

# Back to School During a Pandemic Year 2022-2023

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Jennifer Morse, MD, MPH, FAAFP  
Medical Director  
CMDHD/MMDHD/DHD#10

# Where To Find Resources

- MDHHS Materials <https://www.michigan.gov/coronavirus/resources/k-12-school-opening-guidance>
  - [COVID-19 Infection and Exposure Infographic](#)
- CDC
  - [If you were exposed to COVID-19; If you have COVID-19.](#)
  - [Prevention and control of infectious diseases](#)
- MMDHD <https://www.mmdhd.org/covid-schools/> (Clinton/Gratiot/Montcalm)
  - [Parent Illness Guide \(updated 9/22\)](#)
  - [Pre-K Public Health Guidance](#)
  - [Communication Tools](#)
  - [School Line List](#)
  - [K12 Q and I flowsheets 9/20/22](#)
- CMDHD <https://www.cmdhd.org/novelschools> (Isabella/Clare/Osceola/Roscommon/ Gladwin/Arenac)
  - [Parent Illness Guide](#)
  - [School Decision Making Tool](#) (Pre-K Public Health Guidance)
  - [School Line List](#)
  - [What To Do: COVID-19 Isolation & Exposure](#)
  - Communication tools available on request
- DHD10 <https://www.dhd10.org/coronavirus/school-guidance/> (Missaukee, Crawford, Kalkaska, Wexford, Lake, Mason, Manistee, Oceana, Newaygo, Mecosta)
  - [Parent Illness Guide](#)
  - [PreK-12 Public Health Guidance](#)
  - [Communication Tools](#)
  - [School Line List](#)
  - [What to do with COVID-19](#)

# Email from us week of 9/12/22

## Take action if you're exposed to COVID-19

EVERYONE:

- Watch for symptoms for 10 days
- Wear a mask around others indoors for 10 days
- Test 5 days after exposure (or sooner if you have symptoms)  
If positive, follow isolation guidance
- Take extra precautions for 10 days when around people more likely to get very sick



MMWR 2022; 71(11): 1-10

## Take action if you test positive

**DAY 0**

- Everyone:** Stay home and away from others (isolate)
- People at high risk for severe illness:** Talk to your doctor about treatment

**End isolation on day 6 or later** if you never had symptoms or if you are fever-free for 24 hours and other symptoms improved.

**DAY 11 or later**

**Everyone through day 10:**

- Wear a mask OR use 2 negative antigen tests to decide when to stop wearing a mask
- Avoid people at high risk of getting very sick

See CDC's isolation guidance for more info:  
[bit.ly/COVID19isolation](https://bit.ly/COVID19isolation)



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# Email from us week of 9/12/22

- Parent Illness Guide
- Minor updates and additions

Check your child for signs of illness each morning.  
 Use the following guidance to better understand when to keep your child home from school.  
 If your child has specific symptoms or is diagnosed with a specific illness, please let your school know.  
**SCHOOL PHONE NUMBER/SICK LINE:** \_\_\_\_\_

IF HAVE COVID-19 SYMPTOMS/HAVE COVID-19	NEXT STEPS: COVID-19 SYMPTOMS/HAVE COVID-19
If your child has any of these symptoms that are <i>new</i> and <i>not due</i> to a health condition they already have, they need to stay home: <ul style="list-style-type: none"> <li>• Fever or chills</li> <li>• Cough</li> <li>• Shortness of breath or difficulty breathing</li> <li>• Fatigue</li> <li>• Muscle or body aches</li> <li>• Headache</li> <li>• New loss of taste or smell</li> <li>• Sore throat</li> <li>• Congestion or runny nose</li> <li>• Nausea or vomiting</li> <li>• Diarrhea</li> </ul>	<ul style="list-style-type: none"> <li>• If your child tests positive for COVID-19 or they have symptoms of COVID-19 but <i>do not get tested</i> for COVID: <b>Keep your child at home for 5 days*</b>.                             <ul style="list-style-type: none"> <li>□ If your child did test positive for COVID-19, tell your child's school.</li> <li>□ Your child can leave home and return to school after day 5* if their symptoms have improved (or no symptoms developed) and they have not had a fever for 24 hours.</li> <li>□ They need to wear a well-fitted mask for 5 more days (in other words, through the end of day 10)*.                                     <ul style="list-style-type: none"> <li>• If your child can't wear a mask while around others, your child should stay home for 10 days* before leaving the house and going back to normal activities.</li> </ul> </li> </ul> </li> <li>• If your child tested <b>negative for COVID-19, see table below</b>; your child can return to school based on their main symptoms or illness.</li> </ul>
IF EXPOSED TO COVID-19	NEXT STEPS: EXPOSED TO COVID-19
If your child was exposed to someone contagious with COVID-19	<ul style="list-style-type: none"> <li>• Monitor your child for COVID-19 symptoms for 10 days*.</li> <li>• Have your child wear a well-fitted mask around others for 10 days* after exposure.</li> <li>• Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals.</li> <li>• If possible, get your child tested for COVID-19 5 days* after they were last exposed and at any time they have symptoms of COVID-19.</li> </ul>

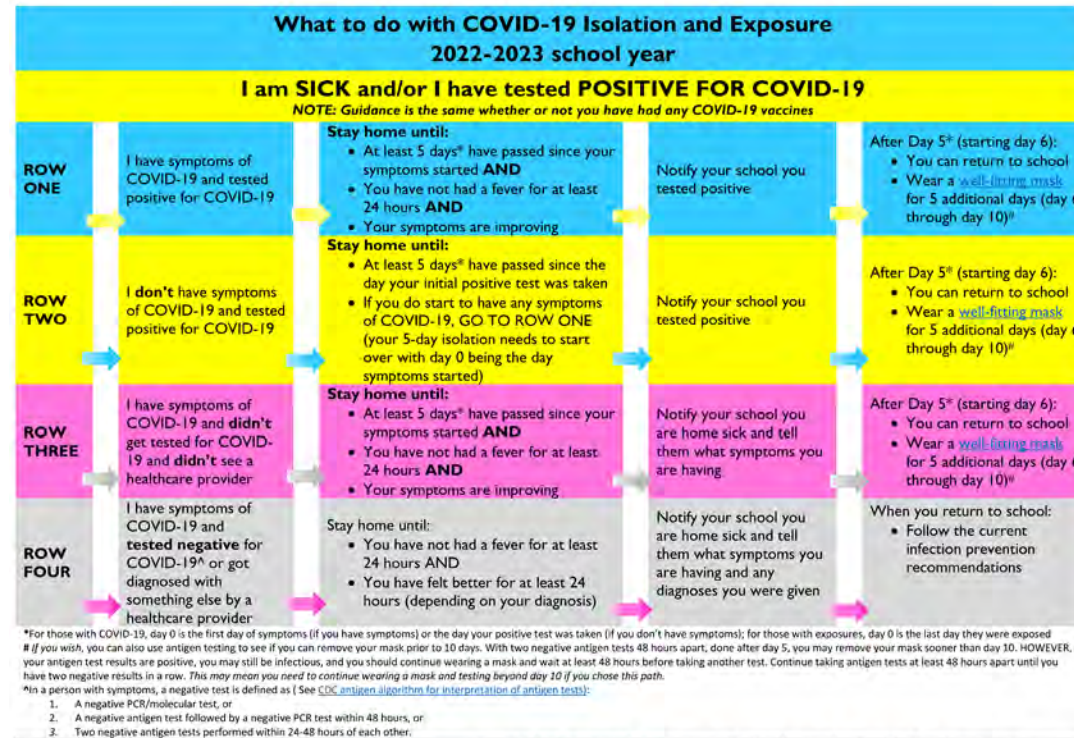
\*When counting days, day 0 is the day their symptoms started. Follow the same steps if your child tests positive for COVID-19 with no symptoms, counting day 0 as the date their test was done rather than from start of symptoms. For exposure, day 0 is the last day your child was around someone contagious with COVID-19.

## General Symptoms: Child is sick due to another illness or tests negative for COVID-19

GENERAL ILLNESS/SYMPTOMS	NEXT STEPS: WHEN TO RETURN TO SCHOOL
<b>Fever of 100.4° F or above</b>	Fever has ended for at least 24 hours without use of fever-reducing medication such as acetaminophen (i.e., Tylenol) or ibuprofen (i.e., Motrin, Advil).
<b>Vomiting (defined as vomiting two or more times within one day)</b>	Vomiting has ended for at least 24 hours and child can hold down food and water (OR a healthcare provider has determined their vomiting is not infectious). If they were diagnosed with <b>norovirus</b> , then they should be 2 days (48 hours) without vomiting before returning.
<b>Diarrhea (defined as two loose bowel movements in one day)</b>	Diarrhea has ended for at least 24 hours (OR a healthcare provider has determined it is not infectious). If they were diagnosed with <b>norovirus</b> , then should be 2 days (48 hours) without diarrhea before returning.
<b>Rash with fever</b>	Any rash with fever should be checked by a health care provider. They can return once rash has a diagnosis and known to not be contagious, is being treated, or has healed.
<b>Skin sores (if weeping or draining)</b>	Can return if covered with a waterproof dressing and drainage is contained.
<b>Impetigo, lice, ringworm, or scabies</b>	After receiving at least one dose of proper treatment.
<b>Fifth Disease</b>	Child does not need to stay home if they feel well.
<b>Hand, foot, and mouth disease</b>	If none of the blisters on hands are draining or the drainage is contained, they can go to school.
<b>Impetigo</b>	After receiving at least one dose of treatment. Cover the lesions if possible.
<b>Influenza</b>	Fever has ended for at least 24 hours without use of fever-reducing medication.
<b>Mononucleosis</b>	Return when able to tolerate school activity; no sports until cleared by healthcare provider.
<b>MRSA</b>	Keep area covered and drainage contained, otherwise does not need to stay home.
<b>Pink Eye</b>	Child does not need to stay home if they feel well.
<b>Strep throat/Scarlet Fever</b>	At least 12 hours after the start of antibiotic treatment.
<b>Monkeypox</b>	Until the rash is gone and the scabs have fallen off, and a fresh layer of healthy skin has formed (or as directed by the health department).



# Email from us week of 9/12/22 What to do with COVID Flowsheet



An Isolation and Exposure Calculator is available here:

<https://www.cdc.gov/coronavirus/2019-ncov/your-health/isolation.html#when-to-isolate>



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\*For those with COVID-19, day 0 is the first day of symptoms (if you have symptoms) or the day your positive test was taken (if you don't have symptoms); for those with exposures, day 0 is the last day they were exposed









# Email from us week of 9/12/22

1. Reminder to have students and staff sick with potentially contagious illnesses stay home and that we are aware that some schools have instated/reinstated policies that incentivize students to attend school while sick by limiting the number of **excused** and unexcused absences they can have, or that punish students for having **excused** and unexcused absences.
  - a. **The health department discourages any policy that incentivizes students or staff to attend school or school activities while ill** as it is hazardous to the health and safety of the school and the community, particularly to those students and staff with health conditions putting them at higher risks from infectious illnesses.
2. Updates/Info re: COVID testing: MDHHS had contracted with vendors (independent companies that provide on-site COVID-19 testing) that can partner with a school to provide COVID-19 testing support. Vendor-supported testing has been expanded to include on ground support. The location for testing could be a school parking lot, gymnasium, local parking lot, etc. If you are interested in receiving vendor-supported testing, please complete the form below. A school representative must fill out the interest form: <https://forms.office.com/g/qRFtGr1Aak>. Further testing information is available at <https://www.michigan.gov/coronavirus/resources/k-12-school-opening-guidance/mi-safe-schools-testing-program/content/mdhhs-rapid-antigen-testing-training-series>. The information is for the 2022-2023 school year ([the Back-to-School Kickoff Slide Presentation and School Testing Program Updates and New Initiatives: March 2022](#) is from August 2022 despite it saying March).
3. The "[Managing Communicable Diseases in Schools](#)" document was updated



# Email from us last week (9/22/22): Summary of updates from MDHHS



	Who is Impacted	Public Health Recommendations
 <b>COVID-19 Infection</b>	Any individual who tests positive for COVID-19 and/or displays COVID-19 symptoms (without an alternate diagnosis or negative COVID-19 test) regardless of vaccination status.	 Isolate at home for 5 days (day “0” is day symptoms begin or day test was taken for those without symptoms); and  If symptoms have improved or no symptoms developed, may leave isolation after day 5 and wear a well-fitting mask, for 5 more days (ending after day 10).*
 <b>COVID-19 Exposure</b>	Close contact exposed to someone with COVID-19, regardless of vaccination status.	 Monitor symptoms for 10 days.  Wear a well-fitting mask around others for 10 days after exposure.  Test 5 days after exposure and if symptoms develop.  Avoid unmasked activities or activities with higher risk of exposing vulnerable individuals.**

\* You may remove your mask sooner than day 10 with two sequential negative antigen tests 48 hours apart. If a mask cannot be worn, 10 days of home isolation is recommended.  
\*\* Activities with immunocompromised or other high-risk individuals, social/recreational activities in congregate settings or when community levels are high.

# Email from us last week (9/22/22): Summary of updates from MDHHS

The CDC provides guidance on mitigation measures for schools in [Operational Guidance for K-12 Schools and Early Care and Education Programs to Support Safe In-Person Learning](#).

- Some schools may wish to use all available mitigation routinely, while other schools might elect to recommend specific mitigation measures at different points in time in response to an increasing number of cases in the school, school outbreaks, increases in community transmission, a new variant, etc.

## Considerations When Implementing Layered Mitigation Measures

- [Local COVID-19 Community Level](#).
- Vaccination coverage of staff and students.
- Presence of COVID-19 or COVID-19 outbreaks in the school.
- Returning from break/holidays.
- Local COVID-19 case trends.
- Local health care capacity.
- Emergence of new variants of concern.
- Variation in individual-level or group-level risk (e.g., persons with disabilities).

## Vaccination

- COVID-19 vaccines are now available for persons as young as six months of age. Schools should recommend and promote [up to date](#) COVID-19 vaccination for students and staff. Vaccines can be obtained from your local health department, local pharmacy, or check with your health care provider.
  - [Michigan.gov/COVIDvaccine](https://www.michigan.gov/COVIDvaccine)



# Email from us last week (9/22/22): Summary of updates from MDHHS

## Testing

- Schools may consider broad or targeted testing of their students and staff, especially when case rates are rising, there are known exposures within the school, there are school outbreaks, or when returning to school after breaks and holidays.
- MDHHS will continue to make testing resources available to schools including COVID-19 antigen tests to be conducted by the school, at-home tests to be distributed to staff, parents, and guardians, testing vendors to assist with school testing, and health resource advocates to support keeping schools safe.
- School testing programs will continue for the 2022-2023 school year and include the following resources:
  - [School District Antigen COVID Test Ordering Form](#)
  - [MI Backpack OTC Program ordering form](#)
  - Vendor-supported testing, using a contracted testing company provided by MDHHS, that comes to your location and handles all testing and reporting. The location for testing could be a school parking lot, gymnasium, local parking lot, etc. If you are interested in receiving vendor-supported testing, please complete the form here: <https://forms.office.com/g/qRFtGr1Aak>
  - Questions for MDHHS- supported school testing programs can be sent to [MDHHS-COVIDTestingSupport@Michigan.gov](mailto:MDHHS-COVIDTestingSupport@Michigan.gov)
- Other opportunities for free at-home testing include:
  - Michigan health insurance companies are required to [cover the cost of eight at-home COVID-19 tests per month](#) for each person covered under the plan.
  - Rapid at-home test kits are available through the [Rockefeller Project Act](#).
  - At-home COVID-19 tests are available at [participating libraries](#).
  - Additional resources for free at-home tests are available at [Michigan.gov/COVIDtest](https://Michigan.gov/COVIDtest).

# Email from us last week (9/22/22): Summary of updates from MDHHS

## Personal Protective Equipment

- Schools could recommend masking broadly, but especially when case rates are increasing or there are outbreaks present in the school. Schools could consider supplying masks and respirators to those who wish to use them.
- Some people may choose to mask while in the classroom due to personal or household risk, and these individuals should be supported in their decision. Promote acceptance for those who choose to wear masks, including students who need to wear masks for any reason. Recognize that some younger students have not experienced school without everyone being masked.

## Ventilation

- Schools can take additional steps to increase outdoor air intake and improve air filtration. For example, safely opening windows and doors, including on school buses, and using portable air cleaners with HEPA filters. Schools may also consider holding some activities outside if feasible.

# Email from us last week (9/22/22): Summary of updates from MDHHS

## Isolation and Exposures

- Schools should follow guidance outlined in [Managing Communicable Diseases in Schools](#) for isolation of students who have symptoms of COVID-19, e.g., fever, and those who have confirmed COVID-19. Current CDC Guidance emphasizes staying home for five days and masking for the five days after staying home.
  - Persons experiencing symptoms of any infectious disease, including but not limited to COVID-19, should not attend school activities.
  - People with COVID-19 symptoms should stay home from school and get tested.
- Schools can decide how to manage exposures based on local context and benefits of preserving access to in-person learning in response to additional transmission concerns or outbreaks of illness. Current CDC Guidance says people exposed to COVID-19 do not need to stay home, but should mask when in public for ten days, get tested five days after exposure, and monitor for symptoms.

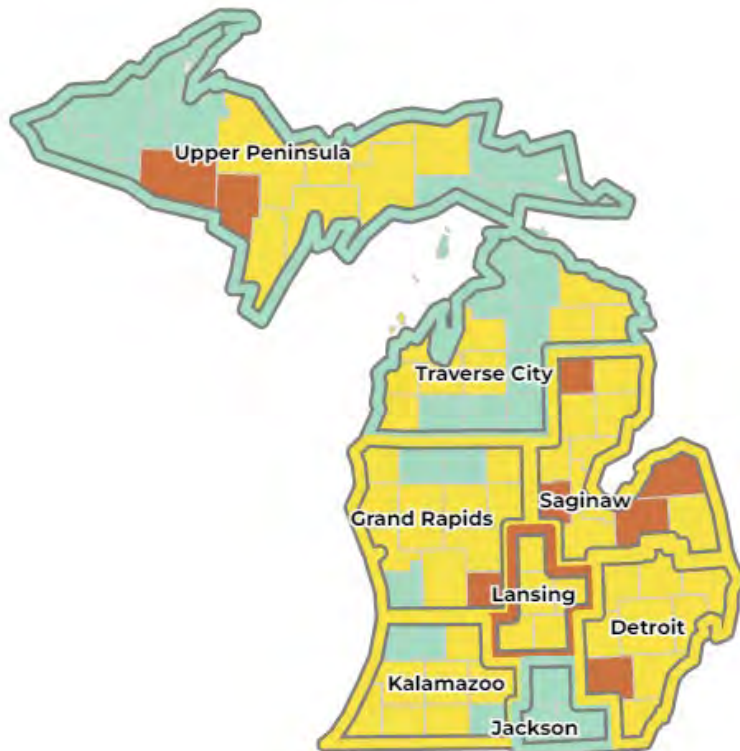
# Email from us last week (9/22/22): Summary of updates from MDHHS

## Reporting

- Michigan Law requires that schools and childcare centers report [specific diseases](#) according to Act No. 368 of the Public Acts of 1978. When schools are aware of the identification of any [reportable disease](#) in students or staff, it must be reported within 24 hours. Reporting of communicable diseases by parents to schools and subsequently, from schools to the LHD is critical to understanding the risk of illness and exposure. Reporting of illness is foundational to implementing measures to keep students and staff safe. Along with any [reportable diseases](#) in students or staff, schools must report any unusual occurrence, outbreak or epidemic within 24 hours.
- **PLEASE COMMUNICATE WITH THE CD NURSE/HRA/SCHOOL LIAISON AT YOUR LOCAL HEALTH DEPARTMENT (LHD) TO DETERMINE THE MOST CONVENIENT WAY TO REPORT COVID-19 and other [reportable diseases](#). The 2022-2023 CMDHD Public Health Nurse/Health Resource Advocate contact list is attached for your reference.**
- It may be possible to report COVID-19 to your LHD once a day as an aggregated count (total number of cases reported in staff and students for that day). **However**, schools must continue to keep and retain a record of individual-level information for each COVID-19 case and be able to provide this information upon LHD request. This information includes: student demographic information including full name, date of birth, grade, classroom, street address along with zip code, name of parent/guardian, and phone number(s); the date the student was first absent, and; the individual who identified the disease (e.g., health care provider, parent/guardian, etc.) and type of test used to diagnose, if any. Alternatively, it may be preferable to continue to report all information for each case daily to the LHD.

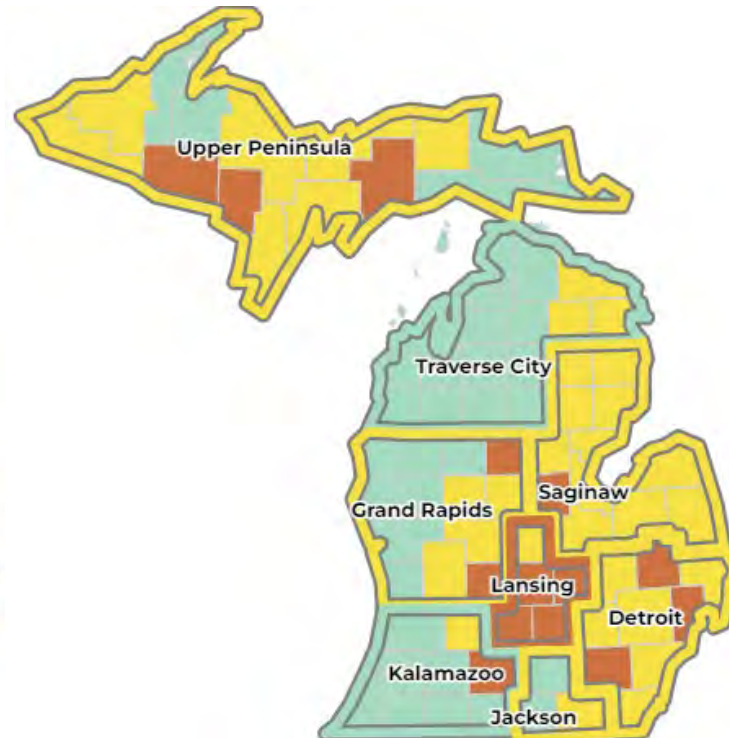


# CDC Community Levels



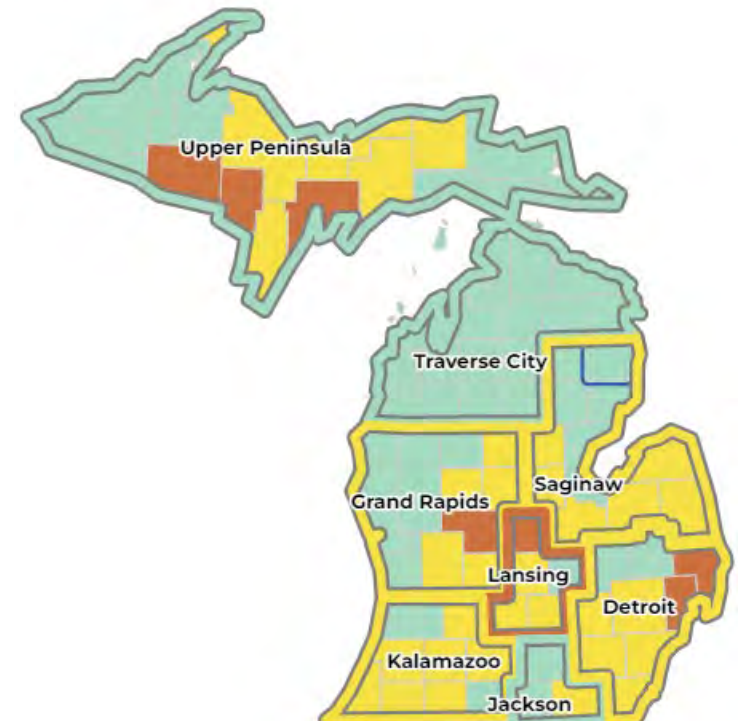
Low Medium High

Week of 9/8/22



Low Medium High

Week of 9/15/22



Low Medium High

Week of 9/22/22

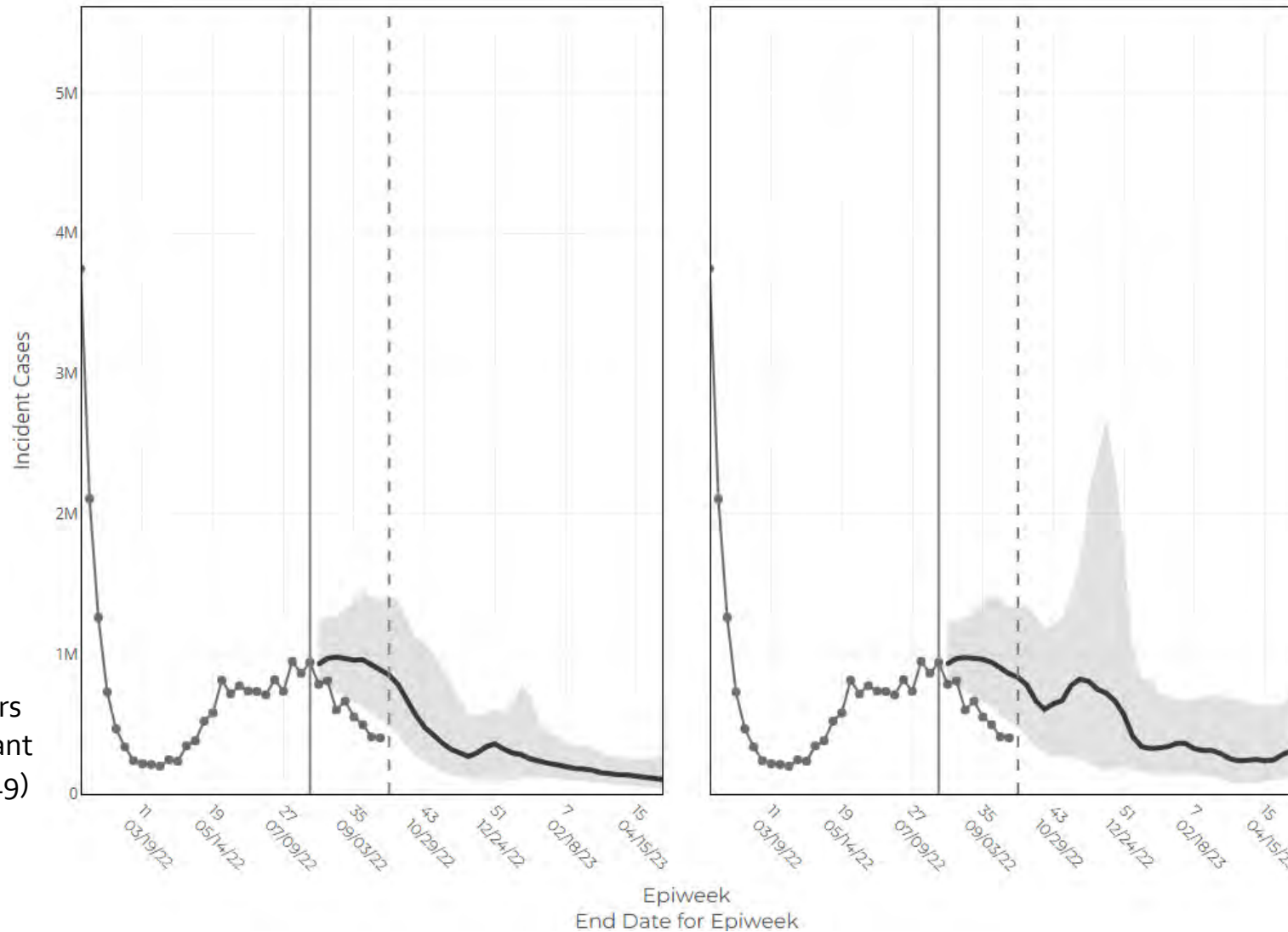
<https://mistartmap.info/>

# Projected Incident Cases by Epidemiological Week and by Scenario for Round 15 - US

( - Projection Epiweek; -- Current Week)

Scenario A: Early boosters, No new variant

Scenario B: Early boosters, New immune escape variant



Scenario A  
Early boosters  
No new variant  
(A-2022-07-19)

Scenario B  
Early boosters  
New immune escape variant  
(B-2022-07-19)

THANKS FOR  
JOINING US!

Any Question?

**Contacts:**

Jen Morse, MD, MPH, FAAFP

[jmorse@cmdhd.org](mailto:jmorse@cmdhd.org)

Cell: 989-802-2590

**For Roscommon, Osceola, Clare, Gladwin, Arenac, Isabella  
Counties:**

Steve Hall, R.S., M.S.

[shall@cmdhd.org](mailto:shall@cmdhd.org)

989-773-5921, Ext. 1421

[www.cmdhd.org](http://www.cmdhd.org)

**For Missaukee, Crawford, Kalkaska, Wexford, Lake, Mason,  
Manistee, Oceana, Newaygo, Mecosta Counties:**

Kevin Hughes, MA

[khughes@dhd10.org](mailto:khughes@dhd10.org)

(231) 876-3839

[www.dhd10.org](http://www.dhd10.org)

**For Montcalm, Gratiot, Clinton Counties**

Liz Braddock MS, RS

Cell: 616 302 6301

[lbraddock@mmdhd.org](mailto:lbraddock@mmdhd.org)

[www.mmdhd.org](http://www.mmdhd.org)