



---

# GRENORA PUBLIC SCHOOL HEALTH & SAFETY SMART RESTART PLAN

Grenora School Board Approved  
July 29, 2020

Grenora School Families,

It has been a challenge for our entire community since March, but we hope you have found ways to cope with 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 did not end the way we were expecting or wanting it to, but we are proud of the students, staff, families, and community members for making it through the fourth quarter! We are also thankful the district was able to celebrate our seniors' accomplishments with a graduation ceremony.

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.

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 or should not do. However, considering this, we must remain open to what is possible and contemplate 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,

Aaron Rudningen  
Superintendent

Carrie Edwards  
School Board President

# Assumptions & Assurances

## GRENORA 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.

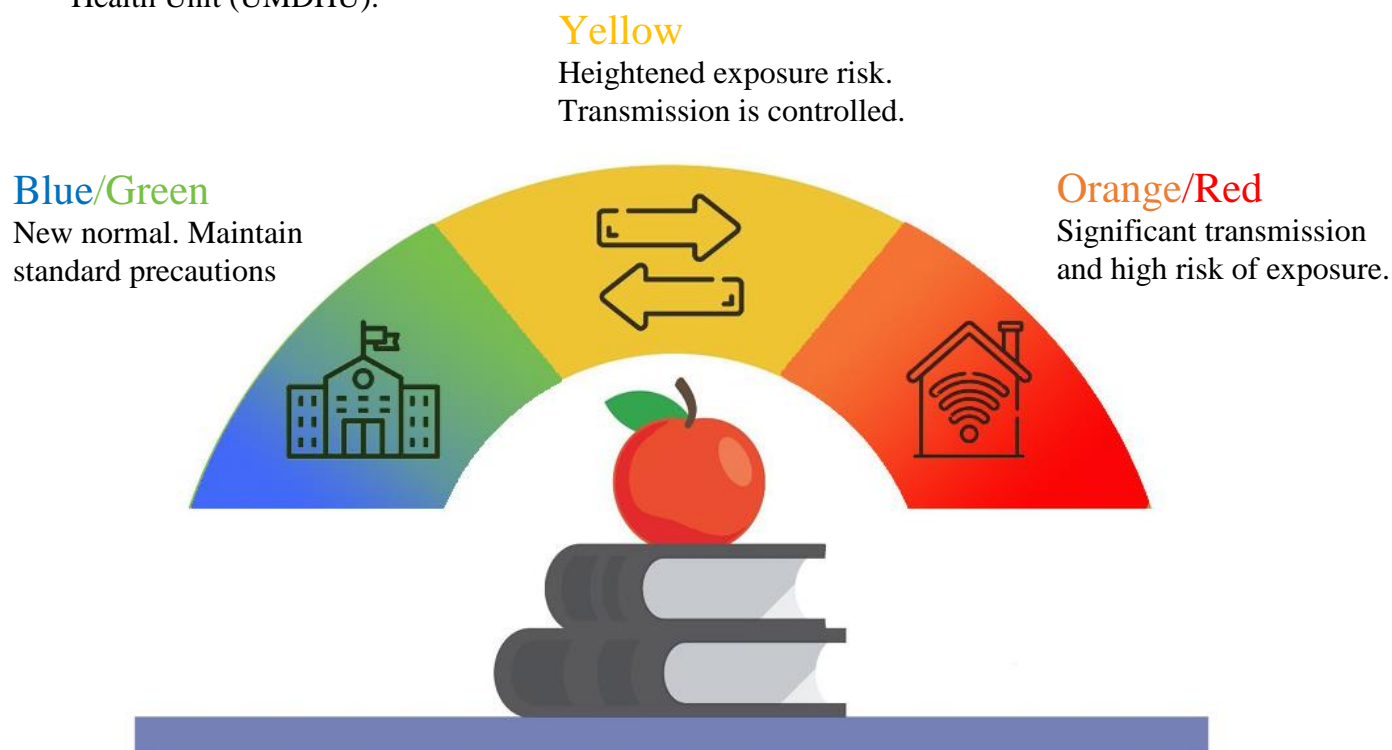
## COVID-19 GPS COORDINATOR AND TEAM

Aaron Rudningen, Superintendent, will assume the role of the **COVID-19 District Coordinator**. If the coordinator is unable to be contacted, the secondary contact will be Joe Paine, School Principal.

- The **COVID-19 District 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 **COVID-19 District Coordinator** will report school cases of COVID-19 to health officials and the State Superintendent's office.
- Team members will collaborate with the Coordinator. The team will work with families and staff in reporting exposures, managing positives cases, social-emotional learning, etc.
- The Grenora School's Return to Learning Plan was crafted and reviewed by a team consisting of the following:
  - Educators
  - Secretaries
  - Custodial Staff
  - a School Board member
  - Parents
  - School Principals
  - Upper Missouri District Health Unit
- Input was gathered by various means to allow for a wide range of input, while maintaining social distancing.

## Re-Opening Levels

The purpose of this Reopening Plan is to maximize in-person learning opportunities. GPS's Reopening Plan will allow us to respond quickly to changing local, regional, state and national conditions. As conditions change, we may have to change how we provide educational instruction during the school year. The plan includes a **Blue/Green-Yellow-Red/Orange** system that outlines what students, staff and parents can expect under different conditions. The GPS Health and Safety Committee created the plan in consultation with Upper Missouri District Health Unit (UMDHU).



## 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. Parents have the option to have their child participate in distance learning. This is determined on a semester-by-semester basis.



### 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.



### Blended Learning

Students report to school on a modified schedule. Multiple hybrid models of instructional delivery may be appropriate to meet the educational needs through a variety of delivery models.



### **Distance Learning Google Classroom, GSuite**

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

## **Guidance for 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 is defined as being within 6 ft. of another individual for 15 min or greater.
- Grenora Public School may change learning platform options based on state color level or active case level within the district. Due to the size and layout of our school, if a student or staff member tests positive for COVID-19 the district will transition to complete distance learning for at least 14 days of quarantine. We will also move into Phase II of our PPE Guidance. Small group meetings or instruction may be allowed, particularly for special needs students or academic interventions. Some school events and gatherings may be changed or cancelled. Students will be expected to engage in online learning through Google Classroom/ Google Education Suite at home.
- Upper Missouri District Health Unit will be consulted for local decision-making.
- NDDoH or the Governor's office may close a school or district at their discretion.

**The following form must be returned to school prior to the first day of class. Failure to have this form in by the end of the day on August 12<sup>th</sup> will result in your child automatically being placed in on-site learning.**

**I, \_\_\_\_\_ (Parent/Guardian) choose to have \_\_\_\_\_ (child) instructed in the following way (choose one below). Furthermore, I have read through the re-start guidelines, and I know and understand the expectations of my child, us as parents or guardians, and the school as it pertains to the type of educational deliverance model I've chosen for my child.**

Reminder: Due to the size and layout of our school, if a student or staff member tests positive for COVID-19 the district will transition to complete distance learning for at least 14 days of quarantine. We will also move into Phase II of our PPE Guidance. Small group meetings or instruction may be allowed, particularly for special needs students or academic interventions.

### **Education Model (Choose One)**

- **On-Site (Face-to-Face)**
- **Distance Learning (remote Delivery)**

**Parent signature** \_\_\_\_\_

**Date:** \_\_\_\_\_

# 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 could be present on our buses, in our classrooms, and at our activities. 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 often throughout the day.

### *Avoid close contact*



- Keep social distance from others especially important for people who are at a higher risk of getting sick.
- Alternate or modified schedules, adjustments to use of common areas, use of outdoor spaces and other actions that increase physical separation may be considered.
- The sharing of instructional materials should be limited and disinfected after each use.
- Physical separation on buses, one student per seat, will be recommended but cannot be guaranteed.
- School visitors will have limited access to the building. They will be screened at the office, and the student or teacher will meet them in the office.

### Cover coughs and sneezes



- Always cover your mouth and nose with a tissue or use the inside of your elbow when you cough or sneeze
- 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 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](#).
- Parents and 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 when in close proximity to others.
  - Resources from NDDPI will be provided to teachers.
- In specific instances, the wearing of a face covering (mask) may be required. These are explained in the table below



## Grenora COVID-19 PPE Guidance

	STAFF	PPE
Phase I	All staff (other than what is outlined)	<b>Encouraged</b> to wear cloth face coverings <b>Encouraged</b> to wear face coverings on school transportation (bus)
Phase I	All Students	<b>Encouraged</b> to wear cloth face coverings. <b>Encouraged</b> to wear face coverings if using school transportation (bus)
Phase I	Public facing staff (i.e. receptionists/clerical) unless plexiglass partition is in place.	<b>Required</b> face shield or cloth face mask
Phase I	Staff caring for / instructing a student in a small space – small group – for more than 15 minutes. (i.e. Title I, SPED, EL, educator)	Building administrators in consultation with County Health Unit and educator will determine if face coverings or face shield are <b>required</b> . This may be influenced by instructional and learning needs of the student and health considerations of all occupants in the room.
Phase II	All staff	<b>Required</b> to wear a cloth face covering.
Phase II	All Students	<b>Required</b> to wear a face mask if they are in the school building for any instructional support.
Phase II	All staff and students in school bus	<b>Required to wear a face covering</b>

### *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 may be taken upon entering the building or school bus.
  - 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. Grenora School will take the following measures to ensure all students and staff are healthy while they are at school.

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

- Back to School and enrollment processes will include questions asking families to identify if their child is at-risk, based on a health professional's diagnosis. This information will be provided to the Superintendent (COVID-19 Coordinator) and Principal, who will contact the family and discuss instructional model options.
- The Superintendent will inquire of all employees if they are at-risk, based on a health professional's diagnosis.
- When the NDDoH or Upper Missouri District Health Unit informs the District of a student or staff member that is COVID-19 positive, that information will be passed on to the Superintendent and principal as allowable within District policy and State and Federal 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.
- Grenora School will follow isolation and quarantine guidelines and directives as set by NDDOH and the Upper Missouri District Health Unit.

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

- Student
  - Direct / escort the child to the office.



- The child shall be provided a facial covering and isolated in the building sick room.
- Parent / guardian will be contacted to pick up their child.
- Staff
  - Inform principal immediately and wear a face mask / shield until they can be replaced if supervising students at that time.
  - Leave the school building/grounds and 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 the Upper Missouri District Health Unit, they will be allowed to return to school after being cleared by the NDDoH.

## Facility Accommodations & Protocols

Entrances will be labeled with proper entrance and exit criteria.

Social distancing marks will be placed on the floor throughout the building and bathroom facilities.

Building and playground equipment will be sanitized throughout the day.

## Transportation

Routes – The District is working on creating bus routes that will allow for social distancing on each of the school buses.

Safety & Health – Parents should follow the daily checklist with students prior to them getting on the bus. It is recommended that masks be worn on buses if social distancing is not able to be achieved.

# Blue / Green Opening: Low Risk Re-Opening Operations

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.</li> </ul>
Daily checks and Screening	<ul style="list-style-type: none"> <li>• Parents are asked to screen their child/ren each day before sending them to school. Screening guidance is below and will be available on our website and social media and will be sent home with each family.</li> <li>• All staff, including subs, will take temperature daily.</li> </ul>
Districtwide Practices:	<ul style="list-style-type: none"> <li>• Social distancing where possible and reasonable. <ul style="list-style-type: none"> <li>○ Class times will be adjusted to limit the number of people in the hallway at one particular time.</li> <li>○ We will work to have social distancing on school buses. Students are encouraged to wear masks.</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 the building.</li> <li>• Support and train parents on use of technology tools and online curricular resources.</li> <li>• Protective measures will be implemented in office spaces.</li> <li>• Some school events, assemblies and gatherings may be changed or cancelled.</li> <li>• Access to campus may be limited, with new protocols.</li> <li>• Signage will be placed throughout the school to continue to educate students, staff, and community about safe protocols in regard to COVID-19</li> <li>• GPS will ensure ventilation systems operate properly and increase circulation of outdoor air as much as possible.</li> </ul>
Classrooms:	<ul style="list-style-type: none"> <li>• Students issued Chromebooks (3-12) and Ipads (K-2) and trained on how to access online learning resources including Google Classroom and the Google Educational Suite.</li> <li>• Limited use of shared materials and supplies.</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 advised to wear a face coving.</li> <li>• Classes will be held outside as feasible.</li> </ul>
Personal Protective Equipment (PPE)	<ul style="list-style-type: none"> <li>• Students and staff will be encouraged to wear masks or other PPE but not required.</li> <li>• All non-employees (vendors, delivery, etc) will be required to wear a mask when in the building during school hours.</li> </ul>

	<ul style="list-style-type: none"> <li>• Disposable masks will be provided for people visiting the building.</li> </ul>
Common Areas:	<ul style="list-style-type: none"> <li>• Students, when moving around the building, will move in cohort groups and reasonably try to limit exposure to other groups.</li> <li>• Schedules will be altered to reduce cohorts 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, MHSA, and other governing boards will be used to guide these activities.</li> </ul>
Communications:	<ul style="list-style-type: none"> <li>• Share information about how to stop the spread of COVID-19.</li> <li>• Faculty and staff training on the implementation of the Health and Safety Plan.</li> <li>• Faculty and staff training on appropriate use and wearing of facial coverings.</li> <li>• Weekly updates posted on the school website, school Facebook page, and text message alert system.</li> </ul>

## Yellow Opening: Moderate Level Operations

Priorities:	<ul style="list-style-type: none"> <li>• Reduce the rate of community spread</li> </ul>
Districtwide Practices:	<ul style="list-style-type: none"> <li>• Face to Face learning will continue if there are no active cases within our district.</li> <li>• Local food distribution may be implemented by food service program.</li> <li>• Closed to the general public except by special arrangement with the district office.</li> <li>• Buildings routinely cleaned and disinfected according to CDC guidelines. Special focus on high touch/traffic areas.</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>• Protective measures will be maintained in office spaces.</li> <li>• Some school events and gatherings may be changed or cancelled.</li> <li>• Students will be expected to engage in online learning through Google Classroom/ Google Education Suite at home.</li> </ul>
Extracurricular& Activities:	<ul style="list-style-type: none"> <li>• Guidance and directives from the NDHSAA, MHSA, 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>• Share information about how to stop the spread of COVID-19.</li> <li>• Bi-Weekly updates posted on the school website, school Facebook page and text message alert system.</li> <li>• Clear communication about academic expectations and grading shared with students and families.</li> <li>• Share technology support resources for parents.</li> <li>• Student/family support hotline opened.</li> </ul>

	<ul style="list-style-type: none"> <li>• Faculty and staff training on the implementation of the Health and Safety Plan.</li> <li>• Faculty and staff training on appropriate use and wearing of facial coverings.</li> </ul>
<h2 style="text-align: center;">Orange / Red Opening: High and Critical Risk Operations</h2>	
	<ul style="list-style-type: none"> <li>• In extreme conditions, which could include a local or state stay-at-home order, GPS will close schools and shift to remote learning for all students. All instruction is provided off-campus through the use of distance learning resources or suited to a unique needs of students.</li> </ul>
Priorities:	<ul style="list-style-type: none"> <li>• Reduce the risk of further community spread.</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>• Local food distribution may be implemented by food service program.</li> <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>• Students will engage in learning at the home.</li> <li>• Students will be expected to engage in learning opportunities online (Google Classroom and Google Educational Suite).</li> <li>• School staff are expected to make direct student/family contact at least one time per week.</li> </ul>
Extracurricular& Activities:	<ul style="list-style-type: none"> <li>• Guidance and directives from the NDHSAA, MHSA, 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.</li> <li>• Share technology support resources for parents.</li> <li>• Student/family support hotline opened.</li> <li>• Bi-Weekly updates posted on the school website, school Facebook page and text message alert system.</li> </ul>

## **Health and Safety Protocols**

To accomplish our goal of reopening our schools and keeping them open, it will be important for students, staff, parents and patrons to do their part by following health guidance and monitoring their health.

---

### **DAILY SCREENING: BEFORE YOU SEND YOUR CHILD TO SCHOOL**

In cooperation with state and local public health officials, we ask as students and staff prepare for school each day, they ask themselves these questions: “Do I have a.....”

- ✓ Fever or Chills (a fever is considered having a temperature of 100.4 F)
- ✓ Cough *when in combination with other symptoms and not due to other known causes such as allergies.*
- ✓ Shortness of breath or difficulty breathing
- ✓ Congestion or runny nose *when in combination with other symptoms and not due to other known causes such as allergies.*
- ✓ Fatigue *when in combination with other symptoms.*
- ✓ Nausea, vomiting or diarrhea
- ✓ Muscle or body aches
- ✓ Sore throat *when in combination with other symptoms and not due to other known causes such as allergies.*
- ✓ New loss of taste or smell
- ✓ Abdominal pain
- ✓ Headache *when in combination with other symptoms.*

If you answer is **YES** to any of these symptoms, we ask that you:

1. Contact the school and you will be put in touch with a COVID-19 team member.
  2. **DO NOT** come to work/send your child to school.
  3. Contact your healthcare provider for guidance to determine if testing for COVID-19 is recommended.
- 

### **IF YOUR CHILD WAS DIRECTED BY A HEALTHCARE PROVIDER TO STAY HOME:**

1. Contact the school and you will be put in touch with a COVID-19 team member.
2. **DO NOT** send your child to school UNTIL:
  - a. Your medical provider has diagnosed a different illness than COVID-19 and cleared your child to return to school.
  - b. Provide documentation from a medical professional clearing your child to return to school.

### **IF YOUR CHILD HAS HAD CLOSE CONTACT (within 6 feet for more than 15 minutes) WITH SOMEONE TESTING POSITIVE FOR COVID-19:**

1. Contact the school and you will be put in touch with a COVID-19 team member.
2. Contact your healthcare provider.

**IF YOUR CHILD HAS BEEN TESTED DUE TO SYMPTOMS AND/OR EXPOSURE:**

1. Contact the school and you will be put in touch with a COVID-19 team member.
2. DO NOT send your child to school and do the following until a negative test result is obtained:
  - a. Remain at home at least 10 days and until at least 3 days have passed with no fever and improvement in other symptoms
  - b. Monitor symptoms
3. Answer the call from local or state board of health to help identify close contacts to help them prevent transmission

**IF YOUR CHILD HAS TESTED POSITIVE FOR COVID-19:**

1. Contact the school and you will be put in touch with a COVID-19 team member.
  2. Notify the school of the positive test.
  3. DO NOT send your child to school.
  4. Follow guidance from your healthcare provider regarding isolation and contact tracing.
  5. Provide documentation from a medical professional clearing your child to return to school.
- 

**GRENORA PUBLIC SCHOOL RESPONSE TO A POSITIVE TEST OF STUDENT AND/OR STAFF:**

1. School personnel will contact UMDHU and will follow protocol.
  2. District will coordinate efforts to communicate to staff, students, and parents the possible exposure to COVID-19 while maintaining confidentiality as required by the Family Educational Rights and Privacy Act (FERPA) Health Insurance Portability and Accountability Act (HIPAA) and the Americans with Disability Act (ADA).
-

# 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)

Does your child have any of the symptoms below?

- ✓ Fever or Chills (a fever is considered having a temperature of 100.4 F)
- ✓ Cough *when in combination with other symptoms and not due to other known causes such as allergies.*
- ✓ Shortness of breath or difficulty breathing
- ✓ Congestion or runny nose *when in combination with other symptoms and not due to other known causes such as allergies.*
- ✓ Fatigue *when in combination with other symptoms.*
- ✓ Nausea, vomiting or diarrhea
- ✓ Muscle or body aches
- ✓ Sore throat *when in combination with other symptoms and not due to other known causes such as allergies*
- ✓ New loss of taste or smell
- ✓ Abdominal pain
- ✓ Headache *when in combination with other symptoms.*



If YES to any of the symptoms above, **STOP!**

Do NOT send your child/ren to school. Contact your healthcare provider. Contact the school at 701-828-3334 to inform us of your child's absence.



If you able to answer NO to all of the symptoms above, **GO** to school!

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

	PHYSICAL DISTANCING	QUARANTINE	ISOLATION
<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>

Last updated 05/07/2020