

Preventing the Spread of COVID-19 at School

Sanitize high-contact surfaces.



Use disinfectant wipes or sprays on surfaces that are commonly touched, such as desks, keyboards, doorknobs, etc. at least once a day to avoid the spreading of germs. Keep your distance and avoid gathering in groups.

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If you have symptoms such as a cough, fever, shortness of breath, fatigue, muscle or body aches, sore throat, congestion or runny nose, or nausea, do not come to school. If you think you may have COVID-19, seek proper medical attention.

Stay home when you're not feeling well!



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Cover coughs and sneezes with a tissue.



When coughing or sneezing, do so into a tissue. Immediately dispose of the tissue in the trash can and wash your hands or use hand sanitizer.

National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases. (2020, May 19). Considerations for Schools. Retrieved from Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/schools.html>

National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases. (2020, April 24). How to Protect Yourself & Others. Retrieved from Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

According to the Centers for Disease Control and Prevention, COVID-19 is likely spread from one person to another through saliva droplets that escape when an infected person talks, coughs, or sneezes when they are close to someone else. The infected person may or may not appear to be sick. To prevent the virus's spread, below are some tips to protect yourself and those around you at school.

Stay at least 6 feet apart from others as often as possible. For older students, masks are recommended, especially in spaces where social distancing abilities are limited.



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Do not share electronic devices, school supplies, or other equipment unless it's absolutely necessary – then, disinfect the item between uses. Also, avoid shared lockers or cubby areas to prevent belongings from comingling.

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Wash your hands with soap and water for at least 20 seconds as often as possible, especially after touching public surfaces or blowing your nose, coughing, or sneezing. When you do not have access to soap and water, use hand sanitizer.

