



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INTRODUCTION

The Kane County Health Department (KCHD) is dedicated to working with Kane County schools to provide a safe learning environment and continued in-person learning.

This toolkit is designed to support all Kane County public and private schools to:

- Maintain a safe school environment in Kane County in accordance with the Illinois Department of Public Health (IDPH), the Illinois State Board of Education (ISBE), and the Centers for Disease Control and Prevention (CDC) guidance.
- Guide the implementation of measures to reduce COVID-19 transmission in the school setting, while meeting the educational needs of all students.
- Help school personnel to understand what processes to follow to report any potential COVID-19 outbreaks to the KCHD.

The following prevention strategies are recommended for all K-12 schools based on [COVID-19 Community Levels](#):

- Promoting vaccination
- Consistent and correct mask use
- Physical distancing
- Screening testing to promptly identify cases, clusters, and outbreaks
- Ventilation
- Handwashing and respiratory etiquette
- Staying home when sick and getting tested
- Contact tracing, in combination with isolation and quarantine
- Cleaning and disinfection

CDC continues to recommend masking and physical distancing in school as key prevention strategies. Masks in schools will decrease the number of persons who must stay home and quarantine as a result of their close contact to a COVID-19 case. Physical distancing of at least 3 feet should be implemented whenever possible within classrooms.

Some schools serve children under the age of 5 who are not eligible for vaccination at this time. Therefore, the CDC guidance emphasizes implementing layered prevention strategies (e.g., using multiple prevention strategies together consistently) to protect people who are not fully vaccinated, including students, teachers, staff, and other members of their households. Increase in vaccinations among students and staff can help support in-person learning and extra-curricular activities. Vaccination is the best defense to ending the COVID-19 pandemic.

Schools should continue to work with KCHD to report potential COVID-19 outbreaks and require isolation and quarantine as recommended for ill or exposed students. KCHD will continue to provide updated guidance aligned with IDPH, ISBE, and CDC to school leaders and school districts.

Thank you for partnering with KCHD to provide a safer learning environment for children in Kane County schools.

Kathy Fosser, MBA
Interim Executive Director
Kane County Health Department

DEFINITIONS AND CONCEPTS RELATED TO COVID-19

- **Asymptomatic:** An individual who does not report or appear to have any symptoms or signs of illness. To be responsible, everyone should act as if they are carriers of COVID-19. (CDC)
- **Close contact:** Whether one is designated a close contact depends on their distance from an individual with COVID-19, masking, vaccination status, and history of COVID-19 infections. See the [IDPH/ISBE Revised Public Health Guidance for Schools](#) for current close contact information.
- **Community spread:** The spread of a contagious disease to individuals in a particular geographic location who have no known contact with other infected individuals. (CDC)
- **Disease cluster:** An increased incidence of a disease occurring around the same time, and in the same geographic area. (CDC)
- **Face coverings:** To prevent infection, it is recommended that the nose and mouth be covered with a mask or cloth face covering. Face coverings slow the spread of COVID-19 by limiting the release of the virus into the air.
- **Fully Vaccinated:** The term "up-to-date" is preferred when referring to vaccination status. For the criteria for an individual to be up-to-date on vaccinations, see the [IDPH/ISBE Revised Public Health Guidance for Schools](#).
- **Handwashing guidelines:** Proper handwashing reduces the spread of COVID-19. Hands should be washed frequently with soap and water for at least 20 seconds. If soap and water are not readily available, use of a hand sanitizer that contains at least 60% alcohol is appropriate. Hand sanitizer should be applied to all surfaces of both hands and rubbed together until they feel dry. (CDC)
- **Higher risk populations:** Individuals who are at a higher risk for developing severe illness from COVID-19 include those with underlying conditions such as cancer, chronic kidney disease, lung disease, serious heart conditions, sickle cell disease, diabetes, obesity, hypertension, or those who are immunocompromised. (CDC)
- **Infectious Period:** The period of time when an infected person can spread SARS-CoV-2 to others. The infectious period starts from 2 days before onset of symptoms (or 2 days before the positive specimen collection date, if asymptomatic) until they meet criteria for discontinuing home isolation. (CDC)
- **Immunocompromised:** Individuals with a weakened immune system. Immunocompromised individuals "have a reduced ability to fight infections and other diseases" and are more likely to experience severe illness from COVID-19. (NIH) (CDC)

DEFINITIONS AND CONCEPTS RELATED TO COVID-19

- **Incubation period:** The time from exposure to when the first symptoms develop. Recent studies have found the incubation period of COVID-19 to be 2-14 days and is most commonly around 5 days. (CDC)
- **Isolation:** The separation of a person or group of people known or reasonably believed to be infected with a communicable disease and potentially infectious from those who are not infected to prevent spread of the communicable disease. Isolation for public health purposes may be voluntary or compelled by federal, state, or local public health order. (CDC)
- **Outbreak:**
 - **School outbreak:** 10% or three or more individuals who are laboratory positive for SARS-CoV-2 by antigen or PCR testing AND are epidemiologically linked to the outbreak setting, have onsets of illness or positive SARS-CoV-2 test (if asymptomatic) within a 14 day period, do not share a household, and are not listed as a close contact of each other outside of the outbreak setting. (IDPH)
 - **Childcare Facilities / Daycare Settings outbreak:** Two or more individuals who are laboratory positive for SARS-CoV-2 by antigen or PCR testing AND are epidemiologically linked to the outbreak setting, have onsets of illness or positive SARS-CoV-2 test (if asymptomatic) within a 14 day period, do not share a household, and are not listed as a close contact of each other outside of the outbreak setting. (IDPH)
- **Pandemic:** A global spread of disease to several countries or continents, usually affecting a large number of people. A pandemic affects a greater geographical area and a greater number of people than an outbreak or epidemic. (WHO)
- **Quarantine:** The separation of a person or group of people reasonably believed to have been exposed to a communicable disease but not yet symptomatic, from others who have not been so exposed, to prevent the possible spread of the communicable disease. (CDC)
- **Social distancing:** The act of remaining out of crowded public places where close contact with others may occur and maintaining a distance of at least 6 feet from others. (CDC)
- **Underlying conditions:** Individuals with serious pre-existing medical conditions, as well as older adults, are more at risk of developing serious illness from COVID-19 than others. Serious underlying health conditions that make a person more at risk for developing severe illness include: chronic lung disease, moderate to severe asthma, heart disease with complications, hypertension, diabetes, BMI > 30, renal disease, liver disease, or those who are immunocompromised due to conditions such as receiving cancer treatment. (CDC)

NATIONAL, STATE AND LOCAL SCHOOL GUIDANCE

[CDC Guidance for Prevention of COVID-19 in K-12 Schools](#)

[IDPH & ISBE Joint Guidance for COVID-19 Prevention in Schools](#) - Referenced frequently in this document, the IDPH & ISBE Joint Guidance for Schools reflects what has been learned about preventing the transmission of COVID-19 in school settings.

[Section 690.30, Control of Communicable Disease Code](#) - This section of the Joint Committee on Administrative Rules details implementations required to control the spread of communicable diseases. Of note is section 690.30 part C:

Schools, Child Care Facilities, and Colleges/Universities

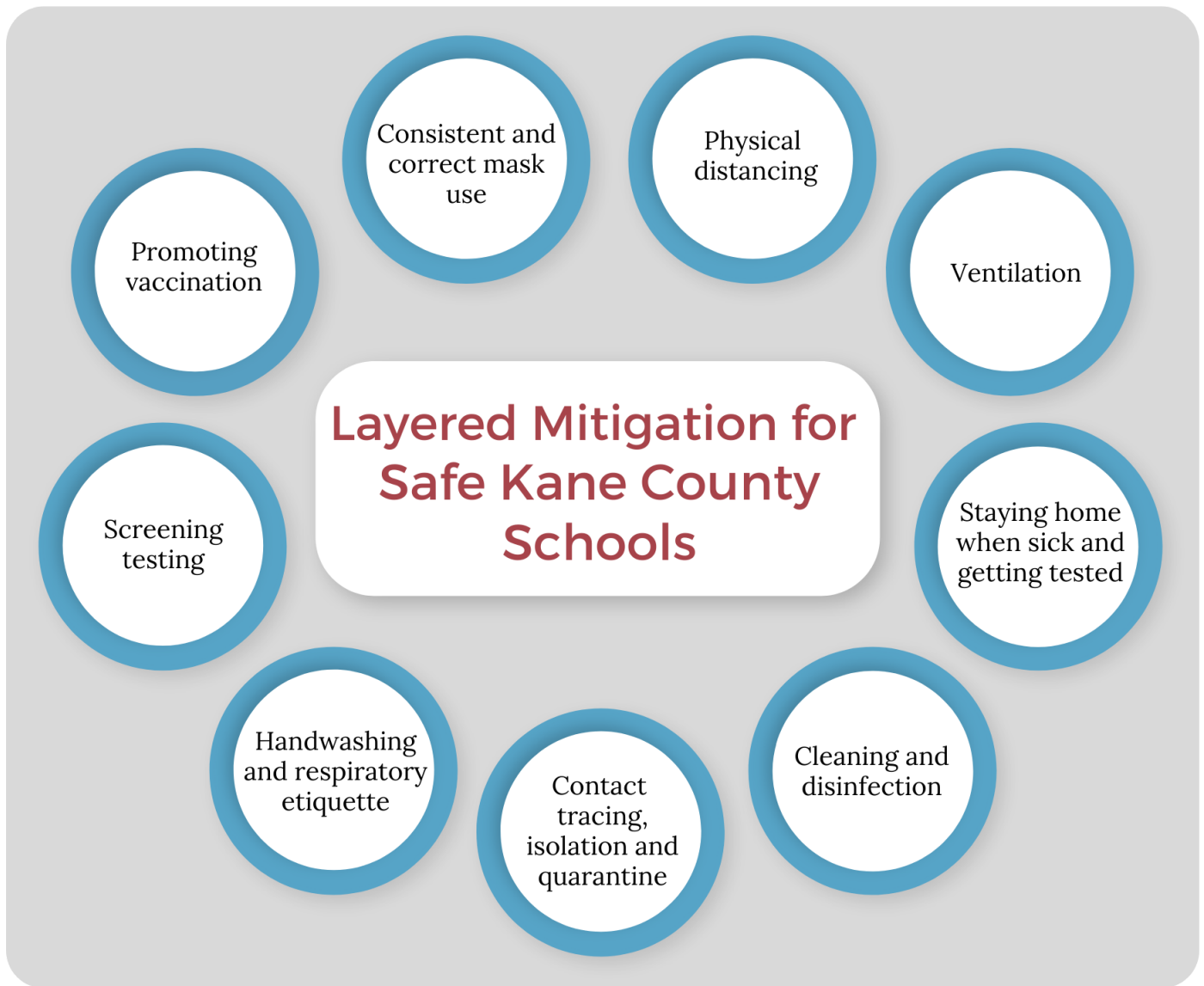
1. Except in an emergency, the occurrence of a case of a communicable disease in a school, child care facility or college/university should not be considered a reason for closing the school, facility or college/university.

2. Persons suspected of being infected with a reportable infectious disease for which isolation is required, or persons with diarrhea or vomiting believed to be infectious in nature, shall be refused admittance to the school or child care facility while acute symptoms are present.

3. School, child care facility, and college/university authorities shall handle contacts of infectious disease cases as prescribed in this Part, or as recommended by the local health authority.

4. When outbreaks of disease occur in any child care facility, staff and attendees of the facility may be considered to be contacts to cases and may be required by the local health authority to submit specimens for testing

[Kane County Health Department](#) - Resources including our Outbreak Toolkit, links to relevant research and more.



The Kane County Health Department encourages schools to adopt a layered approach to COVID-19 mitigation. Multiple layers of protection block the spread of COVID-19.

The KCHD recommends that Kane County schools closely monitor community transmission of COVID-19, vaccination coverage, screening testing and outbreaks to lead their decisions about the implementation of layered prevention strategies for in-person learning as outlined in the guidance provided in the IDPH/ISBE Revised Public Health Guidance for Schools.

KCHD recognizes that Kane County schools and their leaders are in the best position to assess the safety risks of their schools and to determine whether their schools should implement remote instruction in response to an unsafe environment. KCHD invites and encourages school districts to consult with KCHD concerning COVID-19 prevention.

STEPS IN REPORTING A CASE

If a student or staff member is positive or ill with COVID-like symptoms:

SCHOOL ROLE

1. Determine exclusion for the COVID-19 positive case and quarantine of close contacts per the [IDPH/ISBE Revised Public Health Guidance for Schools](#).
2. The school will use their existing school process to notify parents / guardians that an exposure has occurred. Confidentiality and privacy must be maintained.
3. Per our notifiable disease rule, school personnel should immediately report COVID-19 positives to the KCHD, however, reporting potential outbreaks is prioritized over reporting individual cases.
4. Review the [KCHD COVID-19 Outbreak Toolkit for Kane County Schools](#).
5. Using REDCap survey to report potential outbreaks: redcap.link/kaneschoolreport
After submitting your report, click on the Download button to save a PDF of your submitted report.
6. Identify close contacts and exclude per the [IDPH/ISBE Revised Public Health Guidance for Schools](#).
7. Thoroughly clean and disinfect per [CDC guidance for schools](#).

KCHD ROLE

The role of the KCHD changes as our understanding of the pandemic evolves and new guidelines are released. Our priorities include:

- Consulting and supporting schools in slowing the spread of COVID-19 by adhering to the IDPH, ISBE and CDC guidelines.
- Reviewing COVID-19 cases and investigating potential school outbreaks.
- Assisting schools in the management of COVID-19 outbreaks.
- Reporting COVID-19 outbreaks to IDPH.

COVID-19 SCENARIOS

Scenarios: Students and Staff

As guidance evolves, please refer to the [IDPH/ISBE Revised Public Health Guidance for Schools](#).

Scenario 1: A student or staff person is confirmed to have COVID-19.

The student or staff person are immediately excluded from school and all school activities or sports if positive or ill with COVID-like symptoms. The confirmed positive student or staff person must isolate at home. The student or staff person must be excluded from school until:

- 5 days since symptoms first appeared if they can correctly and consistently mask days 6-10, and
- 24 hours with no fever (without the use of fever-reducing medication), and
- Symptoms have improved

Household members, classmates, and teachers of the quarantined student / staff person who are close contacts are excluded for 5 days after their last date of close contact if asymptomatic.

Scenario 2: A student or staff person within the school is symptomatic and pending lab result for COVID-19.

The student or staff person is excluded from school while awaiting test results. If positive, see Scenario 1. If negative, the student or staff person must be symptom-free for 24 hours without the use of medications prior to returning to school. Household members, classmates, and teachers of the pending case should be monitored for symptoms while waiting for test results. If symptoms develop, they should call their medical provider to be tested for COVID-19.

Scenario 3: An asymptomatic student or staff person within the school is a close contact to a confirmed COVID-19 case.

The asymptomatic student or staff person is not required to quarantine if they are up-to-date with COVID-19 vaccinations and remain without symptoms. Household members, classmates, and teachers of the quarantined student or staff person may continue to attend school and should monitor for symptoms. If symptoms develop, they should call their healthcare provider to be tested for COVID-19. Quarantine is recommended if vaccinations are not up-to-date. Please refer to the [IDPH/ISBE Revised Public Health Guidance for Schools](#) for details.

COVID-19 SCENARIOS

Scenarios: Students and Staff (cont.)

Scenario 4: A student or staff member is sent home with symptoms. They have had no medical evaluation or COVID test at the time excluded.

The student or staff member should be excluded until they receive a negative PCR or rapid antigen test result that confirms the symptoms are not attributable to COVID-19, or for a minimum of 5 days (if they can consistently and correctly mask days 6-10) until fever free without fever reducing medication for 24 hours, and other symptoms have improved. Contact tracing is only conducted for a confirmed or probable case. Contact tracing is not conducted for suspect cases, however consideration may be taken to quarantine non-household staff or students when there is an egregious lack of social distance or masking. An example would be a child sat next to a suspect case on a bus without masking and rode for 30 minutes while the suspect case was coughing. See the [IDPH Interim Exclusion Guidance](#) for details.

Scenario 5: A student completed a COVID-19 test using a home test kit.

Home test kits do not permit verification of the individual being tested and should not be used to determine eligibility to return to school. If a home test is positive, exclude appropriately and treat as a positive result for contact tracing purposes.

Scenario 6: Close contact is tested and the rapid test is negative.

Please see the guidelines the definition of a close contact and for quarantine recommendations of close contacts in the [IDPH/ISBE Revised Public Health Guidance for Schools](#). Should the close contact test negative with a rapid test, a RT-PCR is strongly recommended to be completed within 48 hours of the rapid test in order to confirm the rapid test results. Should the RT-PCR result be positive, the close contact will be viewed as a case and released per isolation criteria and contact tracing will be implemented.

Scenario 7: School received a report of a laboratory positive COVID-19 staff member or student.

Report a case or potential outbreak to: redcap.link/kaneschoolreport

COVID-19 SCENARIOS

Scenarios: Household members of students

Scenario 1: Household member of a student within the school has been confirmed to have COVID-19.

Based on their vaccination and symptom status, students who live in the same house as the COVID-19 positive person may or may not need to be excluded from school while the household member is in isolation. See the [IDPH/ISBE Revised Public Health Guidance for Schools](#) to determine quarantine of close contacts.

Scenario 2: Household member of a student within the school is symptomatic, pending results, and has had close contact with a known case.

Everyone with COVID-19 symptoms, regardless of vaccination status or if they were a close contact, must be excluded from school for 5 days or until receiving a negative test result and until fever free without fever-reducing medication for 24 hours, and other symptoms have improved. If the student is unable to correctly and consistently mask, they should be excluded for 5 additional days. Unless there is a high suspicion of COVID-19, household members do not need to quarantine if the symptomatic individual was tested within 24 hours of symptom onset. See the [IDPH/ISBE Revised Public Health Guidance for Schools](#) for current exclusion guidelines.

Scenario 3: Household member of a student within the school has had close contact to a known case of COVID-19.

Student can remain in school but should be monitored. If COVID-19 symptoms develop in the household member, students should be excluded from school, and should be treated as in Scenario 1 pending results.

COVID-19 SCENARIOS

Scenario: Interim Post-Vaccination Guidance

Scenario 1: A school employee is ill 48 hours after receiving her first COVID-19 vaccination.

The employee should be excluded from school if symptoms include fever, new onset of moderate to severe headache, shortness of breath, new cough, sore throat, vomiting, diarrhea or loss of taste/smell, as these symptoms are unlikely to be from COVID-19 vaccination.

The school employee does not need to be excluded if symptoms are consistent with common COVID-19 vaccination side effects occur within the first 48 hours post-vaccination, afebrile, and feels well enough to attend school unless fever of 100.4F or greater or if symptoms persist for more than 2 days.

See [IDPH Interim Post-Vaccination Guidance for Pre-K - 12 Schools](#) for current guidelines.

Scenario: Travel

Scenario 1: Families are planning to travel outside of Illinois and are unsure when to quarantine.

For those who are not up-to-date with COVID-10 vaccinations prior to travel, the CDC recommends that travel is delayed until vaccinations are up-to-date. Travelers should get tested with a viral test 3-5 days after returning from travel, stay home and self-quarantine for a full 5 days after travel, and isolate and get tested if symptoms develop.

Review [CDC Guidelines for Domestic, International, and Cruise Ship Travel](#) for current recommendations.

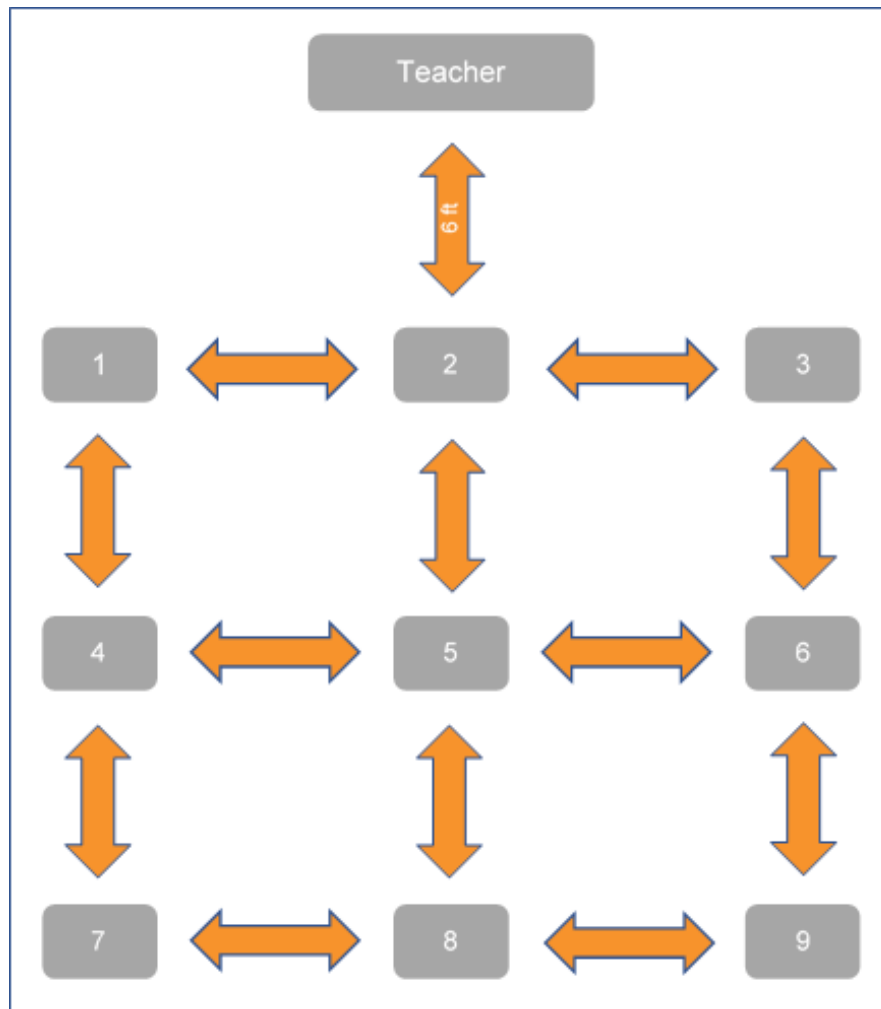
ITEMS TO ASSIST WITH CONTACT TRACING IN SCHOOL

Physical distancing in school for students should be at least 3 ft and between 3-6 ft. For staff and teachers, physical distancing is 6 ft.

Below is a list of items that would be beneficial to collect and share with KCHD once a case or symptomatic individual is identified to assist with determining close contacts within a school setting:

- School schedule (if not in one class)
- Classroom(s) seating chart, including specials (art, music, chorus, etc.)
- Bus seating chart
- Lunchroom seating chart (if not in classroom)
- Seating chart for any sports/activities occurring indoors

The KCHD is available upon request to assist with potential outbreak investigations.



USEFUL LINKS

[CDC COVID-19 Community Levels](#)

[CDC COVID Data Tracker](#)

[CDC Print Resources for Schools](#)

[CDC Travel Guidance](#)

[CDC Up-To-Date Vaccination Definition](#)

[CDC Vaccination Frequently Asked Questions](#)

[Cleaning and Disinfecting Public Spaces for COVID-19](#)

[Coronavirus Testing Basics](#)

[COVID-19 County & School Metrics](#)

[COVID-19 Travel Recommendations by Destination](#)

[IDPH Provider Guidance for Testing](#)

[Illinois Executive Orders](#)

[Myths and Facts About COVID-19 Vaccine](#)

Rapid Test vs RT-PCR (how to read results):

- [Interim Guidance for Rapid Antigen Testing for SARS-CoV-2 \(CDC\)](#)
- [Guidance for SARS-CoV-2 Point-of-Care Testing \(CDC\)](#)

["What Mask Should I Wear" Sharable Graphic](#)

[When to Delay your Travel to Avoid Spreading COVID-19](#)

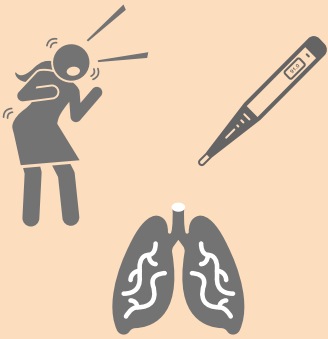
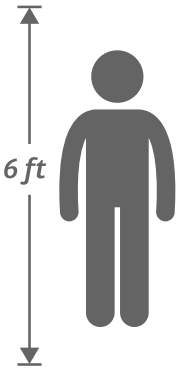
COVID-19 FACT SHEET

What you need to know

WHAT IS COVID-19?

- Coronavirus (COVID-19) is an illness caused by the SARS-CoV-2 virus that can spread from person to person. SARS-CoV-2 is a new coronavirus that has spread throughout the world. COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

- One can become infected with COVID-19 by coming into close contact (about 6 feet or two arm's length for at least 15 minutes) with a person who has COVID-19. COVID-19 is primarily spread from person to person. You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks. You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



SYMPTOMS OF COVID-19

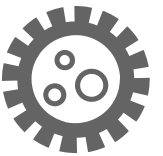
People with COVID-19 can have no symptoms, mild symptoms, or severe illness. Symptoms of COVID-19 may include:

- Fever or chills
- Cough
- Shortness of breath or Difficulty breathing
- Fatigue
- New loss of taste or smell
- Muscle or Body Aches
- Congestion or Runny Nose
- Headache
- Sore Throat
- Diarrhea
- Nausea and Vomiting

HOW IS COVID-19 SPREAD?

COVID-19 is thought to be spread mainly from person-to-person:

- Between people who are in close contact with one another (within about 6 feet for at least 15 minutes).
- Through respiratory droplets produced when an infected person coughs, sneezes, or talks.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
- COVID-19 may be spread by people who are not showing symptoms.
- It may be possible to get COVID-19 by touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands.



HOW IS COVID-19 TREATED?

Your physician can provide guidance as to your specific situation and symptoms that you are experiencing. Following supportive care guidance, such as getting plenty of rest and staying hydrated can help relieve symptoms. There is currently no vaccine available to protect against COVID-19.



Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2–14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has Emergency Warning Signs of COVID-19

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



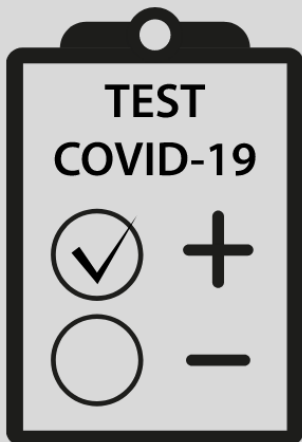
Quarantine



- healthy person
- exposed
- test on day 5 after exposure or if symptoms develop
- stay at home and away from others

versus

Isolation



- known case
- sick (even without symptoms, or symptoms are mild)
- stay at home and away from others

For current quarantine and isolation guidelines for schools, see the [IDPH/ISBE Revised Public Health Guidance for Schools](#)

10 THINGS YOU CAN DO TO MANAGE YOUR COVID-19 SYMPTOMS AT HOME | COVID-19 |

If you have possible or confirmed COVID-19

1. **Stay home** except to get medical care.



6. **Cover your cough and sneezes** with a tissue or use the inside of your elbow.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



3. **Get rest and stay hydrated.**



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.





School Personnel Next Steps

If a student or staff member has tested positive for COVID-19, has symptoms of COVID-19 or were a close contact of someone with COVID-19:

- 1** After ensuring adequate personal protection equipment is used by all within 6 feet, escort the student or staff member to an isolation area.
- 2** Determine if student or staff member requires exclusion (isolation or quarantine) at home per the [IDPH/ISBE Revised Public Health Guidance for Schools](#).
- 3** Evaluate if the case is part of a potential outbreak per the [COVID-19 Outbreak Toolkit for Kane County Schools](#).
- 4** Promptly report the positive case(s) and upload line list for potential outbreaks to: redcap.link/kaneschoolreport

Questions? Email school@co.kane.il.us



Next Steps for Parents/Caregivers

If your school-aged child has tested positive for COVID-19, has symptoms of COVID-19 or was a close contact of someone with COVID-19:

- 1** For those with a **positive test or COVID-like symptoms**, regardless of vaccination status, keep the child home for 5 days (isolate) with day 0 being the date of the test specimen collection or symptom onset. Notify your child's school of the positive test or COVID-like symptoms.
- 2** For those who have been **exposed to someone with COVID-19 and are asymptomatic**, keep the child home 5 days (quarantine) with day 0 being the date of the last exposure. Children who are both asymptomatic and are up-to-date with vaccinations, or are both asymptomatic and have had confirmed COVID-19 within 90 days do not need to quarantine.
- 3** Keep any COVID-19 positive family members or close contacts masked and separated from other family members as is reasonable. See [CDC instructions for quarantine and isolation](#).
- 4** After isolation or quarantine, the child may return to school after 5 days if fever free without the use of fever reducing medication for 24 hours and other symptoms have improved, and if they are able to correctly and consistently mask for an additional 5 days. If not, they should stay home the full 10 days.

Questions?

Call us at 630-208-3801 or visit [kanehealth.com](https://www.kanehealth.com)

Contact Us

Visit us at:

kanehealth.com/Pages/COVID-Schools.aspx

01



Reporting cases or potential outbreaks

[Redcap.link/kaneschoolreport](https://redcap.link/kaneschoolreport)

02



Questions or Concerns

school@co.kane.il.us

03



Kane County Health Department

(630) 208-3801