

# Williams County School District #8

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HEALTH & SAFETY  
SMART RESTART PLAN

Williams County School Board Approved  
August XX, 2020

Williams County District #8 School Families,

It has been a challenge for our entire community since March, but we hope you have found ways to cope and embrace this new normal. Thank you to the students, staff, parents, and community members who have helped us succeed in these difficult times. The 2019-2020 school year was challenging but we are proud of students and thankful the district was able to celebrate our eighth graders' accomplishments with a graduation drive-up.

The challenge now is planning for what school will look like during the 2020-2021 school year. This is a daunting task as we all realize how the impact and response to COVID-19 has changed rapidly over the past four months. This plan will try to address these challenges, while providing a flexible framework to guide our response over the next school year.

For academic, social-emotional, and economic reasons, we are compelled to strive to return to an in-person model. Yet, we cannot disregard that the health and safety concerns associated with the virus remain. The district must consider all practical steps to keep our schools from contributing to virus spread in our community.

This plan presents hundreds of hours of critical thinking, research, modeling, and work by our educators, staff, and school board. This group reviewed input gathered from our employees and parents.

We realize that reviewing this plan may not address every question you have. We recognize some concepts and actions may be polarizing, and there are strong opinions about what the school should do or should not. But we must remain open to what is possible and consider all options so we can move forward.

Thank you for your time reviewing this plan. We encourage everyone to ask questions and communicate their concerns as we move forward. Together, our school can provide quality education to our children in a safe manner if we work together to solve problems.

Respectfully,

David Goetz  
Superintendent

Chris Jundt  
School Board President

# Assumptions & Assurances

## WCSD8 School believes:

- Every student should have the opportunity to engage in learning, regardless of the spread of COVID-19 in our community.
- Schools have a vital role in providing safe environments for students, focusing on both social-emotional and physical health.
- By working together with educators, staff, health care professionals, parents, students, and community members we can solve most challenges.
- Our district will make decisions based on the most current guidance from local, state, and national health care officials.
- Our School Board will ensure our plan meets the needs of our students, educators, staff, and community.

## Our Planning Team

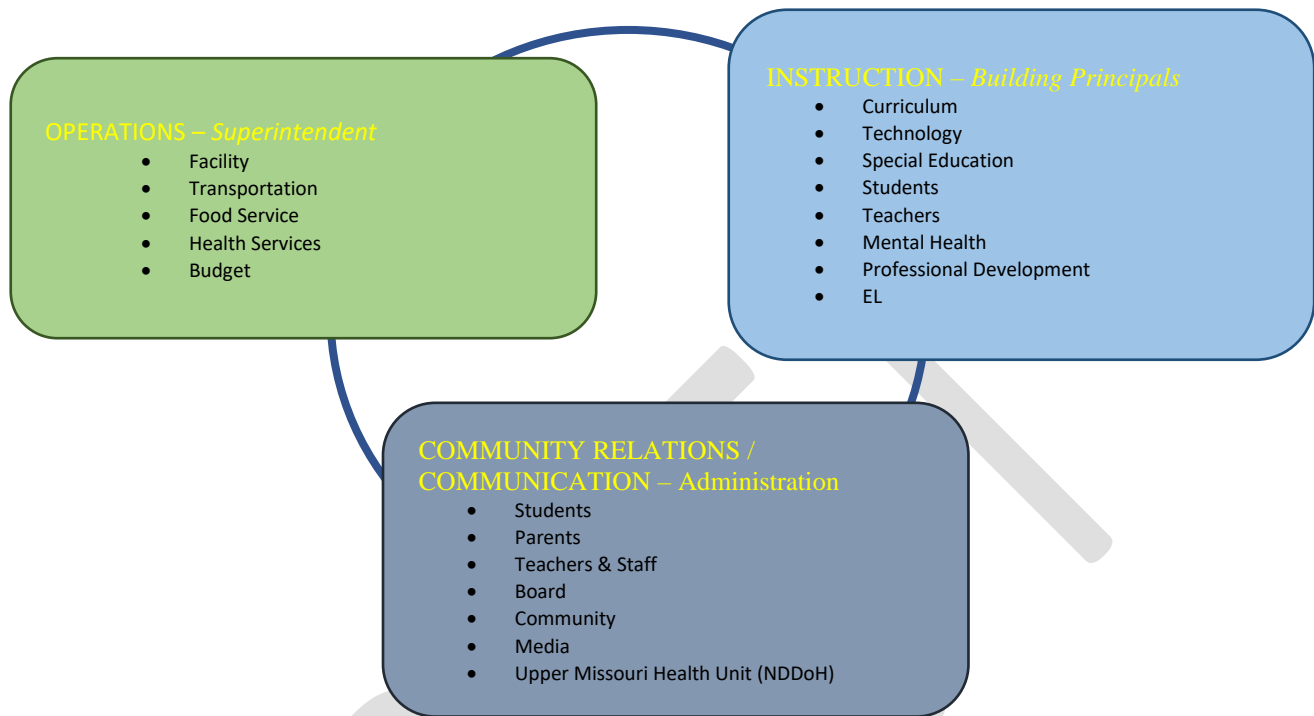
WCSD8 *Return to Learning Plan* was crafted and reviewed by a team consisting of the following:

- Educators
- Custodial Staff
- Parents
- Upper Missouri Health Unit (NDDoH)
- Secretaries
- School Board Members
- School Administrators
- Human Resources
- Food Service
- Transportation

Input was gathered by various means to allow for a wide range of input, while maintaining social distancing.

# COVID-19 Response Team & Coordinators

This organizational structure was crafted to assist in the development and monitoring of the district return to learning plan. This structure identifies leaders and guiding team members that will serve as a voice in how the district responds to COVID-19 during the school year. This plan is designed to address the issues of reopening as well as provide a nimble and responsive process to address issues that may not be recognized today.



The three components have been identified as key operational teams that consist of multiple departments. Each operational team will work to implement the return to learn plan and address challenges as they arise.

## COVID-19 Building Level Coordinators

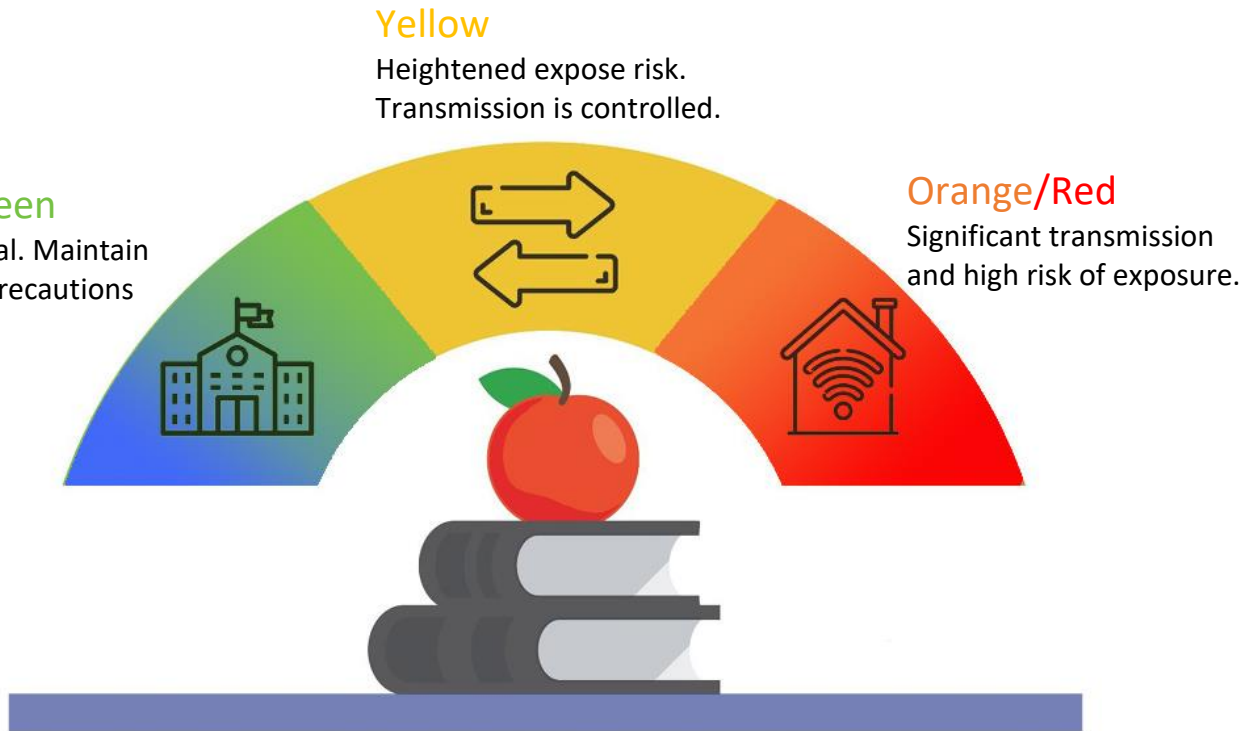
This plan will account for all school buildings and will identify a COVID-19 Coordinator who will be responsible for the health and safety preparedness and response planning. The Coordinator will make themselves available to the NDDoH 24 hours a day / 7 days a week to respond to phone calls from public health. This position will assist public health in identifying and notifying close contacts in the school setting. The coordinator will report cases of COVID-19, found in the school setting, to health officials and the State Superintendent's office.



The Superintendent will assume the role of building level coordinator in all WCS D8 School buildings. The Superintendents can be reached at the district office (701-572-6359) or school cell phone (701-339-0158). If the coordinator is unable to be reached the secondary contacts will be the individual school Principals. The Principal contacts are as follows: Garden Valley (701-826-4531); Round Prairie (701-875-4346); Missouri Ridge (701-875-2041)

# Phases

The following phases will be used to define the community risk level associated with COVID-19. These phases align with the color-coded guidance in the [ND Smart Restart Plan](#). Each level is reported to schools by the NDDoH after rigorous testing and assessment of cases in the community.



## Instructional Models

The instructional models used by the district will be guided, in part, by the risk level of COVID-19 in the community as defined within the phases above. This is a guide as instructional models could be altered based on other factors, such as occupancy levels, age of children, and abilities to move certain classes online.

### **Traditional Learning**

All instruction is delivered in-person with some building and group modifications. Teachers and students maintain a normal daily schedule. Safety precautions are implemented to enhance staff and student safety.

### **Hybrid Learning**

Students report to school on a modified schedule. A hybrid model of instructional delivery will be delivered through a combination of Traditional Learning and Distance Learning.

### **Distance Learning (Google Classroom)**

All instruction is provided off-campus through the use of distance learning resources or suited to the unique needs of the students.

# Health and Safety Guidance

The district strives to provide a healthy and safe environment for all who occupy our schools. The following guidelines are intended to provide a framework for the district's response to COVID-19.

## Resources

ND Department of Public Instruction - <https://www.nd.gov/dpi/parentscommunity/nddpi-updates-and-guidance-covid-19>

ND Department of Health - <https://www.health.nd.gov/diseases-conditions/coronavirus>

Center for Disease Control and Prevention - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

## Best Intentions

Despite taking every reasonable precaution, there is no guarantee that our schools will be without risk as it relates to COVID-19. The virus may be present on our buses, in our classrooms, and at any scheduled extra-curriculars. In certain situations, social distancing is not possible in a school setting. Our actions, as outlined in this plan, will not prevent any student or staff member from being in contact with the virus.

## Protect Yourself and Others

### *Wash your hands often*



- Wash with soap and water for at least 20 seconds especially after blowing your nose, coughing, or sneezing.
- If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Students are encouraged to wash their hands at least three times throughout the day.

### *Avoid close contact*



- Keep social distance from others especially important for people who are at a higher risk of getting sick.
- Consider alternate or modified schedules, adjustments to the use of common areas, use of outdoor spaces and other actions that increase physical separation.
- The sharing of instructional materials should be limited as much as possible.
- Physical separation on busing will be recommended but cannot be guaranteed.
- Visitors, parents, guardians, and volunteers may be limited.
- Bring personal water bottles as water fountains are off limits.

### *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.
- Throw tissues away and wash hands or use hand sanitizer to prevent spread.

### *Clean and disinfect*



- School staff should clean and disinfect frequently touched surfaces daily.
- Shared materials (not recommended) should be cleaned.
- Classrooms will be cleaned/disinfected nightly by custodial staff.

## *Cover your mouth and nose with a cloth face cover when around others.*



- The wearing of masks will be applied in phases based on the phases within the [ND Smart Restart Guidance](#).
- Educators need to teach students how to properly wear a face covering so they are prepared to use them on school buses or other situations in proximity with others.
  - Resources from NDDPI and MPS will be provided to teachers.
- **Blue Phase** – New normal.
  - Green Phase** – Face coverings are recommended but not required.
  - Yellow Phase** – Face coverings are highly recommended but not required.
  - Orange Phase** – Face coverings are required.
  - Red Phase** – Distance Learning with only required personnel allowed in schools.

## Monitor your health daily



- Be alert for symptoms. Watch for a fever, cough, or shortness of breath.
- Parents are asked to screen their children each day before sending them to school. Use the screening guidance provided (see appendix).
- Staff and students who are sick should stay home.
- Temperatures of students and staff will be taken three times daily.
  - Prior to getting on the bus/Prior to exiting the vehicle.
  - Upon first entry into the school for data collection.
  - Prior to lunch for data collection.
  - Symptomatic students will be isolated, and their guardians contacted.

# Health & Safety Protocols

## Student & Staff Health

Monitoring the health of students and staff will be an important component of a safe and healthy educational environment. WCSD8 Schools will take the following measures to ensure all students and staff are healthy while they are at school.

### *Identifying Students & Staff at Higher Risk*

- If your child is at-risk, based on a health professionals' diagnosis, it is parent/guardian's responsibility to inform the individual school secretary. It is parent/guardian's responsibility to provide all medical verification.
- Employees will inform the Business Manager if they are at-risk, based on a health professionals' diagnosis. The Business Manager will work in partnership with the building principal/superintendent and the employee to coordinate adjustments to the work schedule or workplace if appropriate.
- When the NDDoH informs the district of a student or staff member that is COVID-19 positive that information will be passed on to the Superintendent as allowable within district policy and law.

### *Isolation & Quarantine*

- Definitions (see appendix for more information).
  - Isolation – For people who are already sick from the virus. A prevention strategy used to separate people who are sick with the virus from healthy people.
  - Quarantine – For people who are not sick but have been exposed to the virus. A prevention strategy used to monitor people who were exposed for a period of time.
- WCSD8 Schools will follow isolation and quarantine guidelines and directives as set by NDDOH and Upper Missouri Health Unit.

## If a student or staff members becomes sick at school (or school event)

- If a positive case is confirmed in a school building:
  - The district will be closed for at least ten (10) consecutive school days due to the potential of cross contamination.
  - The district will immediately progress to red phase for the duration of the closure.
  - All school buildings and buses will be sanitized and disinfected at least three times during the closure.
  - Notification for closure will be sent through instant alert. Due to immediate suspension of bus services, students will need to be picked up at their respective school(s). Social Services may be contacted if the student is not picked up within 60 minutes of parent/guardian being contacted.
- Student
  - Direct / escort the child to the office.
  - The child shall be provided a facial covering and distanced in the building.
  - Parent / guardian will be contacted to pick up their child. Social Services may be contacted if the student is not picked up within 60 minutes of parent/guardian being contacted.
- Staff
  - Inform supervisor immediately and wear a face mask / shield until a replacement can be provided.
  - Exit the school building/grounds and it is recommended to consult with a health care professional.

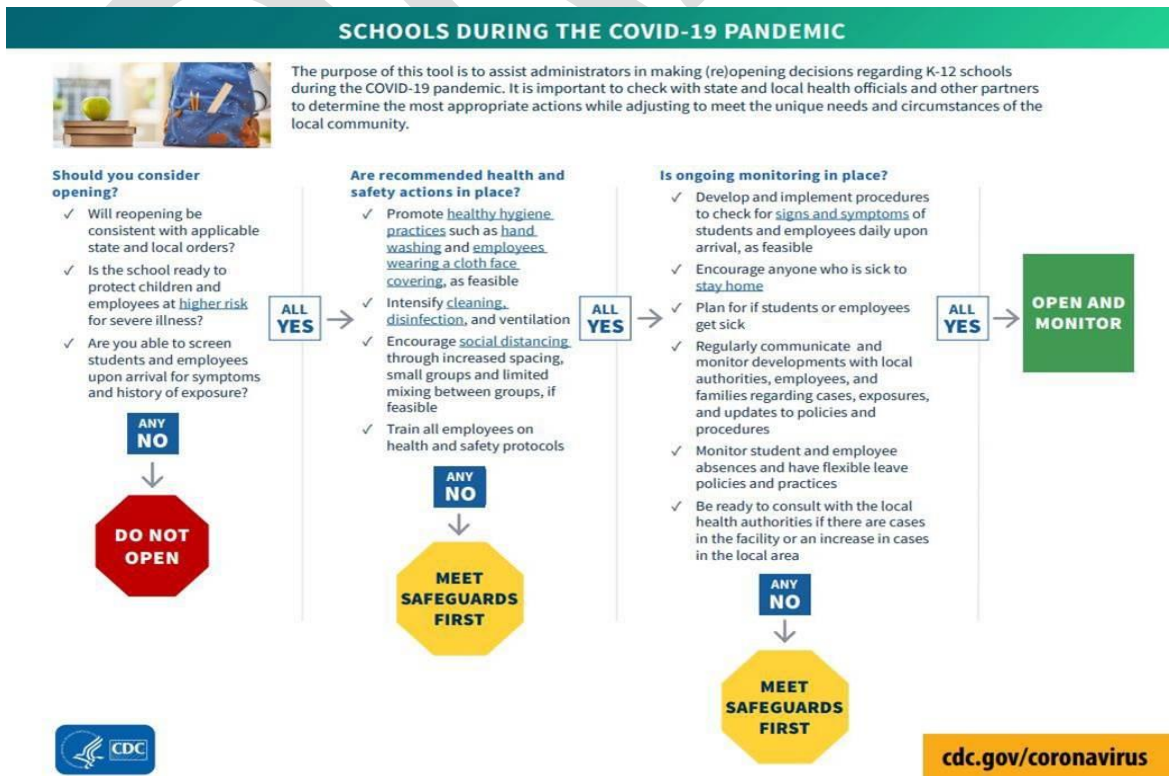
## Return to School

- When a student or staff member has been isolated or quarantined as directed by NDDoH or Upper Missouri Health Unit they will be allowed to return to school after being cleared by the NDDoH.

# Guidance for Grade Level & School Building Level Closure

This is intended as guidance for COVID-19 Coordinators and school leaders on when to close classrooms, grades, and buildings.

- Close contact as defined as being within 6 ft. of another individual for 15 min or greater.
- If a school is closed for any length of time, the district will determine which mode of instruction will resume.
- NDDoH may close a school or district at their discretion.





# Operational Guidance

## Blue Phase – Traditional Learning

Priorities:	<ul style="list-style-type: none"><li>• New normal</li></ul>
Districtwide Practices:	<ul style="list-style-type: none"><li>• New normal</li></ul>
Schools:	<ul style="list-style-type: none"><li>• New normal</li></ul>
Classrooms:	<ul style="list-style-type: none"><li>• New normal</li></ul>
Common Areas:	<ul style="list-style-type: none"><li>• New normal</li></ul>
Extracurricular & Activities:	<ul style="list-style-type: none"><li>• New normal</li></ul>
Communications:	<ul style="list-style-type: none"><li>• New normal</li></ul>

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## Green Phase – Traditional Learning

Priorities:	<ul style="list-style-type: none"> <li>• Ensure students and staff who are symptomatic stay at home.</li> <li>• Implement reasonable accommodations to reduce school-wide and community spread.             <ul style="list-style-type: none"> <li>○ Recommend Face Shield and/or Face Mask</li> <li>○ Temperature monitoring. (In car/bus, entry into school, and at lunch time)</li> <li>○ Water fountains off limits (Water bottle filler still usable)</li> <li>○ Hand sanitizer in each room.</li> <li>○ Wash hands at least 3 times per day.</li> </ul> </li> <li>• Maximize social distancing where possible.</li> </ul>
Districtwide Practices:	<ul style="list-style-type: none"> <li>• Social distancing where possible and reasonable.             <ul style="list-style-type: none"> <li>○ Distancing on a school bus will be unachievable, we encourage parents to consider alternate transportation for their child.</li> <li>○ Lunch/Recess will be as normal with Face Shield/Mask recommended.</li> <li>○ Band/Choir will be as normal with Face Shield/Mask recommended.</li> </ul> </li> <li>• Buildings routinely cleaned and disinfected according to CDC guidelines. Special focus on high touch/traffic areas.</li> <li>• Handwashing integrated throughout the day.</li> <li>• Hand sanitizer available throughout each building.</li> <li>• Distance Learning is optional. (Rigor greatly increased from Spring)</li> <li>• Support and train staff and students on use of technology tools and online curricular resources.</li> </ul>
Schools:	<ul style="list-style-type: none"> <li>• Protective measures will be implemented in office spaces.</li> <li>• Some school events, assemblies and gatherings may be changed or postponed.</li> <li>• Access to campus may be limited, with new protocols.</li> </ul>
Classrooms:	<ul style="list-style-type: none"> <li>• Students issued “technology” and trained on how to access online learning resources including Google Classroom.</li> <li>• Limited use of shared materials and supplies.</li> <li>• Staff and students working in close proximity will be reminded of social distancing guidelines and face covering will be recommended.</li> </ul>
Common Areas:	<ul style="list-style-type: none"> <li>• Schedules may be altered to reduce passing in common areas.</li> <li>• Lunch times and location may be altered to reduce the number of students in the cafeteria at any one time.</li> </ul>
Extracurricular & Activities:	<ul style="list-style-type: none"> <li>• Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities.</li> </ul>
Communications:	<ul style="list-style-type: none"> <li>• Advisory posters will be posted around the school.</li> <li>• Parents will be notified of phase changes through the district alert system.</li> <li>• Updates will be posted on district8nd.com and the district Facebook.</li> </ul>

# Yellow Phase – Traditional Learning

Priorities:	<ul style="list-style-type: none"> <li>• Ensure students and staff who are symptomatic stay at home.</li> <li>• Implement reasonable accommodations to reduce school-wide and community spread.             <ul style="list-style-type: none"> <li>○ Highly Recommend Face Shield and/or Face Mask</li> <li>○ Temperature monitoring. (In car/bus, entry into school, and at lunch time)</li> <li>○ Water fountains off limits (Water bottle filler still usable)</li> <li>○ Hand sanitizer in each room.</li> <li>○ Wash hands at least 3 times per day.</li> </ul> </li> <li>• Maximize social distancing where possible.</li> </ul>
Districtwide Practices:	<ul style="list-style-type: none"> <li>• Based on identified COVID cases of students and staff targeted closures may be implemented (class, grade, department, etc). While other schools remain open and meeting students in person.</li> <li>• Social distancing where possible and reasonable.             <ul style="list-style-type: none"> <li>○ Distancing on a school bus will be unachievable, we recommend parents to consider alternate transportation for their child.</li> <li>○ Lunch/Recess will be as normal with Face Shield/Mask highly recommended.</li> <li>○ Band/Choir will be as normal with Face Shield/Mask highly recommended.</li> </ul> </li> <li>• Buildings routinely cleaned and disinfected according to CDC guidelines. Special focus on high touch/traffic areas.</li> <li>• Handwashing integrated throughout the day.</li> <li>• Hand sanitizer available throughout each building.</li> <li>• Distance Learning is optional (Rigor greatly increased from Spring)</li> <li>• Support and train staff and students on use of technology tools and online curricular resources.</li> </ul>
Schools:	<ul style="list-style-type: none"> <li>• Protective measures will be maintained in office spaces.</li> <li>• Some school events, assemblies and gatherings may be changed or cancelled.</li> <li>• Access to campus may be additionally limited, with new protocols.</li> </ul>
Classrooms:	<ul style="list-style-type: none"> <li>• Students issued “technology” and trained on how to access online learning resources including Google Classroom.</li> <li>• Limited use of shared materials and supplies.</li> <li>• Staff and students working in close proximity will be reminded of social distancing guidelines and face covering will be highly recommended.</li> <li>• Desks arranged to allow for cohort groups and social distancing where possible and reasonable.</li> </ul>
Common Areas:	<ul style="list-style-type: none"> <li>• Schedules will be altered to reduce passing in common areas.</li> <li>• Lunch times and location will be altered to reduce the number of students in the cafeteria at any one time</li> </ul>
Extracurricular& Activities:	<ul style="list-style-type: none"> <li>• Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities.</li> </ul>
Communications:	<ul style="list-style-type: none"> <li>• Advisory posters will be posted around the school.</li> <li>• Parents will be notified of phase changes through the district alert system.</li> <li>• Updates will be posted on district8nd.com and the district Facebook.</li> </ul>

# Orange Phase– Hybrid Learning

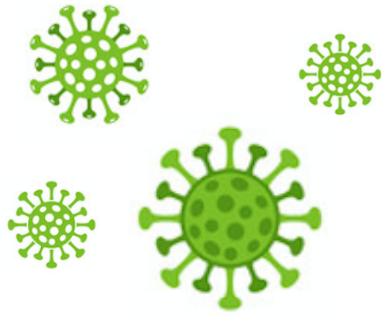
<p>Priorities:</p>	<ul style="list-style-type: none"> <li>• Ensure students and staff who are symptomatic stay at home.</li> <li>• Activate Hybrid Learning</li> <li>• Implement reasonable accommodations to reduce school-wide and community spread.             <ul style="list-style-type: none"> <li>○ Required Face Shield and/or Face Mask when in close contact.</li> <li>○ Temperature monitoring. (In car/bus, entry into school, and at lunch time)</li> <li>○ Water fountains off limits (Water bottle filler still usable)</li> <li>○ Hand sanitizer in each room.</li> <li>○ Wash hands at least 3 times per day.</li> </ul> </li> <li>• Maximize social distancing where possible.</li> <li>• Students will alternate one week in traditional learning and one week in distance learning.</li> </ul>
<p>Districtwide Practices:</p>	<ul style="list-style-type: none"> <li>• Based on identified COVID cases of students and staff targeted closures may be implemented (class, grade, department, etc). While other schools remain open and meeting students in person.</li> <li>• Social distancing where possible and reasonable.             <ul style="list-style-type: none"> <li>○ Distancing on a school bus will be unachievable, we highly recommend parents to consider alternate transportation for their child.</li> <li>○ Lunch/Recess will be as normal with Face Shield/Mask required.</li> <li>○ Band/Choir will be as normal with Face Shield/Mask required.</li> </ul> </li> <li>• Buildings routinely cleaned and disinfected according to CDC guidelines. Special focus on high touch/traffic areas.</li> <li>• Handwashing integrated throughout the day.</li> <li>• Hand sanitizer available throughout each building.</li> <li>• Support and train parents on use of technology tools and online curricular resources.</li> <li>• Implement technology support line.</li> <li>• Instruction will focus on essential learning targets.</li> <li>• Attendance and academic progress will be expected.</li> <li>• Grading policies will not be suspended.</li> <li>• Implement internet access (wifi) hot spots, to support distance learning for those that may not have it in their homes.</li> <li>• Local food distribution may be implemented by food service program.</li> </ul>
<p>Schools:</p>	<ul style="list-style-type: none"> <li>• Protective measures will be maintained in office spaces.</li> <li>• Some school events, assemblies, and gatherings may be changed or cancelled.</li> <li>• Access to campus will be limited, with new protocols.</li> <li>• Small group meetings or instruction will be allowed, particularly for special needs students or academic interventions.</li> </ul>
<p>Classrooms:</p>	<ul style="list-style-type: none"> <li>• Students may be attending school on a hybrid schedule.</li> <li>• Students will be expected to engage in learning opportunities online using district LMS system (Google Classroom) on days they are not in school.</li> <li>• Teachers are expected to make direct student contact at least two time per week.</li> </ul>

	<ul style="list-style-type: none"> <li>• Limited use of shared materials and supplies when students are in school.</li> <li>• Desks arranged to allow for cohort groups and social distancing where possible and reasonable.</li> <li>• Staff and students working in close proximity will be required to wear a face covering.</li> </ul>
Common Areas:	<ul style="list-style-type: none"> <li>• Schedules will be altered to reduce passing in common areas.</li> <li>• Students will be required to wear face coverings in common areas and when transitioning to new classes.</li> <li>• Lunch times and location will be altered to reduce the number of students in the cafeteria at any one time.</li> </ul>
Extracurricular & Activities:	<ul style="list-style-type: none"> <li>• Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities.</li> <li>• Athletic and other extra/co-curricular activities likely suspended.</li> </ul>
Communications:	<ul style="list-style-type: none"> <li>• Clear communication about academic expectations and grading shared with students and families by the teachers.</li> <li>• Share technology support resources for parents.</li> <li>• Student/family support help-desk opened.</li> <li>• Parents will be notified of phase changes through the district alert system.</li> <li>• Updates will be posted on <a href="http://district8nd.com">district8nd.com</a> and the district Facebook</li> </ul>

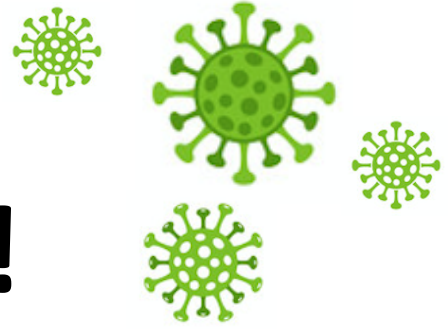
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## Red Phase – Distance Learning

Priorities:	<ul style="list-style-type: none"><li>• Reduce the risk of community spread by closing schools.</li></ul>
Districtwide Practices:	<ul style="list-style-type: none"><li>• Online instruction will be used district wide in all courses at all grade levels.</li><li>• Instruction will focus on essential learning targets.</li><li>• Attendance and academic progress will be expected.</li><li>• Grading policies will not be suspended.</li><li>• Implement internet access (wifi) hot spots, to support distance learning for those that may not have it in their homes.</li><li>• Local food distribution may be implemented by food service program.</li></ul>
Schools:	<ul style="list-style-type: none"><li>• Closed to the general public except by special arrangement with the district office.</li><li>• Small group meetings or instruction may be allowed, particularly for special needs students or academic interventions.</li><li>• Administrators and teachers will be at assigned school during normal school hours.</li></ul>
Classrooms:	<ul style="list-style-type: none"><li>• Students will engage in learning at the home.</li><li>• Students will be expected to engage in learning opportunities online using district LMS system (Google Classroom).</li><li>• Teachers are expected to make direct student/family contact at least five time per week.</li></ul>
Extracurricular & Activities:	<ul style="list-style-type: none"><li>• Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities.</li><li>• Athletic and other extra/co-curricular activities suspended.</li></ul>
Communications:	<ul style="list-style-type: none"><li>• Clear communication about academic expectations and grading shared with students and families by the teachers.</li><li>• Share technology support resources for parents.</li><li>• Student/family support help-desk opened.</li><li>• Parents will be notified of phase changes through the district alert system.</li><li>• Updates will be posted on <a href="http://district8nd.com">district8nd.com</a> and the district Facebook.</li></ul>



# BEFORE SCHOOL!



Parents are asked to review this daily health checklist by answering these questions before sending their child to school.

(Parents do not need to send the questionnaire to school)

Has your child had close contact with a confirmed case of COVID-19 in the past 14 days?

Yes \_\_\_ No \_\_\_

Does your child have a new or worsening shortness of breath?

Yes \_\_\_ No \_\_\_

Does your child have new or worsening cough?

Yes \_\_\_ No \_\_\_

Does your child have a fever of 100.4 or greater?

Yes \_\_\_ No \_\_\_

Does your child have chills?

Yes \_\_\_ No \_\_\_

Does your child have a sore throat?

Yes \_\_\_ No \_\_\_

Does your child have a new loss of taste or smell?

Yes \_\_\_ No \_\_\_



If **YES** to any of the questions **STOP!**

Do not send your child to school. Contact your healthcare provider. Contact your child's school to inform them of your child's absence.



If you are able to answer **NO** to all questions, go to school.

## COVID-19: What's the Difference Between Physical Distancing, Quarantine and Isolation?

	<b>PHYSICAL DISTANCING</b>	<b>QUARANTINE</b>	<b>ISOLATION</b>
<b>Who is it for?</b>	People who haven't been exposed to the virus or are not aware of exposure to the virus.	People who don't currently have symptoms of the virus but were exposed to the virus.	People who are already sick from the virus.
<b>What is it?</b>	A precautionary measure used to help prevent the spread of the virus.	A prevention strategy used to monitor people who were exposed to the virus for a period of time to see if they become ill.	A prevention strategy used to separate people who are sick with the virus from healthy people.
<b>Where does it take place?</b>	Takes place outside the home in public places like grocery stores and work environments.	Takes place in a home setting.	Can take place in a home when medical attention is not required. Takes place in a hospital when medical care is required.
<b>When do I use it?</b>	At all times until further directed by the ND Department of Health.	If you have recently traveled internationally or have known exposure to the virus.	If you have tested positive or have symptoms and have not yet obtained a test.
<b>How long is it for?</b>	At all times until further directed by the ND Department of Health.	14 days after your last exposure. Once your quarantine period has ended, if you do not have symptoms, you may return to your normal routine.	A minimum of 10 days from the beginning of symptoms and 72 hours after your fever is gone without the use of fever-reducing medicine and other symptoms have significantly improved.
<b>What does this mean for my daily life?</b>	<ul style="list-style-type: none"> <li>• Avoid large gatherings.</li> <li>• Stay 6-feet away from people.</li> <li>• If you are unable to stay 6-feet away from other people, wear a cloth face covering.</li> <li>• Call or video-chat with friends or loved ones, particularly those that are elderly or have underlying health conditions that places them at high-risk.</li> <li>• If possible, work from home.</li> <li>• Practice good hygiene and avoid shaking hands or touching your face.</li> <li>• If you become ill and need medical attention, call your health care provider.</li> </ul>	<ul style="list-style-type: none"> <li>• Stay at home and avoid close contact with others.</li> <li>• Do not attend school, work or any other setting where you cannot maintain a 6-foot distance from other people.</li> <li>• Call or video-chat loved ones.</li> <li>• For food, medication and other necessities, obtain through friends or family, or use a contactless delivery service.</li> <li>• Practice standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often.</li> <li>• Monitor your symptoms. If you become ill and need medical attention, call your health care provider.</li> </ul>	<ul style="list-style-type: none"> <li>• Do not leave your home unless it is in an emergency. If you are in a home with others, stay in a "sick" room by yourself and, if possible, do not share a bathroom.</li> <li>• If you have a pet and live with others, do not touch your pet.</li> <li>• For food, medication and other necessities, obtain through friends or family, or use a contactless delivery service. Try to stock up for the duration of the isolation.</li> <li>• Practice standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often.</li> <li>• If a caregiver cleans your room or bathroom, they should wear a mask and wait as long as possible after you've used the bathroom.</li> <li>• Contact your health care provider immediately if you experience severe symptoms.</li> </ul>