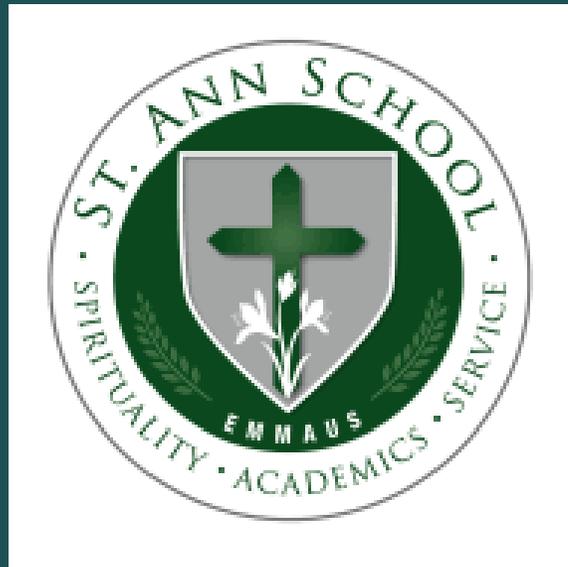


St. Ann School 2020



For our families, back to school planning will look different this year than it has in previous years. Our school will have new policies in place to prevent the spread of COVID-19.

What can we do as parents...

- **Everyday** before school check in with your child for signs of illness. If your child has a temperature of 100.4 or higher, they **should not** go to school. Make sure your child does not have a sore throat or other signs of illness, like cough, diarrhea, severe headache, vomiting or body aches.
- If your child has had a close contact to a COVID-19 case, they **should not** go to school.
- Ensure your child is up-to-date with all recommended vaccines, including flu.
- Review handwashing technique at home. Make handwashing fun and explain to your child why it's important.
- Develop daily routines before and after school- for example, washing hands immediately when your child returns home and washing worn cloth face coverings
- **Talk** to your child about the precautions to take at school – wash/sanitizing hands, keeping physical distance between friends, wearing a cloth face mask, avoid sharing objects.
- Practice with your child wearing their cloth face covering and explain how it protects other people from getting sick. For younger children, help build their comfort with wearing a face cover (reward them, put mask on stuffed animals, show images of other children wearing masks).
- Be a **role model** for your child by practicing social distancing and wearing a face mask when necessary.

Preventing the Spread of COVID-19

▶ Know HOW it spreads

- ▶ Currently there is no vaccine to prevent COVID-19
- ▶ The best way to prevent illness is to avoid being exposed
 - ▶ The virus is spread mainly from person to person
 - ▶ Between people who are in close contact (within 6 feet for more than 2 minutes)
 - ▶ Through respiratory droplets produced with an infected person coughs, sneezes or talks
 - ▶ COVID-19 can be spread by people who are not showing symptoms

Everyone should...

▶ 1. WASH your HANDS often

Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

▶ It's especially important to wash:

- ▶ Before eating or preparing food
 - ▶ Before touching your face
 - ▶ After using the restroom
 - ▶ After leaving a public place
 - ▶ After blowing your nose, coughing, or sneezing
 - ▶ After handling your cloth face covering
 - ▶ After changing a diaper
 - ▶ After caring for someone sick
 - ▶ After touching animals or pets
- ▶ If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol.** Cover all surfaces of your hands and rub them together until they feel dry.
- ▶ **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Here is a short video to review good hand washing at home so that students can practice appropriate hand hygiene at school to stay healthy!

<https://youtu.be/qJG72sycQB8>



Everyone should...

▶ 2. Avoid close contact

- ▶ **Inside your home:** Avoid close contact with people who are sick.
 - ▶ If possible, maintain 6 feet between the person who is sick and other household members.
- ▶ **Outside your home:** Put 6 feet of distance between yourself and people who don't live in your household.
 - ▶ Remember that some people without symptoms may be able to spread virus.
 - ▶ Stay at least 6 feet (about 2 arms' length) from other people.
 - ▶ Keeping distance from others is especially important for people who are at higher risk of getting very sick.

Everyone should...

- ▶ 3. Cover your mouth and nose with a cloth face cover when around others
 - ▶ You could spread COVID-19 to others even if you do not feel sick.
 - ▶ The cloth face cover is meant to protect other people in case you are infected.
 - ▶ Everyone should wear a cloth face cover in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.
 - ▶ Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is unconscious, incapacitated or otherwise unable to remove the mask without assistance.
 - ▶ Do NOT use a facemask meant for a healthcare worker. Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.
 - ▶ Continue to keep about 6 feet between yourself and others. The cloth face cover is not a substitute for social distancing.

Everyone should...

▶ 4. Cover coughs and sneezes

- ▶ **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- ▶ **Throw used tissues** in the trash.
- ▶ Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

▶ 5. Clean and Disinfect

- ▶ **Clean AND Disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.
- ▶ **If surfaces are dirty clean them.** Use detergent or soap and water prior to disinfection.
- ▶ **Then use a household disinfectant.** Most common [EPA- registered household disinfectants external icon](#) will work.

Everyone should...

▶ 6. Monitor Your Health DAILY

- ▶ **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
 - ▶ Fever or chills
 - ▶ Cough
 - ▶ 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 or vomiting
 - ▶ Diarrhea
- ▶ **Take your temperature** if symptoms develop.
 - ▶ Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
- ▶ Follow CDC guidance if symptoms develop.



We understand that this is an extremely hard time for us all, but we are in it **TOGETHER**. Our goal is to ensure all children, parents and staff remain **SAFE** and **HEALTHY**.