

# PLS COVID Plan

## PURPOSE

In response to [Executive Order 20-40](#), issued by Gov. Tim Walz on April 23, 2020, Prairie Lutheran School (PLS) has prepared a COVID-19 Preparedness Plan as required for all Minnesota businesses in operation during the peacetime emergency.

The following planning principles are needed: to minimize the potential health impact with a mitigation plan; to reduce infection and illness; and, to maintain PLS operations and services.

## COMMUNICATION

PLS will consult with local and state health officials on development of any communications indicating a possible exposure of COVID-19 or other viral respiratory disease within PLS. In this circumstance, it is critical to maintain confidentiality of the student or worker, as required by the Americans with Disabilities Act (ADA), the Family Education Rights and Privacy Act (FERPA), and Health Insurance Portability and Accountability Act (HIPAA).

## GENERAL PREVENTION

Routine cleaning of frequently touched surfaces (e.g. doorknobs, light switches, countertops) will be completed through routine disinfecting. Cleaning products will be used according to the directions and safety information on the label. Disposable wipes, cleaning solution, paper towels and gloves are provided in various areas throughout buildings, so that shared surfaces (e.g. keyboards, desks) can be wiped down by students or workers, prior to use. PLS is well equipped with restrooms providing handwashing sinks, soap, paper towels and receptacles.

The following are additional preventative measures that should be followed by workers, students and visitors:

- Avoid close contact with people who are sick.
- Stay home when sick.
- Avoid touching eyes, nose and mouth with unwashed hands.
- Wash hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains at least 60% alcohol, if soap and water are not available.
- Cover a cough or sneeze with a tissue, then throw the tissue in the trash and wash hands or use an alcohol-based hand-sanitizer.
- Find healthy ways to reduce stress.
- Get an adequate amount of sleep.
- Drink plenty of water.
- Seek medical attention, when necessary, but call ahead.

## ON-SITE REQUIREMENTS

These requirements are in place for any worker, student or visitor who reports to campus, regardless of the length of time on campus.

- Anyone who:
  - Is sick for any reason,
  - exhibits any of the COVID-19 symptoms that cannot be attributed to another health condition,
  - tests positive or is presumptively positive for COVID-19,
  - is in a household whose members are exhibiting any of the COVID-19 symptoms that cannot be attributed to another health condition, test positive or are presumptively positive for COVID-19,

must stay home, report their absence how they normally report their absence, or must be sent home.

- Symptom monitoring includes, but is not limited to, the following: fever of greater than 100.4°F, feeling

feverish, chills, muscle aches, cough, shortness of breath, hoarseness, runny nose, sore throat, nausea, vomiting, headache, abdominal pain, diarrhea or loose stools, or lost sense of smell or taste.

- Workers, students and visitors must be able to answer “NO” to each of these questions to gain access to the building. If the answers are “YES” to any of the questions, the individual should not enter the building.
  - Do you have a new fever (100.4°F or higher), or do you feel feverish?
  - Click here everyday to complete a daily health self-screening  
<https://www.health.state.mn.us/diseases/coronavirus/facilityhlthscree.pdf>

## **PREVENTION PROTOCOLS**

### *HANDWASHING*

Workers, students and visitors are instructed and allowed to wash their hands for at least 20 seconds with soap and water frequently throughout the day, but especially at the beginning and end of their work hours, prior to any mealtimes, after sneezing or coughing, after using the toilet and whenever the worker or student feels they have come into contact with unclean surfaces. In absence of handwashing sinks, there are hand-sanitizer dispensers around the building that can be used for hand hygiene in place of soap and water.

### *RESPIRATORY ETIQUETTE: COVER YOUR COUGH OR SNEEZE*

Workers, students and visitors are being instructed to cover their mouth and nose with their sleeve or a tissue when coughing or sneezing and to avoid touching their face, in particular their mouth, nose and eyes, with their hands. They should dispose of tissues in the trash receptacle and wash or sanitize their hands immediately afterward.

### *TEMPERATURE MONITORING*

Non-contact thermometers are kept in the two schools. The thermometers will be cleaned before use. When using this device, both the screener and the worker or student must wear a mask, and the screener must wear gloves due to the device required to be within one (1) inch of the forehead and the inability to maintain social distancing. The device will detect the temperature within one (1) second and is accurate within +/- 0.2°F. A temperature of 100.4°F or greater will prompt the screener to send the worker or student home. A temperature of 100.3°F or lower will permit the worker or student to begin work for the day.

### *SOCIAL DISTANCING*

Workers, students and visitors are prohibited from gathering in groups and confined areas, and from using other individuals' personal protective equipment, phones, computer equipment, desks, cubicles, workstations, offices or other personal work tools and equipment.

### *SCREENING AND POLICIES FOR WORKERS, STUDENTS AND VISITORS*

Workers and students have been informed to self-monitor daily for signs and symptoms of COVID-19.

Individuals who have been tested or confirmed to be infected with COVID-19, or other viral respiratory disease included in a confirmed or potential outbreak, will be asked by local health officials to self-isolate. If a worker or student is showing symptoms similar to COVID-19, or other viral respiratory disease included in a confirmed or potential outbreak, the worker or student will be isolated while transportation is arranged. The individual will work with their healthcare provider, in consultation with local health officials, to determine when to return to campus or work.