



## **Guidelines for “ Slowing the Spread” of COVID-19**

### **Handwashing: Helps Prevent the Spread of Germs**

Handwashing is one of the best ways to protect yourself and those around you from getting sick. Washing hands can keep you healthy and prevent the spread of germs. Germs can spread from person to person or from surfaces to person in the following ways:

- Touch your eyes, nose, and mouth with unwashed hands
- Blow your nose, cough, or sneeze into hands and then touch other people’s hands or common objects
- Touch a contaminated surface or objects
- Prepare or eat food and drinks with unwashed hands

### **When to Wash Your Hands**

All staff and students should wash their hands frequently especially before touching your eyes, nose or mouth. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.

#### **Key times to clean hands include:**

Beginning and end of each school day

Before and after breaks

After putting on, touching, or removing facial coverings

After coughing, sneezing or using tissues

Before and after eating

After using the bathroom or touching trash

After touching an item or a surface frequently touched by others

Before, during, and after preparing food

### **Five Steps to Wash Your Hands**

Wet

Lather

Scrub for at least 20 seconds

Rinse

Dry

### **Hand Sanitizers**

In most situations washing hands with soap and water is the **best** way to get rid of germs. However, if soap and water are not readily available, you can use an alcohol-based hand sanitizer. It should contain at least 60% alcohol. In most cases alcohol-based hand sanitizers can quickly reduce the number of germs on hands but do **not**:

- get rid of all types of germs
- may not be as effective when hands are visibly dirty or greasy; and might not remove harmful chemicals from hands.

### **How To Use Hand Sanitizer**

- Using the recommended amount **apply** the hand sanitizer to the palm of one hand
- **Rub** your hands together to apply to both hands
- **Continue** to rub over all the surfaces of your hands and fingers until your hands are dry. This should take about 20 seconds.

### **Be the Example: Cover Coughs and Sneezes to Help Stop the Spread of Germs**

- When you cough or sneeze cover your mouth and nose with a tissue then throw it away.
- If you don't have a tissue, cough or sneeze into your elbow, not your hands.
- Remember to immediately wash your hands after blowing your nose, coughing or sneezing.

### **Social Distancing**

- Social distancing, also called “physical distancing,” means keeping space between yourself and other people outside of your home.
- To practice social or physical distancing, a physical distance of 6 feet whenever feasible indoor or outdoor.

### **Why Practice Social Distancing? Keep a Safe Distance to Slow the Spread**

- COVID-19 is spread through respiratory droplets.
- Respiratory droplets are spread when you cough, sneeze, talk, sing, and shout.
- When in close contact these droplets can land in your nose, mouth or even be inhaled into your lungs directly.

- Since people without symptoms or prior to showing any symptoms may play a part in the spread keeping your distance protects you.
- Social distancing is especially important for people who are at higher risk for severe illness from COVID-19.

### **Face Coverings or Masks**

- When worn properly masks have been shown to reduce your spray of respiratory droplets.
- Masks may help prevent someone with COVID-19 from spreading the virus to others.
- When used widely in public settings then masks are most likely to reduce the spread.
- Mask wearing alone may not protect the wearer from the virus.

### **Who Should Wear a Face Covering or Mask?**

- All adults are required to wear masks/face coverings unless it is not safe to do so due for medical reasons.
- All students are required to wear a mask/face covering provided from home.

### **About Face Coverings or Mask in School**

- Face covering, masks, or face shield, must be worn by all students, staff and essential visitors while on school property. This is the best way to protect yourself and others. You should bring your own mask and a replacement each day. If you forget your mask or if it breaks you can get a replacement from the district, but this replacement is a single day use mask and should not be reused. A mask must be worn on the school bus.
- You may remove your mask when you are eating, drinking or when in a situation where you are at least 6 feet away from another person. If you are in a room by yourself, you may temporarily remove your mask but if another person enters the room you must replace your mask. We will try to provide face covering breaks throughout the day. During these breaks we will need to maintain a distance of at least 6 feet from one another.

### **Who Should Not Wear a Mask?**

- Children under the age of 2
- Anyone with breathing problems
- Anyone who is unconscious, incapacitated, or otherwise unable to remove a mask without assistance

### **When Not to Wear a Mask?**

- Some people may not be wearing a mask for various reasons.
- They may have a health condition that impacts their ability to wear a mask.
- They may have some type of disability that impact the ability to wear a mask.
- If you see someone without a mask do not assume, they are just not complying with the rules. Face shields will be issued to those that cannot wear a mask. A doctor's note is required for those that cannot wear a mask due to medical conditions or disabilities.
- Athletes are not required to wear a face mask while actively engaged in workouts and competition that prevent the wearing of face masks, but must wear face masks when on the sidelines, in the dugout etc. and anytime 6 feet of social distancing is not possible.

### **Wear Your Mask Properly**

- 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

### **Proper Removal of Mask**

- Untie the strings behind your head or stretch the ear loops.
- Handle only by the ear loops or ties.
- Fold outside corners together.
- Place cloth mask in the washing machine or dispose of single wear mask.
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

**Hence, proper handwashing, covering cough and sneezes, social distancing, and wearing of face masks is the best defense for slowing the spread of COVID-19**