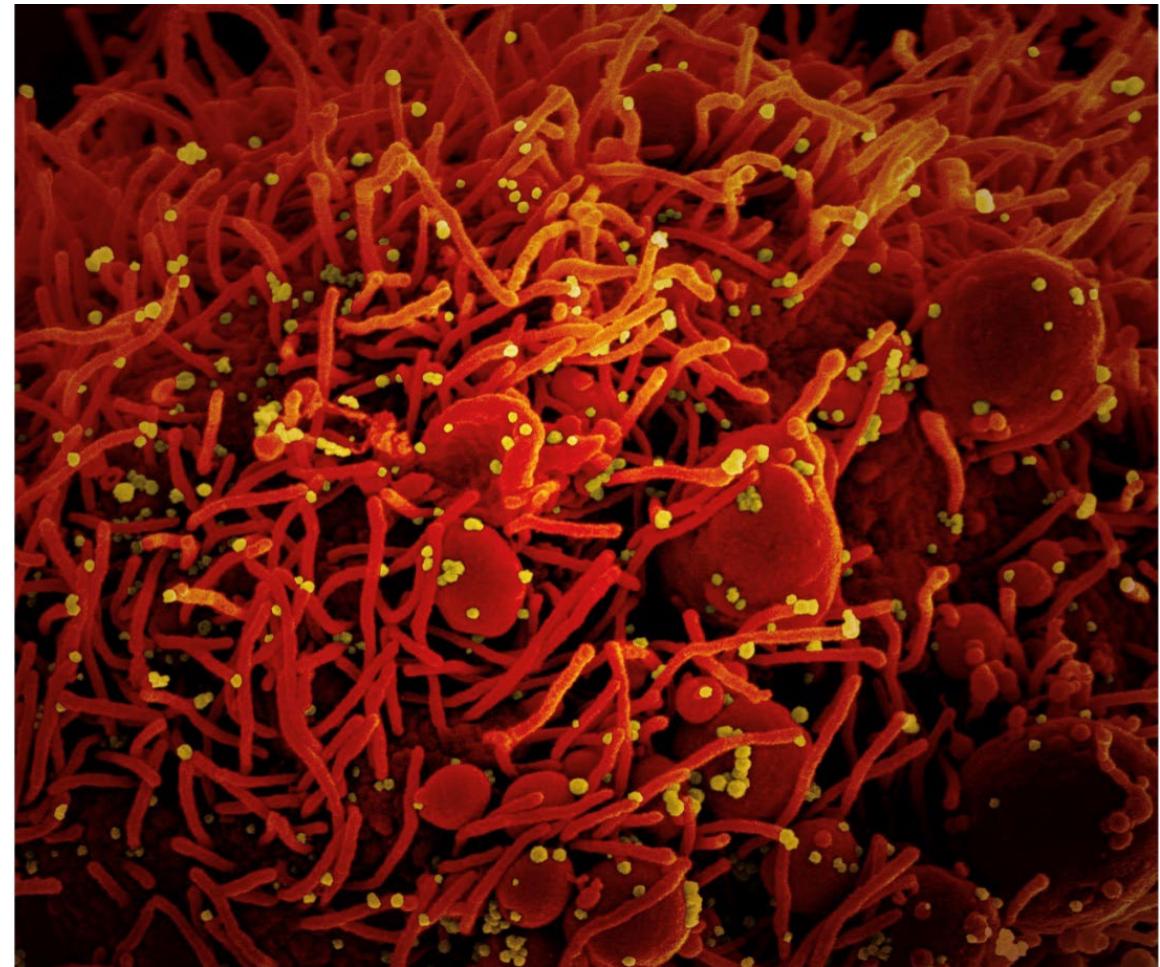


Pine Cobble School Operations During the Pandemic A Healthy Return to School



Trey Dobson, MD
Chief Medical Officer
September 21, 2020 – PD 194



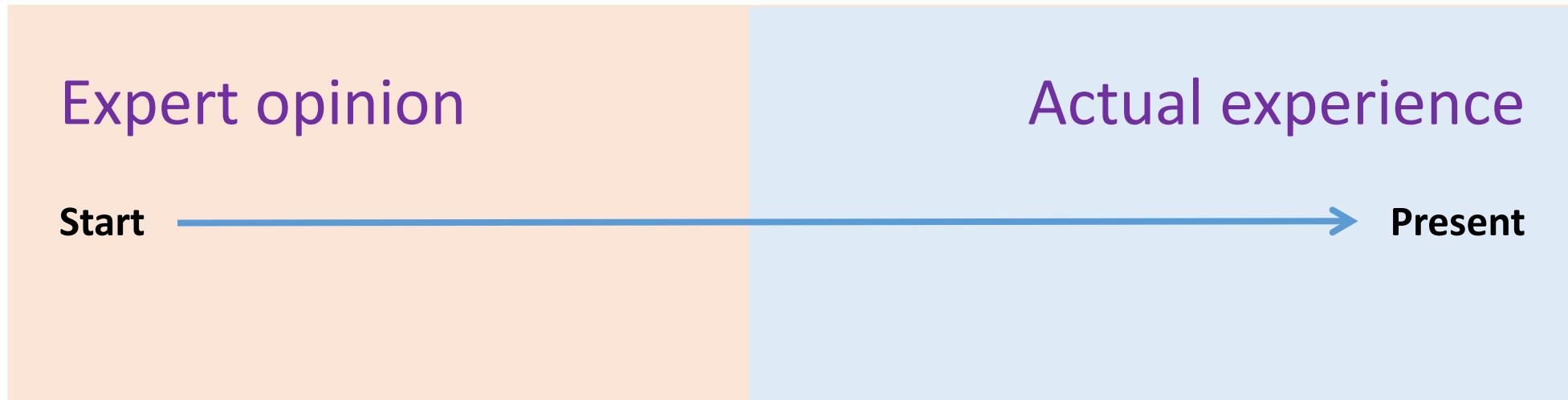
Yesterday

“There is humility in recognizing what we do not know about the virus.”

Uncertainty leads to fear and anxiety

- What are the symptoms?
- How deadly is COVID-19 *really*?
- Does infection with SARS-CoV-2 confer neutralizing immunity?
- How does SARS-CoV-2 spread?
- How do individuals and society decrease the chance of transmission?
- What do I do if I get COVID-19?
- What do I do if I am exposed to someone suspected of COVID-19?

Knowledge



Today

“Evidence and experience guide decisions.”

Experience leads to safe decisions based on risk assessment

- What are the symptoms?
- How deadly is COVID-19 *really*?
- Does infection with SARS-CoV-2 confer neutralizing immunity?
- How does SARS-CoV-2 spread?
- How do individuals and society decrease the chance of transmission?
- What do I do if I get COVID-19?
- What do I do if I am exposed to someone suspected of COVID-19?

How does SARS-CoV-2 spread?

The virus spreads mainly from person-to-person between people who are in close contact with one another.

- Through respiratory *and* aerosolized droplets produced when an infected person coughs, sneezes, or talks
- Hand-to-hand-to-mouth, nose, or eye

How does SARS-CoV-2 spread?

- Spreads more efficiently than influenza
- Spreads less efficiently than measles

The more closely a person interacts with others and the longer that interaction, the higher the risk of spread.

Picture this ...

How do individuals and society decrease the chance of transmission?

We now have clarity on how to stop SARS-CoV-2 ... 5 things

1. Hand hygiene
Every time you go in and out of a group environment, and a couple of times per hour while you're in it
2. Distancing
Greater than six feet and minimize time together
3. Face masks
Indoors always, unless alone, even when greater than 6 feet apart
4. Screening
Symptoms and testing → isolation and quarantine
5. Culture
I've got your back, you have mine; expectations must be set at the outset

It is all about risk assessment



High Risk

- Frequent indoor encounters
- Close proximity
- Prolonged time (> 15 minutes)
- No masks
- No screening
- Little hand hygiene
- Regular Handshakes
- Frequent non-essential travel



Low Risk

- Move to outdoor encounters
- Physical distance (> 6 feet)
- Decrease time (< 15 minutes)
- Wear masks indoors unless alone
- Screen and test
- Culture of hand hygiene
- Vocal greetings, minimal contact
- Limited essential travel

Risk assessment, inevitability, expectation

- We can substantially lower the risk ... but we cannot eliminate it
- Even well-intentioned, vigilant individuals contract COVID-19
- Cases will appear
 - Office settings
 - Social settings
 - Businesses
 - Schools
- What are our expectations?

Case → Cluster → Outbreak

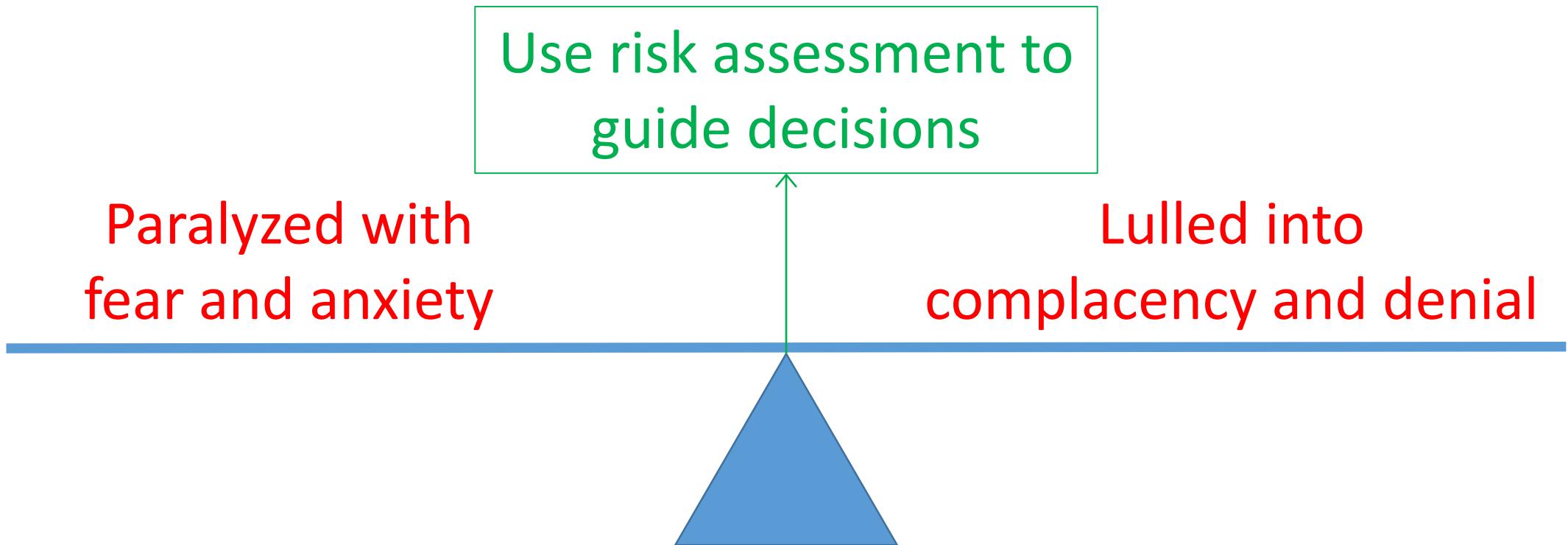
In person school

The New York Times

“But a case at your child’s school does not mean you should panic. And a classroom in quarantine, or a school forced to switch to remote learning, does not necessarily mean a district has failed. In fact, if your school is following an established pandemic procedure, it might mean things are working as planned.”

Nierenberg, A. and A. Pasick (2020). ‘For School Outbreaks, It’s When, Not If’, *New York Times*. Sep 16.

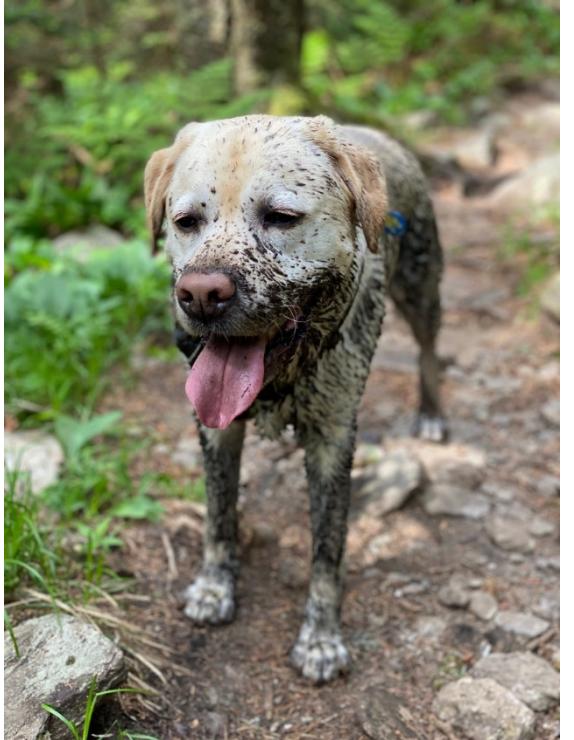
Find the balance each day



Final thoughts on success ...

Success lies in finding existential joy, even in the face of adversity.

A willingness to change strategy in the face of new information is key to long term success.



When life gets dirty and difficult, cooler heads will prevail.