

# This meeting is for School and Health Department Staff

We have limited time to cover all our topics. The slides and recordings will be available on our websites within 1-3 days.

- <https://www.dhd10.org/coronavirus/>
- <https://www.mmdhd.org/novel-coronavirus/>
- <https://www.cmdhd.org/novel-coronavirus>

If you have questions, please send them to:

- For Roscommon, Osceola, Clare, Gladwin, Arenac, Isabella Counties:
  - [info@cmdhd.org](mailto:info@cmdhd.org)
- For Missaukee, Crawford, Kalkaska, Wexford, Lake, Mason, Manistee, Oceana, Newaygo, Mecosta Counties
  - [info@dhd10.org](mailto:info@dhd10.org)
- For Montcalm, Gratiot, Clinton Counties
  - <https://www.mmdhd.org/contact/>

# Back to School 2020-2021 Update September 10

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Medical Director  
CMDHD/MMDHD/DHD#10

Please make sure all needed information is getting passed to school secretaries, nurses, etc.

# Masks

- New infographics about face masks for people with asthma

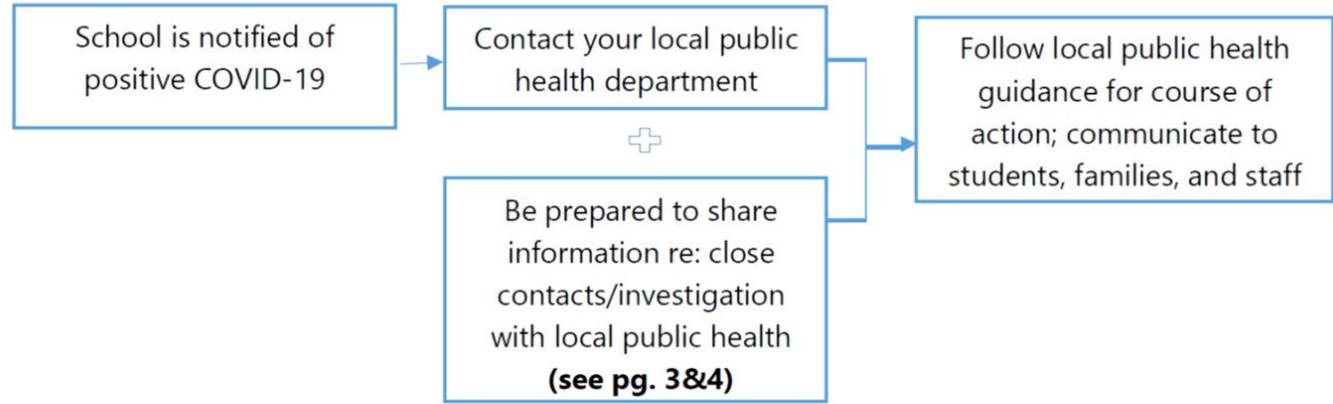
- *For Public*

- [https://content.govdelivery.com/attachments/MIDHHS/2020/09/08/file\\_attachments/1540103/Accessible%20-%20Masks%20and%20Asthma%20Public.pdf](https://content.govdelivery.com/attachments/MIDHHS/2020/09/08/file_attachments/1540103/Accessible%20-%20Masks%20and%20Asthma%20Public.pdf)

- *For Providers*

- [https://content.govdelivery.com/attachments/MIDHHS/2020/09/08/file\\_attachments/1540105/Accessible%20-%20Masks%20and%20Asthma%20Provider.pdf](https://content.govdelivery.com/attachments/MIDHHS/2020/09/08/file_attachments/1540105/Accessible%20-%20Masks%20and%20Asthma%20Provider.pdf)

# Communication Guide



## Roles and Responsibilities

Local Public Health Department	School
Contact investigation of positive case and contact tracing	Identify areas where there might have been close contacts and share information with local public health <b>(see pg. 3)</b> <ul style="list-style-type: none"> <li>- Roster of potential close contacts with names of student(s), date of birth, address, and phone number <b>(see pg. 4)</b></li> </ul>
Contact notification and instruction	Ask students, families, and staff to follow instructions given by local public health
Recommend initial and additional courses of action	Follow and communicate recommendations
Provide letters to positive cases or close contacts indicating when they can safely return to school	Do not allow individuals back to school before the public health department letter indicates they can do so safely
Answer health-related questions	Answer school-related questions

### Potential Courses of Action Based on Scenario\*

\*examples only, not intended to be inclusive

Scenario:	Objective of Communication	Templates
First exposure in the school regardless of risk level	<ol style="list-style-type: none"><li>1. Notify all students and families in the building of confirmed case</li><li>2. Notify all employees of case in building per requirements of EO 175.</li><li>3. Reassure that local public health is collaborating with the school to identify any students or staff that were in close contact</li><li>4. Provide instructions on remote learning to students going into quarantine and those with COVID-19 that are well</li><li>5. Reassure that individuals who were at risk of exposure will be contacted with 1-2 days by local public health</li><li>6. Be prepared for media inquiries (can collaborate with local public health on messaging*).</li></ol>	Letter/Email for Positive Case (pg. 5)  Phone Call Text (pg. 8)  Media Talking Points (pg. 9)
Ongoing exposure/outbreak – close contacts not identifiable and risk of spread is unknown or high: need to suspend in-person education	<ol style="list-style-type: none"><li>1. Notify all students and families in the building of confirmed case</li><li>2. Notify all employees of case in building per requirements of EO 175.</li><li>3. Reassure that local public health is collaborating with the school to identify any students or staff that were in close contact</li><li>4. Provide instructions on remote learning to students.</li><li>5. Reassure that individuals who were at risk of exposure will be contacted with 1-2 days by local public health</li><li>6. Be prepared for media inquiries (can collaborate with local public health on messaging*).</li></ol>	Letter/Email for Short-Term Dismissal (pg. 6)  Phone Call Text (pg. 8)  Media Talking Points (pg. 9)

\*Note: for public communications at the health departments, contact:

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For MMDHD: Leslie Kinnee, [lkinnee@mmdhd.org](mailto:lkinnee@mmdhd.org), 989-831-3669

For CMDHD: Melissa DeRoche, [mderoche@cmdhd.org](mailto:mderoche@cmdhd.org), O: 989-773-5921x1433, C: 989-506-0285

# Included

- Illustrated School Based Examples of Contact Tracing
- Contact tracing form
- Letter for Positive Case in School
- Letter for Short-Term Dismissal
- Sample Phone Call Text
- Media Talking Points for COVID-19 Events
- 10 Tips for COVID-19 Communications

# Sports

- EO 176 opened way for school sports
  - *EO 180 instated yesterday to clarify masks: Notwithstanding sections 2(b) and 2(d) of the Masks order (Executive Order 2020- 153), section 13(c) of the Workplace Safeguards order (Executive Order 2020-175), or sections 2(a) and 6(a)(1) of the Safe Start order (Executive Order 2020-176), athletes training for, practicing for, or competing in an organized sport must wear a facial covering (except when swimming) or consistently maintain 6 feet of social distance (except for occasional and fleeting moments). For example, an athlete participating in a football, soccer, or volleyball game would not be able to consistently maintain 6 feet of distance, and therefore would need to wear a facial covering. Sports organizers must ensure that athletes comply with this section for each organized sporting event.*
- 7c: “Sports organizers should follow the guidance of the Department of Health and Human Services regarding whether and how a sport can be played safely.”
- MDHHS Statement 9/3: “Given the available epidemiological data and timing as many schools and universities return to campus, **contact sports, such as football and wrestling, pose a high risk of transmitting COVID-19 to athletes, coaches, and the general community, and should be avoided at this time.**”

## Yesterday: Press Release

### Governor Whitmer Signs Executive Order Clarifying Face Covering Requirements For Organized Sports

- Executive Order 2020-180 specifies that **a face covering must be worn at all times by athletes training for, practicing for, or competing in an organized sport** when the athlete cannot maintain 6 feet of social distance, except for occasional and fleeting moments. Athletes are not required to wear a face covering if they are swimming. Athletes competing in football, soccer, or volleyball, for example, are not able to maintain 6 feet of social distance as required and therefore would need to wear a facial covering.
- “We are not out of the woods yet, and COVID-19 is still a persistent threat to our frontline workers, students, and families,” said Chief Medical Executive and MDHHS Chief Deputy for Health **Dr. Joneigh Khaldun**. “Individuals have a choice about whether or not to play organized sports. **Since contact sports pose a high risk of transmitting COVID-19, MDHHS recommends that people should choose to avoid them. For those who do choose to play organized sports, we expect you to follow these strict safety measures and wear a face covering to reduce your risk and protect the health of your teammates, coaches, officials, and loved ones.**”
- Last week, the governor signed Executive Order 2020-176 reopening Michigan’s gyms and pools in those regions where they remain closed and allowing for organized sports practices and competitions to resume in those regions where they remain restricted, subject to strict protections meant to limit spread of the virus. The governor also signed Executive Order 2020-175 outlining strict workplace safety measures gyms and pools must follow to protect people from the spread of COVID-19.
- Additionally, **The Michigan Department of Health and Human Services (DHHS) released guidance on organized sports recommending against contact sports at this time. It also cites the elevated risk associated with activities that involve “shouting, singing, or breathing forcefully,” and notes there have been 30 reported outbreaks associated with athletic clubs, teams, or athletic facilities.** MDHHS’ guidance recommends mitigation measures organized sports teams may take to reduce the spread of COVID-19 during training, practices, and competitions. These recommendations include frequent hand washing, not letting players share towels, clothing, or other items they use to wipe their faces or hands, ensuring proper cleaning and disinfection of objects and equipment, prioritizing outdoor practice, and more.

# Health Department Opinion on Contact Sports

Within the three guidance documents below, it should be noted that there are differences. As such, the leadership of CMDHD, DHD#10, and MMDHD wishes to provide the following guidance to schools in our jurisdiction:

- We agree with the MDHHS recommendation that contact sport should be avoided at this time.
- This recommendation is being provided similarly to other school related guidance which has come from our Medical Director and the Local Health Department.
- Ultimately, the decision as to whether a school proceeds with organized sports competition is the responsibility of that school district.
- The Local Public Health Department will continue to work with and provide requested guidance and information to schools to help them in their decisioning make process moving forward.

Executive Order 176 [https://www.michigan.gov/whitmer/0,9309,7-387-90499\\_90705-538730--,00.html](https://www.michigan.gov/whitmer/0,9309,7-387-90499_90705-538730--,00.html); Public Guidance for Contact Sports [https://www.michigan.gov/documents/coronavirus/Public\\_Guidance\\_for\\_Contact\\_Sports\\_701311\\_7.pdf](https://www.michigan.gov/documents/coronavirus/Public_Guidance_for_Contact_Sports_701311_7.pdf) ; MHSAA Fall Guidance <https://www.mhsaa.com/Portals/0/Documents/AD%20Forms/MHSAA%20Guidance%208.pdf>

# Masks and Sports

- Medical face masks (surgical and N95) have a marked negative impact on cardiopulmonary capacity that significantly impairs strenuous physical and occupational activities.
- Wearing the masks was perceived as very uncomfortable
- Surgical masks, and to a greater extent FFP2/N95 masks, reduce the maximum power of work
- The primary effect of the face masks on physical performance in healthy individuals is driven by the reduction of pulmonary function
- Face masks lead to severe subjective discomfort during exercise.

Fikenzer, S., Uhe, T., Lavall, D., Rudolph, U., Falz, R., Busse, M., ... & Laufs, U. (2020). Effects of surgical and FFP2/N95 face masks on cardiopulmonary exercise capacity. *Clinical Research in Cardiology*, 1-9.

<https://link.springer.com/article/10.1007/s00392-020-01704-y?fbclid=IwAR2efCeG691ekjaZyuy8w26-m8DNIPjjCDy2sa1uBlv0EwWbcgC9I5ak8Sk>

# WHO statement on masks while exercising

## FACT: People should NOT wear masks while exercising

People should NOT wear masks when exercising, as masks may reduce the ability to breathe comfortably.

Sweat can make the mask become wet more quickly which makes it difficult to breathe and promotes the growth of microorganisms. The important preventive measure during exercise is to maintain physical distance of at least one meter from others.



**Can people wear masks while exercising?**

People should NOT wear masks when exercising as masks may reduce the ability to breathe comfortably.

Sweat can make the mask become wet more quickly which makes it difficult to breathe and promotes the growth of microorganisms. The important preventive measure during exercise is to maintain physical distance of at least one meter from others.

#Coronavirus #COVID19

16 June 2020

World Health Organization

# Resources

- Exercising with a Face Covering: Safety Do's and Don'ts <https://www.acefitness.org/education-and-resources/professional/expert-articles/7578/exercising-with-a-face-covering-safety-do-s-and-don-ts/>
- Exercising with a Face Covering – FAQs <https://acwebcontent.azureedge.net/assets/info/ExercisingWithAFaceCoveringFAQ.pdf>
- Return To Play Considerations <https://playsportscoalition.org/returntoplay/>
- RETURN TO ORGANIZED YOUTH SPORTS 8 QUESTIONS FAMILIES CAN ASK ABOUT COVID-19 SAFETY [https://assets.aspeninstitute.org/content/uploads/2020/07/Return-to-Organized-Sports-8-Questions\\_Final.pdf](https://assets.aspeninstitute.org/content/uploads/2020/07/Return-to-Organized-Sports-8-Questions_Final.pdf)

# Questions?

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