



Boston Public Schools

**COVID-19, Life
Threatening Allergies &
Blood Borne
Pathogens**

For School-Based Staff

BPS Health Services August 2023

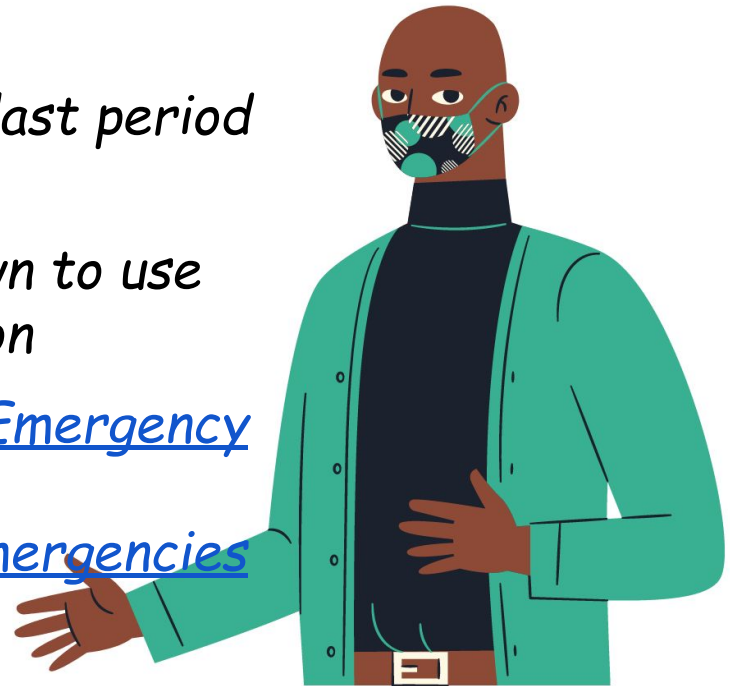
Boston Public Schools establishes a coherent, research-based vision of School Health Services. Services that are aimed to eliminate opportunity and achievement gaps.

School nurses create and maintain safe and healthy environments acknowledging that students need to feel safe and supported in order to learn.

These mandated trainings for BPS Staff are to further the safety of the school environment.

The Health Office

- *Shann Baril BScN RN*
- *Call main office and ask for Nurse ext.*
- *Google #617-356-7269 (preferred)*
- *Cell 339-933-0174 (personal)*
- *sbaril@bostonpublicschools.org*
- *Emergencies only during lunch(1pm-130pm)and first and last period of the day.*
- *Please do not send students down to use bathroom unless a medical reason*
- *During emergencies please see [Emergency Codes](#)*
- *[Superintendent's Circular on Emergencies](#)*



Visits to the Health Office

- All students should have a written Pass or will be sent back to class. Some students may have a laminated Medical Pass (diabetics) just to allow them to come when needed.
- Students should be accompanied by an **adult** if they are unable to safely get from class to the Nurse's Office alone.
- This is one way we can work to decrease unnecessary exposure to potentially communicable illnesses, as well as decrease missed classroom time.



Outline for today's program:

- Welcome
- Training and prevention regarding:
 - COVID-19
 - Life threatening Allergy
 - Infection control/Blood Borne Pathogen

Today's BPS-Mandated Trainings

COVID-19
(updated August 2023)

Life Threatening Allergy

Bloodborne Pathogens





COVID-19 Symptom Checklist

Symptom Checklist

Stay Home if your student has any of these symptoms

- Fever (100.0° Fahrenheit or higher), chills or shaking chills
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Muscle aches or body aches
- Cough (not due to other known cause)

Stay Home if your student has any of these symptoms AND at least one of the above symptoms

- Sore throat
- Nausea, vomiting, or diarrhea
- Headache
- Fatigue
- Nasal congestion or runny nose (not due to other known causes, such as allergies)



COVID-19 Reporting

Reporting

- Parents and guardians are required to report a positive test result by contacting their student(s) school
- School nurse will need to enter the test results into SNAP and [COVID-19 Reporting Form](#)
- School leaders and nurses will have access to their schools Google Sheets to see positive cases and multiple positives
- If 3 or more cases are identified in a classroom or epidemiological cohort, the school nurse will need to complete the Multiple Positives Reporting Form
- We are no longer conducting in school COVID-19 testing or sending home rapid antigen tests. Families can obtain over the counter tests or contact their students provider

The image features a solid blue background on the right and a solid orange background on the left. A white square is positioned on the orange background, partially overlapping the blue area. The text 'COVID-19 Isolation & Exposure' is written in white on the blue background, with a horizontal line underneath.

COVID-19 Isolation & Exposure

Isolation Clearance Criteria



Significant improvement in overall symptoms



No fever and off fever reducing medications for 24 hours



Can strictly adhere to **wearing a well-fitting mask** until 10 days after positive test date

If all these criteria are not met, we recommend individuals continue to isolate.

Isolation: able to reliably mask

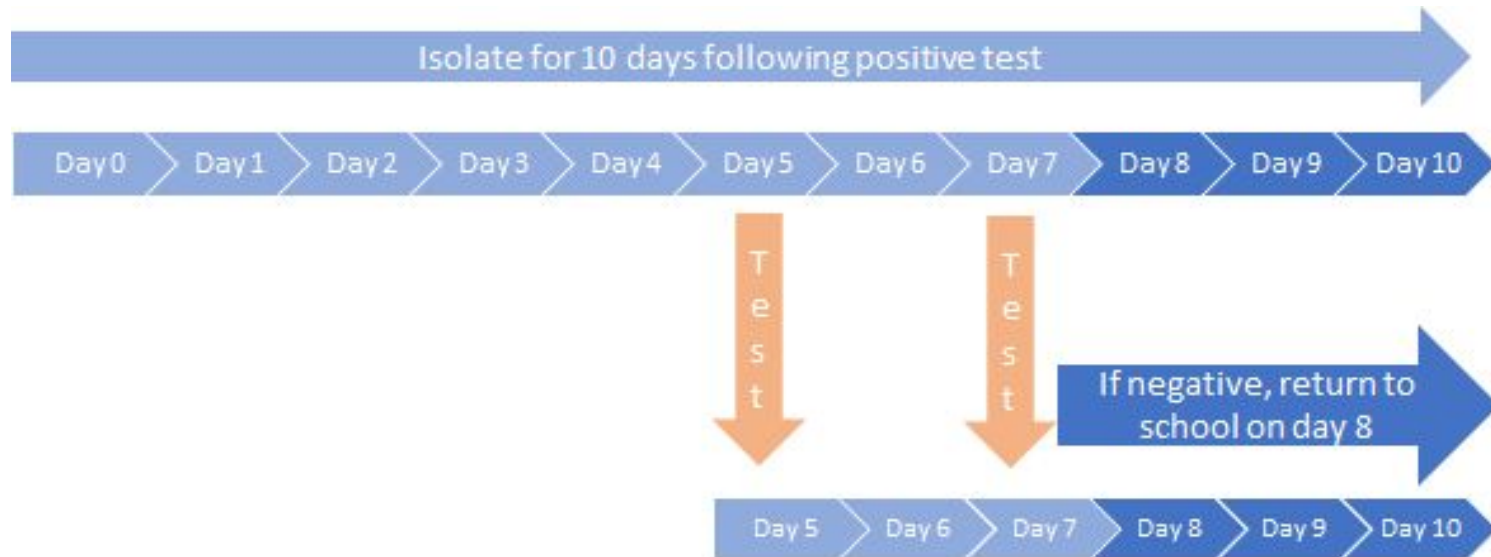


Return to school: On day 6, and once they have:

Isolated for 5 days and return to school on Day 6 if isolation criteria are met. Mask through Day 10.

- A negative rapid test is recommended on Day 5.
 - If the test is positive, continue to isolate until Day 10.
 - If a negative test is obtained on or after Day 5 and isolation criteria are met, return to school on the following day.

Isolation: unable to reliably mask



Return to school: On day 11, once they have:

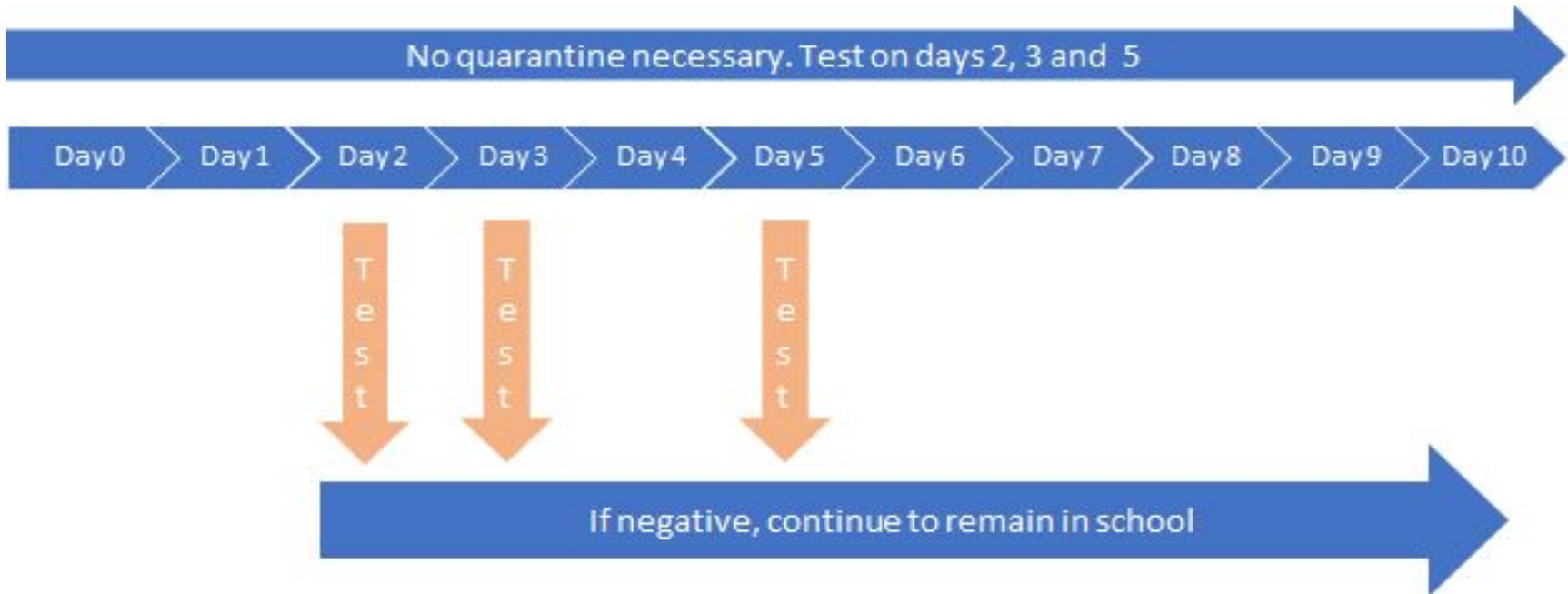
- Isolated for 10 days and return on day 11 if they meet the isolation criteria OR
- Individuals can return on day 8 if they have a negative test on day 5 AND day 7 and meet the isolation criteria. Two consecutive negative tests, 48 hours part is recommended

Exposure: able to reliably mask



- No quarantine necessary
- Wear a mask for 10 days after last exposure
- Test on or after Day 5 is recommended
 - If the test is positive, follow Isolation protocol
 - If the test is negative, continue to mask through day 11

Exposure: unable to reliably mask



- No quarantine necessary
- Test on Days 2, 3 and 5 is recommended
 - If the test is positive, follow Isolation protocol
 - If the test is negative, continue to remain in school and monitor for symptoms



Vaccines

Vaccinations

- We encourage all who are eligible to get vaccinated and boosted.
 - Vaccines remain the best way to protect yourself and others from COVID-19.
 - Students grades K0-12 are eligible for vaccines.
 - If you haven't done so already, we encourage your student to get vaccinated or boosted before school starts.
 - Please speak with your child's medical provider if you have any questions.



Boston Public Schools

Life Threatening Allergies & Epinephrine Use



By Health Services

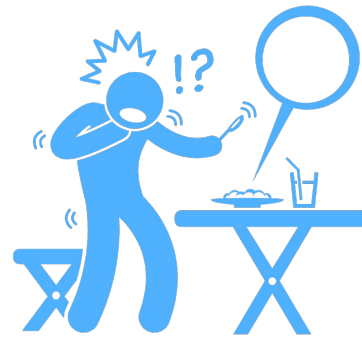
Life Threatening Allergies (LTA) & Epinephrine Training **Objectives**



- Define a life threatening allergy (LTA) and common reactions, including anaphylaxis
- Describe how to prevent allergic reactions
- Describe epinephrine/EpiPens and their uses
- Explain/demonstrate how to give an EpiPen

What is a Food Allergy?

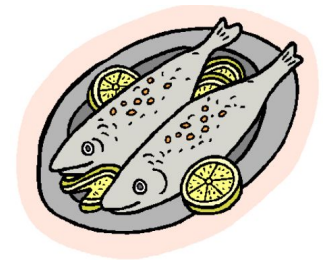
- Overreaction of the person's immune system to a particular protein in the allergen: food or venom or latex
- Symptoms can occur even when coming in contact with just a tiny amount of the allergen.
- Release of chemical called HISTAMINE triggers reactions in body



Top Food Allergens



- Milk
- Eggs
- Fish and Crustacean Shellfish
- Peanuts (and its oil)
- Tree nuts (and their oils)
- Wheat
- Soybeans



Other Allergens



- Bee and wasp stings
- Latex (balloons, toys, medical products, gloves)



Types of Reactions

- Skin

- Rash
- Itching
- Hives

- Respiratory

- Coughing
- Hard to breathe
- Wheezing

- Stomach

- Vomiting
- Diarrhea
- Stomach pain

- Heart

- Blood pressure drops
- Heartbeat changes
- Shock

Anaphylaxis

A life-threatening whole-body allergic reaction:

- Difficulty breathing
- May cause a drop in blood pressure and affect the heart rate
- May begin within minutes of exposure to the allergen
- CAN BE FATAL
- Must be treated promptly with an injection of epinephrine



Symptoms of Anaphylaxis

- Hives
- Vomiting
- Itching
- Diarrhea
- Swelling
- Red watery eyes
- Change of voice
- Runny nose
- Sense of doom

- Coughing
- Wheezing
- Dizziness
- Flushed pale skin
- Blueness of lips/mouth
- Hard to breathe
- Throat closing
- Fainting/not conscious

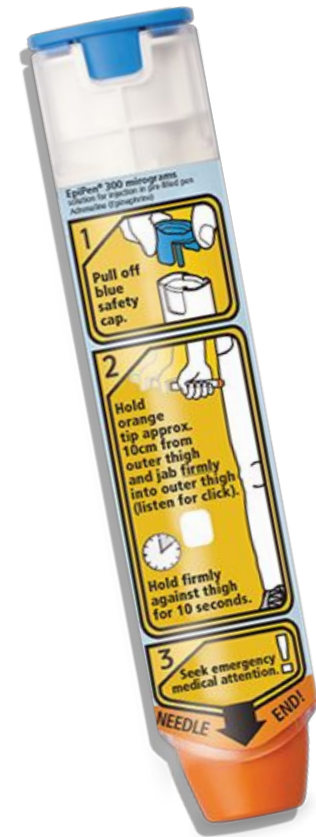
Prevention of Allergic Reaction

- No sharing of food
- Proper hand-washing
- Tables cleaned after use to prevent cross-contamination



Epinephrine / EpiPen

is the medication used for treatment of LTA



Emergency Plan

1. Remain calm
2. Alert the main office
 - Identify student by first and last name and the students location
 - Office will notify school nurse and/or person(s) trained in use of epinephrine
3. Retrieve that student's epinephrine
4. Inject epinephrine to outer part of thigh
5. **CALL 911**
6. Remain with the student until help arrives

Epinephrine Administration

1. Put on gloves
2. Hold epinephrine in fist with orange tip pointing downwards Pull off BLUE safety release.
3. Hold the device tip near outside part of thigh
4. Swing and jab firmly into outer thigh at a 90 degree angle until you hear/feel a "click"
5. Hold in place and count slowly to 3
6. Remove epinephrine injector
7. Give the used epi-pen to the EMT's when they arrive

Following the Incident

- It's important to discuss this incident with students who witnessed the event
- School team will discuss specifics with goals for prevention of further episodes & evaluate response action
- The MDPH Epinephrine Administration form will be completed online by the school nurse.



Field Trips

- Pre-planning:
 - Notify school nurse at least 2 weeks prior to trip
 - Invite family member
 - Must allow time for meal planning and/or chaperones
- Designate trained school staff to accompany the field trip
- Bring the student's epi-pen or other brand of auto-injector
- Bring Cell Phone, Allergy Action Plan, and Contact Information



Questions/Concerns

Talk to your school nurse!



Life Threatening Allergy Post Test & Demo

- Return demonstration to the school nurse of your use of the epi-pen trainer
- Complete a short quiz to confirm understanding

References

- <https://acaai.org/allergies/types/food-allergy>
- <https://www.aaaai.org/conditions-and-treatments/conditions-dictionary/anaphylaxis>
- <https://www.fda.gov/food/buy-store-serve-safe-food/what-you-need-know-about-food-allergies>
- [Life Threatening Allergies Circular](#)



Boston Public Schools

Bloodborne Pathogens (BBP)

By Health Services

BBP Training Objectives:



- List the three most common BBPs
- Define universal precautions to reduce risk of exposure to BBPs
- Describe how to respond if exposure to BBP occurs

Your Role & Responsibilities

- Minimize the risk of BBP exposure for students, your co-workers, and yourself
- Use universal precautions
- When an incident occurs, respond quickly and correctly

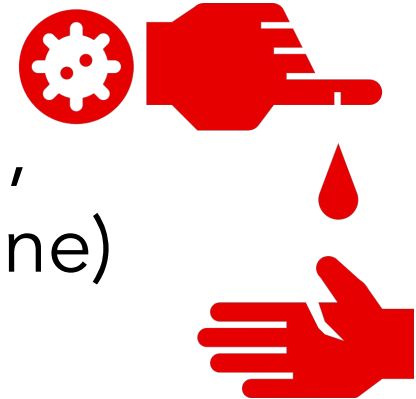
Bloodborne Pathogen (BBP)

- A BBP is an infectious material or “germ” in the blood or other body fluids of an infected person that may cause that infection in you if you are exposed to it.
- The 3 most common diseases caused by BBP are:
 - Hepatitis B
 - Hepatitis C
 - Human Immunodeficiency Virus (HIV)

Transmission of Bloodborne Disease

In school, accidental exposure risks include contact with infected blood or bodily fluids that:

- Spray, splash into your mouth, nose or eye (mucous membrane)
- Come in contact with broken areas of your skin or by accidental injury with a sharp object (needle)



Protect yourself from exposure to BBP by:

- Use of Universal(Standard) Precautions -
 - Assume all blood or bodily fluids of another person are potentially infectious and never touch these
 - If you must touch the body fluid or blood of a student wear personal protective equipment (gloves, shields)
 - Wash your hands often
- Follow district policy

Hand Washing Steps

1. Wet hands thoroughly under warm water
2. Dispense non-abrasive soap into wet hands
3. Vigorously rub hands together for 20 seconds
4. Be sure to scrub all surfaces
5. Thoroughly rinse hands
6. Dry hands with a disposable towel.
7. Use towel to turn off the water and dispose of towel.



PPE: Gloves

- Always wear gloves when you anticipate touching blood, bodily fluids, or contaminated surfaces.
- Cover any of your cuts or broken skin on your hands with bandages before putting on gloves
- Make sure gloves fit snugly



When an injury to a student occurs

Stop and assess the situation:

- a. Our first instinct is to help an injured student immediately, BUT take a moment to safely approach the situation.
- b. If first aid is needed, send or bring the student to the school nurse.

Accidental Exposure

If despite precautions you are exposed:

- Immediately wash the exposed area with soap and water
- Flush your eyes, nose, or mouth with running water if they have been exposed.



Report the incident to the school nurse immediately!

An Exposure Report is required when an incident occurs in which there is potential exposure to a BBP



“At-risk” jobs

- Health Service Personnel
- Custodians
- Coaches, Athletic Trainers, & PE Teachers
- Special Ed Teachers and Paraprofessionals
- Bus Drivers & Monitors



Cleaning Up Blood Spills & Disposing of Contaminated Waste

- Do not attempt to clean this yourself
- Call the custodian who has all the necessary cleaners and protective equipment needed
- Keep students away from the spill

Sports Equipment

Use an EPA-registered disinfectant solution to clean and decontaminate sports items and equipment that has come in contact with blood and other body fluids.



Summary

You have explored:

- The three most common BBPs
- Universal precautions for reducing risk of exposure
- What to do when an injury occurs



Be Prepared!

Questions/Concerns

Talk to your school nurse!



Blood Borne Pathogen Post Test

Complete this brief quiz to
confirm your understanding

References

- Schleeweis-Connor, Joan. Blood Borne Pathogen Training for the School Setting, 2009.
- <http://ehs.uky.edu/ohs/gloveuse.html>
- <http://www.nlm.nih.gov/medlineplus/infectioncontrol.html>
- Alspach, JoAnn. The Educational Process in Nursing Staff Development Mosby (St. Louis), 1995.
- Edelstein, Joan. DrPh, RN, Health Service Coordinator, Oakland, California (with permission)
- Massachusetts Division of Occupational Safety
- U.S. Department of Labor: Occupational Safety & Health Administration