

Health News

Health Team

Fife School District has a designated team who will provide guidance in navigating through the COVID crisis as well as other health issues or concerns. Our Health team consists of our nurses:

Discovery and Hedden Team

Derrill Fields - COVID manager

dfields@fifeschools.com

McKenna Fietz

mfietz@fifeschools.com

Endeavour and Surprise Lake Team

Lori Hale

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Michelle Mask

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Columbia and Fife High Team

Denise Porter

dporter@fifeschools.com

Diana Busch

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If you have any questions or concerns, please feel free to contact them directly. They are committed to ensuring that our staff stays healthy and safe.

Air Ventilation

Several years ago, Fife District installed higher grade air filters, initially to improve the air circulation during extreme times of poor air quality in the area such as smoke and heavy smog. The filters are the highest grade possible that will not damage our HVAC systems. The higher grade filters also aid in reducing airborne virus particles and still provide fresh air. In accordance with Washington Department of Health Guidelines, we have also adjusted the following:

- Increased the frequency of changing filters to prevent clogged filters and improve air quality.
- Opened the dampers to allow more fresh air from the outside to circulate through the buildings rather than allowing the system to recirculate air.
- All systems are set to "Occupied" to allow the constant circulation of outside fresh air.
 - Brings in outside air prior to occupancy and after cleaning.
- The HVAC unit is cleaned and checked on a regular schedule (by our HVAC specialist).

It is always best to keep doors closed to classrooms so that the fresh air can be circulated through the room. Staff may also notice that classrooms may be a bit chillier due to more outside fresh air circulating throughout the building. We will continue to make adjustments to keep staff warm and allow for more air circulation.

Attestation Tool

The Daily Health Survey is designed to manage daily attestations of staff and eventually students. It is required for all staff. The survey will be sent out every work day through the rest of the year.

On days staff are not contracted to work, they can ignore the notifications. However, if a staff member chooses to visit the building on non-contracted days, they will have the attestation to complete for that visit. We are asking that staff not go into the buildings on the weekend to ensure that the buildings are prepared for the following week.

One of the benefits of the tool has been the opportunity to check on the medical welfare of our staff. Our Health Team has answered questions regarding symptoms, followed up with staff exhibiting symptoms, and has been able to begin immediate contact tracing.

The attestation must be complete before you begin work (remote or in-person).

COVID-19 Symptoms

Fife School District follows CDC and Tacoma-Pierce County Department of Health Guidelines to determine the timing to return to school when there is a confirmed or suspected COVID-19 case. Generally, any person who shows symptoms at home or work, will be advised to test for COVID-19. People who have tested should stay at home pending results of the test. If a person tests positive, they will work with the Health Department to gather lists of close contacts and should follow all recommendations. Your COVID-19 supervisor will also contact you to provide support and guidance. If a person has been determined to be in “close contact” with another who has tested positive, they shall be quarantined for 14 days from the last contact with to COVID-19 and work remotely if possible.

A negative result will allow a person back to work, depending on the symptoms they are exhibiting. A link to a Health Department response flowchart is available in the resources section below.

Holiday Travel

Guidance was sent out before Thanksgiving break regarding travel. It is important to stress the safety precautions as outlined from CDC. For after-travel care the CDC published the following:

You may have been exposed to COVID-19 on your travels. You may feel well and not have any symptoms, but you can be contagious without symptoms and spread the virus to others. You and your travel companions (including [children](#)) pose a risk to your family, friends, and community for 14 days after you were exposed to the virus.

Regardless of where you traveled or what you did during your trip, take these everyday actions to protect others from getting COVID-19:

- *When you are around others, [stay at least 6 feet](#) (about 2 arm lengths) from anyone who did not travel with you, particularly in crowded areas. It's important to do this everywhere — both indoors and outdoors.*
- *[Wear a mask](#) to keep your nose and mouth covered when you are in shared spaces outside of your home, including when using [public transportation](#).*
- *If there are people in the household who did not travel with you, [wear a mask](#) and ask everyone in the household to wear masks in shared spaces inside your home for 14 days after travel.*
- *[Wash your hands](#) often or use hand sanitizer with at least 60% alcohol.*

- *Watch your health: Look for [symptoms](#) of COVID-19, and take your temperature if you feel sick.*

Resources

[Air Ventilation Guidance](#)

[COVID-19 Case Response Flowchart](#)

[Travel during the COVID-19 pandemic](#)

[COVID-19 CDC](#)

[Tacoma Pierce County Health Department](#)

[DOH Evaluation and Management Flowchart](#)