

COVID-19 GUIDANCE FOR SCHOOLS

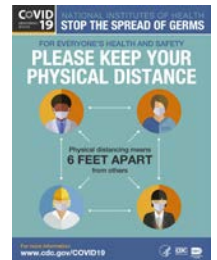
CDC recommend schools continue to use the current COVID-19 prevention strategies. Although there may be new mandates for public areas and businesses, schools are currently operating on different guidelines. Always follow the district protocol while working at school sites.

How the District Plans to Protect Staff from COVID-19

- Continue physical distancing
- Enforcing correct use of face coverings
- Conducting a daily health assessment (Check with your supervisor)
- Anyone who is unwell will be required to stay home. Those at work showing flu-like symptoms will be sent home immediately
- Reinforce handwashing and respiratory etiquette with covering of coughs and sneezes with a tissue or arm
- Assist with coordinating COVID-19 vaccinations
- Conduct routine cleaning of frequently touched surfaces
- Continue with adequate ventilation of facilities and modify room layouts if necessary.
- Testing
- Vaccination

COVID-19 spreads between people mainly through direct close contact with infected people via mouth and nose secretions.

- These secretions include saliva, respiratory secretions or secretion droplets. These are released from the mouth or nose when an infected person coughs, sneezes, speaks, sings.
- Keeping your distance and staying in **well ventilated** areas will help reduce your exposure.



Physical Distancing Guidelines

- Keep at least 6 feet of physical distancing from each other.
- Many people are sick but are **asymptomatic** and do not show any symptoms. Stay 6 feet away from others even if they do not seem sick.

Face Coverings

- CDC recommends that people wear masks in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.
- Masks may help prevent people who have COVID-19 from spreading the virus to others.
- Masks are most likely to reduce the spread of COVID-19 when they are widely used by people in public settings.

Wear Face Covering Correctly

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily



- Wear a mask that covers your nose and mouth to help protect others in case you're infected with COVID-19 but don't have symptoms
- Wear a mask in public settings when around people who don't live in your household, especially when it may be difficult for you to stay six feet apart
- Wear a mask correctly for maximum protection
- Don't put the mask around your neck or up on your forehead
- Don't touch the mask, and, if you do, wash your hands or use hand sanitizer to disinfect

Donning and Doffing the Mask (Putting a Mask on and Taking it off)

- Take off your mask carefully
- Untie the strings behind your head or stretch the ear loops. Handle only by the ear loops or ties
- Fold outside corners together
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.



How to Wash Hands

- Always use warm, running water and a liquid, soap.
- Antibacterial soap is not required.
- Wash and scrub hands for at least 20 seconds.
- Rinse hands under warm running water. Leave the water running while drying hands.
- Dry hands with a clean, disposable towel.
- Turn the faucet off using the towel.
- Discard the used towel in a trash

When Hands Should Be Washed

- Upon arrival at work.
- After using the toilet, assisting a child in using the toilet, or changing diapers.
- After coming into contact with high touch surfaces
- After removing gloves used for any purpose.
- After touching or removing your face covering.
- Before touching your face.



Vaccinations

- Everyone should get a COVID-19 vaccine.
- Booster shots are also now available and recommended for those considered at higher risk of severe illness.
- Vaccines are safe, effective, and reduce your risk of severe illness and hospitalization.
- Visit www.Vaccines.gov or check with your local pharmacy or personal physician

COVID-19 Specific Symptoms Identification

- Fever or chills
- Cough and/or Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea, vomiting, or Diarrhea

When to Seek Medical Attention. These severe symptoms include:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

Prevent the Spread of COVID-19

- Practice social distancing
- Wash hands frequently
- Cover your mouth with a tissue or bent elbow when sneezing or coughing.
- Wear a mask to protect yourself and others.
- **Get Vaccinated!!!**