

School & Community Health Care Alignment for COVID-19 Part 3

Hosted by the Finger Lakes Reopening Schools Safely Task Force

In partnership with Accountable Health Partners, Rochester Regional Health, Golisano Children's Hospital, UPMC, the Monroe County Department of Public Health & Monroe County Medical Society

Today's Panelists

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Moderator: Laura Jean Shipley, MD

Chat Moderators: Kathy Hiltunen, RN, Jo Anne Antonacci, Dan White, Sarah Hudson, MD and Dina Faticone



Agenda

1. Current COVID Rates
2. Yellow & Orange Zone-Asymptomatic Testing-Schools
3. Quarantine & Isolation Review
4. Vaccine Tiers
5. Return to Play Algorithm
6. Governor's Updates

Take Home Points

1. Thank you!
2. Teamwork and collaboration are winning
3. We need to change the conversation
Q:How do we protect our kids and families?
 - ✓A: We do what the schools are doing!
 - ✓B: MASK, distance, avoid large gatherings, hand hygiene - **in and outside of school**
 - ✓C: Follow the isolation and quarantine rules
 - ✓D. All of the above

We can do this together





Current COVID Rates

Finger Lakes region compared to the rest of NY state

COVID-19 Early Warning Monitoring System Dashboard							
Data as of: December 12, 2020 Last updated on: December 13, 2020							
	Testing/Tracing Targets		New Infections		Severity of Infection	Hospital Capacity	
Region	Maintain 30 per 1,000 Diagnostic Tests	Maintain Required Case and Contact Tracing Capacity	% Positive Tests per Day (7-Day Rolling Avg)	New Cases per 100K (7-Day Rolling Avg)	Gross New Hospitalizations per 100k (7-Day Rolling Avg)	Share of Total Hospital Beds % Available (7-Day Rolling Avg)	Share of ICU Beds % Available (7-Day Rolling Avg)
STATEWIDE	195,372 / 19,542	9,628	5.1%	50.68	3.54	22%	34%
Capital Region	8,337 / 1,085	278	5.6%	43.15	2.77	26%	43%
Central New York	7,841 / 775	458	7.2%	73.01	5.34	24%	33%
Finger Lakes	10,267 / 1,203	468	8.1%	69.33	6.85	25%	47%
Long Island	32,127 / 2,839	1,308	5.6%	63.55	3.67	19%	28%
Mid-Hudson	20,826 / 2,322	1,456	6.0%	53.86	3.84	26%	49%
Mohawk Valley	4,350 / 485	139	8.0%	71.86	5.45	24%	23%
New York City	85,633 / 8,399	4,648	4.0%	40.90	2.73	19%	24%
North Country	3,065 / 419	12	4.1%	29.70	1.57	46%	52%
Southern Tier	11,162 / 633	114	2.3%	40.49	3.07	40%	33%
Western New York	11,764 / 1,381	747	6.9%	59.11	4.61	26%	47%

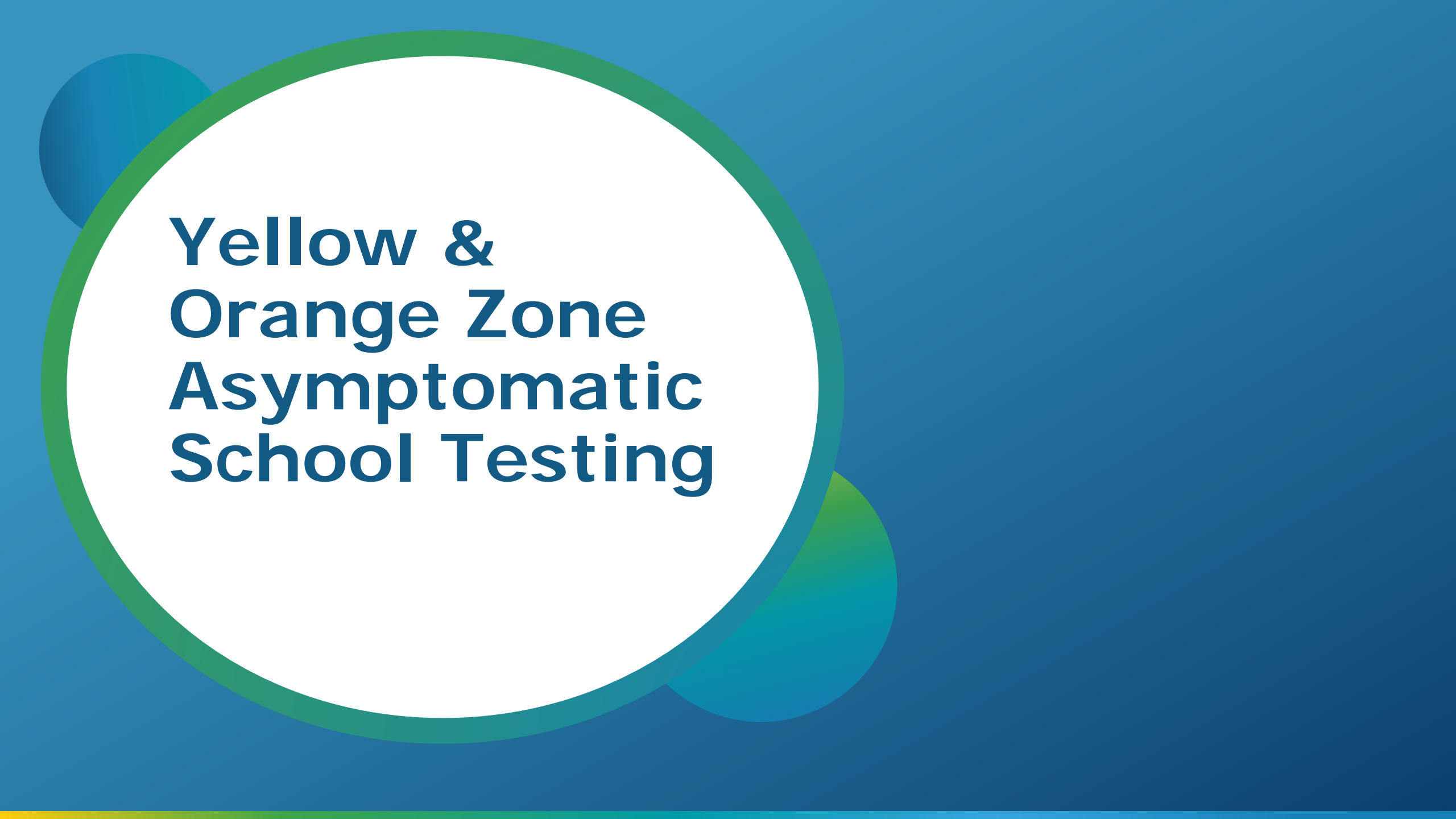
Source: <https://forward.ny.gov/early-warning-monitoring-dashboard>

Finger Lakes Region Currently

Test Results - Yesterday

		Total Persons Tested	Total Tested Positive	% Positive, Yesterday	% Positive, 7-day Avg
Finger Lakes	Genesee	826	72	8.7%	8.1%
	Livingston	421	34	8.1%	5.6%
	Monroe	6,772	650	9.6%	8.7%
	Ontario	662	58	8.8%	7.3%
	Orleans	316	22	7.0%	8.5%
	Seneca	238	13	5.5%	6.7%
	Wayne	667	37	5.5%	6.2%
	Wyoming	307	43	14.0%	8.1%
	Yates	177	6	3.4%	5.9%

Source: <https://forward.ny.gov/percentage-positive-results-region-dashboard>



Yellow & Orange Zone Asymptomatic School Testing

Yellow Zone Reminders

1. Schools must test 20% of in-person students, staff and faculty within two weeks of designation
2. If testing results show positivity rate that is less than the yellow zone's current 7-day rate, testing at that school will no longer be required
3. If testing results show positivity rate is higher than the yellow zone's current 7-day rate, schools will be required to continue to test 20% of if-person population on a bi-weekly basis

Orange/Red Zone Basics

1. Schools located in Orange and Red micro-cluster zones may remain open but will be required to conduct regular testing
2. Orange Zones: required to test **20%** of in person students, faculty, and staff over the course of 1 month (*no more than 10% every 2 week)
3. Red Zones: required to test **30%** of in person students, faculty, and staff over the course of 1 month (*no more than 15% every two weeks)



Quarantine & Isolation Review

Quarantine & Isolation Protocols have not yet changed in New York

- **Close contact** - defined as exposure for more than 15 continuous minutes, AND within 6 feet AND during the period starting 48 hours before symptoms appeared until the time the infected person is isolated, AND when one or both people were not wearing masks.
- **Quarantine** - asymptomatic people with close contact to a confirmed lab case or who have traveled from an area with high incidence of infection. Quarantine = stay at home. Typical period is a minimum of 14 days *since last exposure* and symptom free.
- **Isolation** - separates sick people with a contagious disease from people who are not sick.
- There is **no test** that releases someone from quarantine as an **identified close contact**

Contact tracing –it takes a village

- With increased case loads, contract tracing may take longer
- While awaiting official quarantine and isolation orders from health department, schools and providers should recommend precautionary measures
- Remind families that if you have symptoms, get tested and stay home while awaiting results

Caution around travel

- Travelers test within 3 days prior to arrival in NY, quarantine for 3 days upon arrival, re-test on day 4 of arrival
- If negative test on day 4 of quarantine they may exit quarantine with negative result
- States that are contiguous with New York continue to be exempted from quarantine protocol — essential workers also continue to be exempted (*schools staff are not considered essential)
- Travelers who were only out of state for less than 24 hours Do Not Need to Quarantine but must get a test on day 4 of arrival back in NY



Vaccine Tiers

What we know now

What we know now

All entities receiving the vaccine will have some autonomy to determine the internal order of employee vaccination based on risk and within the boundaries of NYS and federal guidance.

Phase 1	<ul style="list-style-type: none">Healthcare workers (clinical and non-clinical) in patient care settings<ul style="list-style-type: none">ICU, ED, EMS top priorityLong-term care facility (LTCF) workers who regularly interact with residentsMost at-risk long-term care facility patients
Phase 2	<ul style="list-style-type: none">First responders (fire, police, national guard)Teachers/school staff (in-person instruction), childcare providersPublic Health workersOther essential frontline workers that regularly interact with public (pharmacists, grocery store workers, transit employees, etc.) or maintain critical infrastructureOther long-term care facility patients and those living in other congregate settingsIndividuals in general population deemed particularly high risk due to comorbidities and health conditions
Phase 3	<ul style="list-style-type: none">Individuals <u>over</u> 65Individuals <u>under</u> 65 with high-risk comorbidities and health conditions
Phase 4	<ul style="list-style-type: none">All other essential workers
Phase 5	<ul style="list-style-type: none">Healthy adults and children

The background is a solid blue gradient. A large white circle with a thick blue border is positioned on the left side. To its left is a smaller dark blue circle, and to its right is a larger circle with a green-to-blue gradient. At the bottom, there is a horizontal bar with a yellow-to-green-to-blue gradient.

Sports & Play

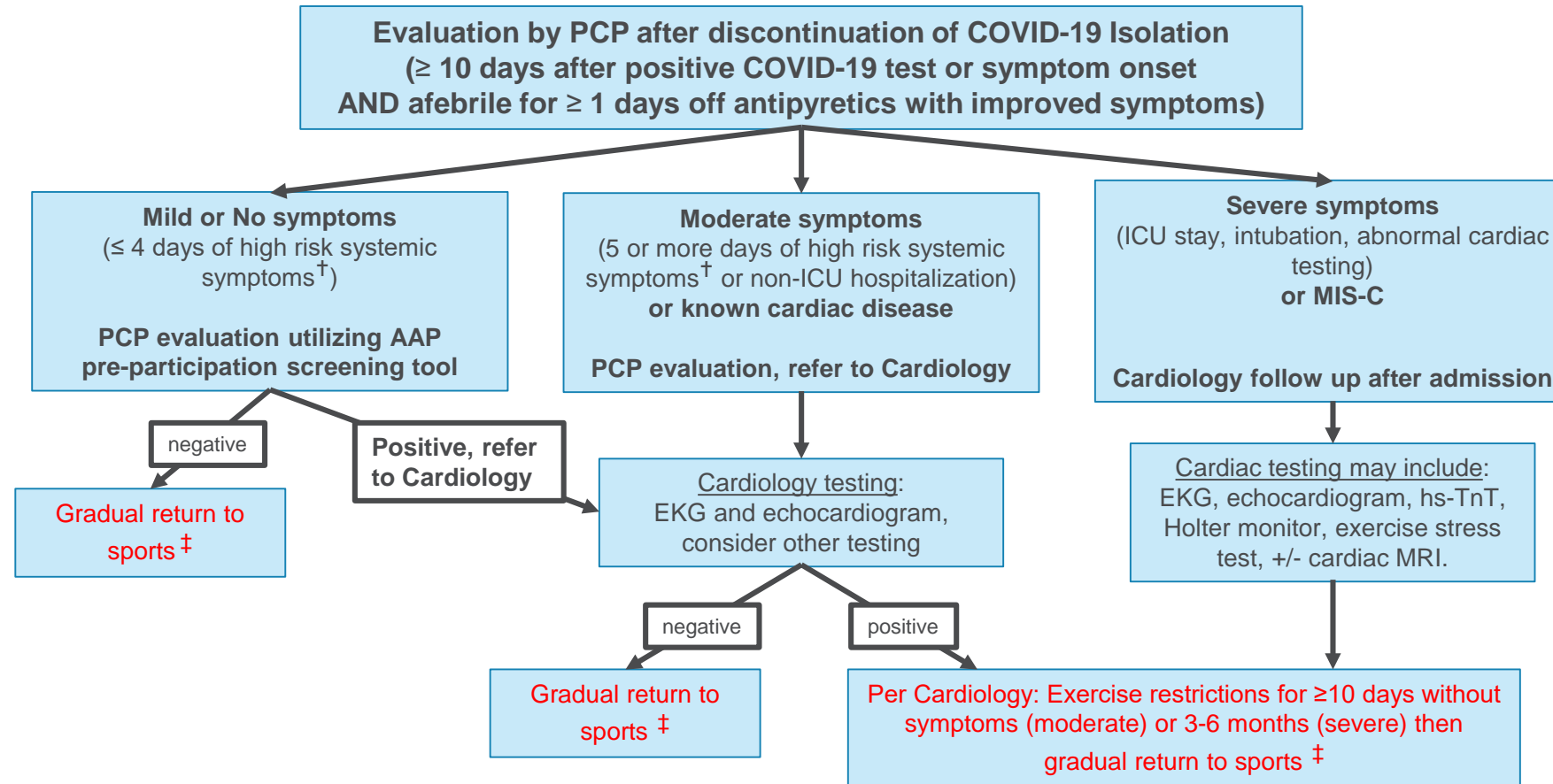
AAP recommends measures to keep sports as safe as possible

- NYS has authorized **low/moderate** risk winter sports to begin play
- When safe to do so, athletes should wear masks during training, competition, on sidelines, in locker rooms and during group travel
- Face coverings should be changed if saturated with sweat and should be done 6 feet apart from others
- Minimize equipment used, train in small pods and limit number of spectators per athlete
- Coaches, officials, spectators and volunteers should wear face masks at all times

Return to Play Related to COVID-19 Infection in Pediatric Patients (K-12)*

This document contains interim suggested guidance based on current information available to inform assessment and risk stratification for release to participation in physical education, sports and moderate to vigorous play for pediatric patients.

Note, patients with close contact exposure to COVID-19 are restricted from participation for ≥ 14 days (same duration as quarantine).



* Published by UR GCH COVID Pediatric RTP Workgroup on 12/13/2020 using the AAP Updated Guidance on Returning to Sports Activities:

<https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-guidance/covid-19-interim-guidance-return-to-sports/>

[†] High risk systemic symptoms are: fever >100.4 , myalgia, chills, or profound lethargy

[‡] Gradual return to sports can begin immediately (Mild or No symptoms) or ≥ 10 days after the end of symptoms and should be over at least 7 days with no return of symptoms. An AAP-suggested protocol is on the attached page.

Assessment/Release for Return to Play

Patient:

School:

DOB:

Sport:

PCP:

-

Date of onset of COVID symptoms:

Date of COVID positive test:

Date of resolution of COVID symptoms:

Symptoms longer than 4 days?:

N ☐ Y ☐

Hospitalization due to COVID symptoms?:

N ☐ Y ☐

H/o cardiac abnormalities followed by cardiology?:

N ☐ Y ☐

Recent symptoms:

Chest pain at rest or with exertion? (not musculoskeletal or costochondritis):

N ☐ Y ☐

Shortness of breath with minimal activity? (unrelated to respiratory symptoms):

N ☐ Y ☐

Excessive fatigue with exertion?:

N ☐ Y ☐

Abnormal heartbeat or palpitations?:

N ☐ Y ☐

Syncope or near-syncope?:

N ☐ Y ☐

Normal cardiovascular exam?:

Y ☐

N ☐

Cardiology referral indicated?:

N ☐

Y ☐

Cleared for gradual return to sports?:

Y ☐

N ☐

Signature:

Printed Name:

Date:

Suggested gradual return to sports progression*

(adapted from Elliott N, et al, infographic, British Journal of Sports Medicine, 2020):

Stage 1: 2 days minimum, ≤ 15 minutes, light activity (walking, jogging, stationary bike), no resistance training.

Stage 2: 1 day minimum, ≤ 30 minutes, add simple movement activities (eg. running drills).

Stage 3: 1 day minimum, ≤ 45 minutes, progress to more complex training, may add light resistance training.

Stage 4: 2 days minimum, 60 minutes, normal training activity.

*Patient should be symptom free before progressing to next stage.

v.12/14/20



Additional Questions



Thank you!

Visit the task force website at:
<https://www.commongroundhealth.org/collaborations/finger-lakes-reopening-schools-safely-task-force>

Finger Lakes Reopening Schools Safely Task Force



Formed in July 2020, the Finger Lakes Reopening Schools Safely Task Force works to ensure the physical and emotional health and safety of students and their families, education professionals and the community as schools in 13 Finger Lakes counties navigate the unprecedented process of reopening in the midst of a pandemic.

Along with parent representatives, the task force brings together 40-plus leaders from public health, health care, education, government and nonprofits. The cross-sector planning group provides a forum for candid discussion among stakeholder groups and ensures that local decisions are guided by the latest scientific findings about COVID-19.

The task force is committed to equity for all students, including those who live in poverty, lack internet access or have special needs.

Recognizing that reopening is a long-term process, not a single day event, the task force will provide an ongoing forum for handling the evolving COVID-19 pandemic, which can change rapidly.

Read the opening statement from the task force in [English](#) and [Spanish](#).

RESOURCES FOR FAMILIES

COVID-19 Testing in Schools in English and Spanish: information on recent yellow zone testing requirements

Keeping Kids Healthy: tips on how to keep kids healthy in and out of school

ROC the Future COVID-19 & Schools infographic: information for Rochester & Monroe County

COVID-19 Incubation infographic: explains the timeline from initial exposure to a positive test.

COVID Community Challenge: help an RCSD parent-teacher group earn up to \$15,000.

COVID Community Challenge Flyers: Downloads are available in jpg and PDF versions.

Halloween 2020 Health & Safety Guidelines: tips on how to celebrate safely this year.

COVID schools decision making flow charts: Can my child go to school today? Can I go to work at a school?

Handbook for caregivers and families on how to deal with anxieties and stress around COVID-19.



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**Join the Schools Reopening Resource Hub to
continue the conversation:**

<https://finger-lakes-reopening-schools-safely.mn.co>