
REEF-SUNSET UNIFIED SCHOOL DISTRICT COVID-19 EDUCATION



WHY IS EDUCATING PEOPLE ON COVID-19 IMPORTANT?

- Schools are an important part of the infrastructure of communities and play a critical role in supporting the whole child, not just their academic achievement.
- Returning to school in fall 2020 poses new challenges for schools, including implementing mitigation measures (e.g., social distancing, cleaning and disinfection, hand hygiene, use of masks), addressing social, emotional, and mental health needs of students, addressing potential learning loss, and preparing for the probability of COVID-19 cases within the broader school community.

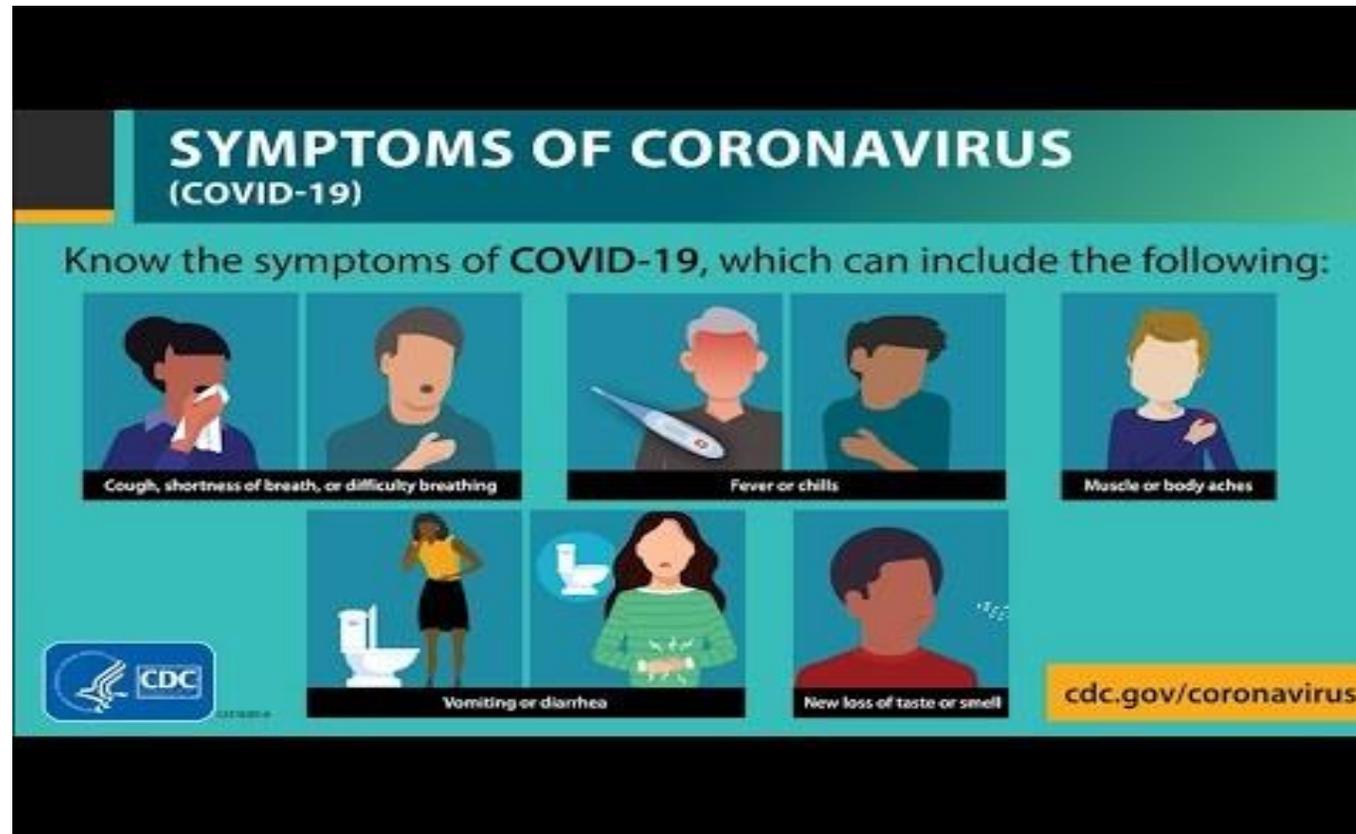
SIGNS AND SYMPTOMS:

- People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms may have 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
- This list does not include all possible symptoms. CDC will continue to update this list as we learn more about COVID-19.

WHEN TO SEEK EMERGENCY MEDICAL ATTENTION:

- Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**
 - Trouble breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Inability to wake or stay awake
 - Bluish lips or face
- *This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.
- **Call 911 or call ahead to your local emergency facility:** Notify the operator that you are seeking care for someone who has or may have COVID-19.

SYMPTOMS OF COVID-19:



SOURCE: [HTTPS://WWW.CDC.GOV/VIDEO/SOCIALMEDIA/20_318285-SINTOMAS-DEL-CORONAVIRUS.MP4](https://www.cdc.gov/video/socialmedia/20_318285-SINTOMAS-DEL-CORONAVIRUS.MP4)

KNOW HOW IT SPREADS:

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- **The best way to prevent illness is to avoid being exposed to this virus.**
- The virus is thought to spread mainly from person-to-person.
 - Between people who are in close contact with one another (within about 6 feet).
 - Through respiratory droplets produced when an infected person coughs, sneezes or talks.
 - These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.
 - Some recent studies have suggested that COVID-19 may be spread by people who are not showing symptoms.

HOW GERMS SPREAD:

- Washing hands can keep you healthy and prevent the spread of respiratory and diarrheal infections from one person to the next. Germs can spread from other people or surfaces when you:
 - Touch your eyes, nose, and mouth with unwashed hands
 - Prepare or eat food and drinks with unwashed hands
 - Touch a contaminated surface or objects
 - Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects

SOURCE:

ENHANCED SANITATION PRACTICES:

- Wash your hands often.
- Avoid close contact.
- Cover your mouth and nose with a mask when around others.
- Cover coughs and sneezes.
- Clean and disinfect.
- Monitor your daily health.

SOURCE:

STOP THE SPREAD:



SOURCE: [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/VIDEOS/STOP-SPREAD/COVID19-STOP-THE-SPREAD-OF-GERMS.WMV](https://www.cdc.gov/coronavirus/2019-nCoV/videos/stop-spread/covid19-stop-the-spread-of-germs.wmv)

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 mask
 - 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.

FOLLOW FIVE STEPS TO WASH YOUR HANDS THE RIGHT WAY:

- Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community—from your home and workplace to childcare facilities and hospitals.
- Follow these five steps every time.
 - **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
 - **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
 - **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
 - **Rinse** your hands well under clean, running water.
 - **Dry** your hands using a clean towel or air dry them.



CDC: WHAT YOU NEED TO KNOW ABOUT HANDWASHING:



SOURCE: [HTTPS://WWW.CDC.GOV/HANDWASHING/INDEX.HTML](https://www.cdc.gov/handwashing/index.html)

USE HAND SANITIZER WHEN YOU CAN'T USE SOAP AND WATER:

- Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.
- **Sanitizers can quickly reduce the number of germs on hands in many situations. However,**
 - Sanitizers do **not** get rid of all types of germs.
 - Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
 - Hand sanitizers might not remove harmful chemicals from hands like pesticides and heavy metals.

HOW TO USE HAND SANITIZER:

- Apply the gel product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.



- You can use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- **Caution!** Swallowing alcohol-based hand sanitizers can cause alcohol poisoning if more than a couple of Source: mouthfuls are swallowed. Keep it out of reach of young children and supervise their use.

DURING THE COVID-19 PANDEMIC, YOU SHOULD ALSO CLEAN HANDS:

- After you have been in a public place and touched an item or surface that may be frequently touched by other people, such as door handles, tables, gas pumps, shopping carts, or electronic cashier registers/screens, etc.
- Before touching your eyes, nose, or mouth because that's how germs enter our bodies.

SOURCE:

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.

SOCIAL DISTANCING:



VULNERABLE MEMBERS SHOULD AVOID CARING FOR CHILDREN AND THOSE WHO ARE SICK:

- Those who are at increased risk for severe illness should avoid caring for the children in their household, if possible. If people at higher risk must care for the children in their household, **the children in their care should not have contact with individuals outside the household. Members of the household who are at high risk should also avoid taking care of sick people of any age who are sick.**

SEPARATE A HOUSEHOLD MEMBER WHO IS SICK:

- Provide a separate bedroom and bathroom for the person who is sick, if possible. If you cannot provide a separate room and bathroom, try to separate them from other household members as much as possible. **Keep people at higher risk separated from anyone who is sick.**
- If possible, have only one person in the household take care of the person who is sick. This caregiver should be someone who is not at higher risk for severe illness and should minimize contact with other people in the household.
 - Identify a different caregiver for other members of the household who require help with cleaning, bathing, or other daily tasks.
- If possible, maintain 6 feet between the person who is sick and other family or household members.

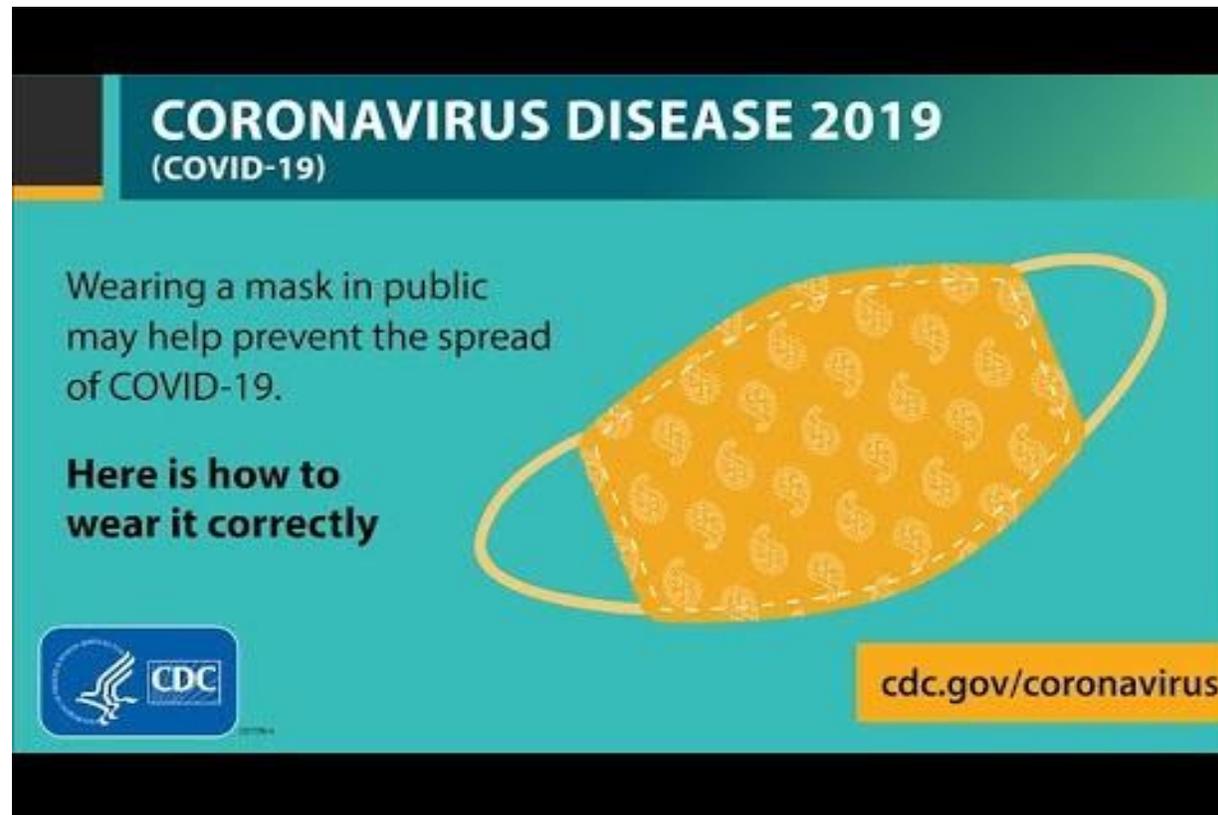
COVER YOUR MOUTH AND NOSE WITH A MASK WHEN AROUND OTHERS:

- You could spread COVID-19 to others even if you do not feel sick.
- The mask is meant to protect other people in case you are infected.
- Everyone should wear a mask in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.
 - Masks 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 mask 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 mask is not a substitute for social distancing.

HOW TO WEAR A MASK:



HOW TO WEAR A MASK:



[HTTPS://WWW.CDC.GOV/WCMS/VIDEO/LOW-RES/CORONAVIRUS/2020/1302130220_317296-HOW_TO_WEAR_A_CLOTH_FACE_COVERING.MP4](https://www.cdc.gov/wcms/video/low-res/coronavirus/2020/1302130220_317296-how_to_wear_a_cloth_face_covering.mp4)

MASKS:

DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators or surgical masks

Caution: Gaiters & Face Shields



Evaluation is on-going but effectiveness is unknown at this time



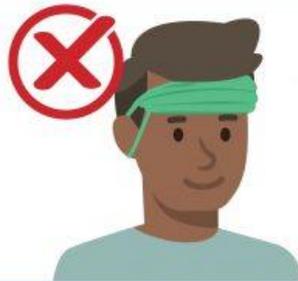
Evaluation is on-going but effectiveness is unknown at this time

DO NOT WEAR YOUR MASK LIKE THIS:

Do NOT wear a mask



Around your neck



On your forehead



Under your nose



Only on your nose



On your chin



Dangling from one ear



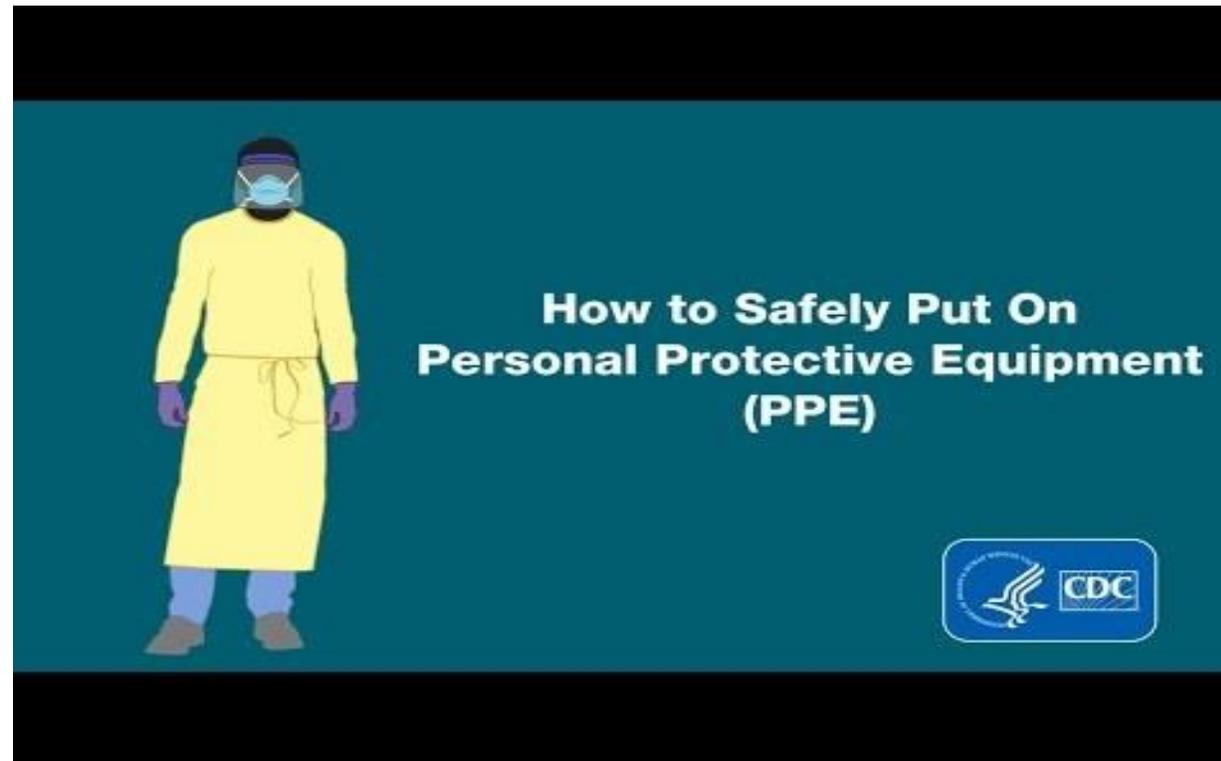
On your arm

HOW TO CLEAN YOUR MASK:

- Masks should be washed regularly. Always remove masks correctly and wash your hands after handling or touching a used mask.
 - Include your mask with your regular laundry
 - Use regular laundry detergent and the warmest appropriate water setting for the cloth used to make the mask
 - Use the highest heat setting and leave in the dryer until completely dry



PPE GUIDELINES:



[HTTPS://WWW.YOUTUBE.COM/WATCH?V=PQXOC13DXVQ&T=1S](https://www.youtube.com/watch?v=PQXOC13DXVQ&t=1s)

PPE GUIDELINES:



[HTTPS://WWW.CDC.GOV/VIDEO/SOCIALMEDIA/316343_DOFFINGPPE_FINAL_LOWRES.WMV](https://www.cdc.gov/video/socialmedia/316343_doffingppe_final_lowres.wmv)

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.

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 disinfectant external icon will work.

CLEAN ALL “HIGH-TOUCH” SURFACES EVERYDAY:

- **Clean and disinfect** high-touch surfaces in your “sick room” and bathroom; wear disposable gloves. Let someone else clean and disinfect surfaces in common areas, but you should clean your bedroom and bathroom, if possible.
- **If a caregiver or other person needs to clean and disinfect** a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and disposable gloves prior to cleaning. They should wait as long as possible after the person who is sick has used the bathroom before coming in to clean and use the bathroom.
- High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
 - Most EPA-registered household disinfectants should be effective. A full list of disinfectants can be found [hereexternal icon](#).
 - [Complete Disinfection Guidance](#)

HOW TO CLEAN AND DISINFECT:



[HTTPS://WWW.CDC.GOV/WCMS/VIDEO/LOW-RES/SOCIALMEDIA/2020/50365036CLEAN-DISINFECT.MP4](https://www.cdc.gov/wcms/video/low-res/socialmedia/2020/50365036clean-disinfect.mp4)

HOW TO CLEAN AND DISINFECT:



[HTTPS://WWW.CDC.GOV/WCMS/VIDEO/LOW-RES/SOCIALMEDIA/2020/34163416HARD-SURFACES-SPANISH-3.MP4](https://www.cdc.gov/wcms/video/low-res/socialmedia/2020/34163416hard-surfaces-spanish-3.mp4)

MONITOR YOUR HEALTH DAILY:

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or other symptoms of **COVID-19**.
 - Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- **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.

STEPS TO HELP PREVENT THE SPREAD OF COVID-19 IF YOU ARE SICK:

- Stay home except to get medical care.
- Separate yourself from other people.
- Monitor your symptoms.
- Call ahead before visiting your doctor.
- If you are sick, wear a mask over your nose and mouth.
- Cover your coughs and sneezes.
- Clean your hands often.
- Avoid sharing personal household items
- Clean all “high-touch” surfaces everyday.

STAY HOME EXCEPT TO GET MEDICAL CARE:

- **Stay home.** Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation, ride-sharing, or taxis.**

SEPARATE YOURSELF FROM OTHER PEOPLE:

- **As much as possible, stay in a specific room** and away from other people and pets in your home. If possible, you should use a separate bathroom. If you need to be around other people or animals in or outside of the home, wear a mask.
- **Tell your close contacts** that they may have been exposed to COVID-19. An infected person can spread COVID-19 starting 48 hours (or 2 days) before the person has any symptoms or tests positive. By letting your close contacts know they may have been exposed to COVID-19, you are helping to protect everyone.
 - Additional guidance is available for those living in close quarters and shared housing.
 - See COVID-19 and Animals if you have questions about pets.
 - If you are diagnosed with COVID-19, someone from the health department may call you. Answer the call to slow the spread.

CALL AHEAD BEFORE VISITING YOUR DOCTOR:

- **Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- **If you have a medical appointment that cannot be postponed, call your doctor's office,** and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.

AVOID SHARING PERSONAL HOUSEHOLD ITEMS:

- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash these items thoroughly after using them** with soap and water or put in the dishwasher.

SCHOOL GUIDELINES FOR SAFE ENVIRONMENT:



[HTTPS://WWW.CDC.GOV/WCMS/VIDEO/LOW-RES/CORONAVIRUS/2020/53855385SCHOOL_REOPENING_ENVIRONMENT.MP4](https://www.cdc.gov/wcms/video/low-res/coronavirus/2020/53855385SCHOOL_REOPENING_ENVIRONMENT.MP4)

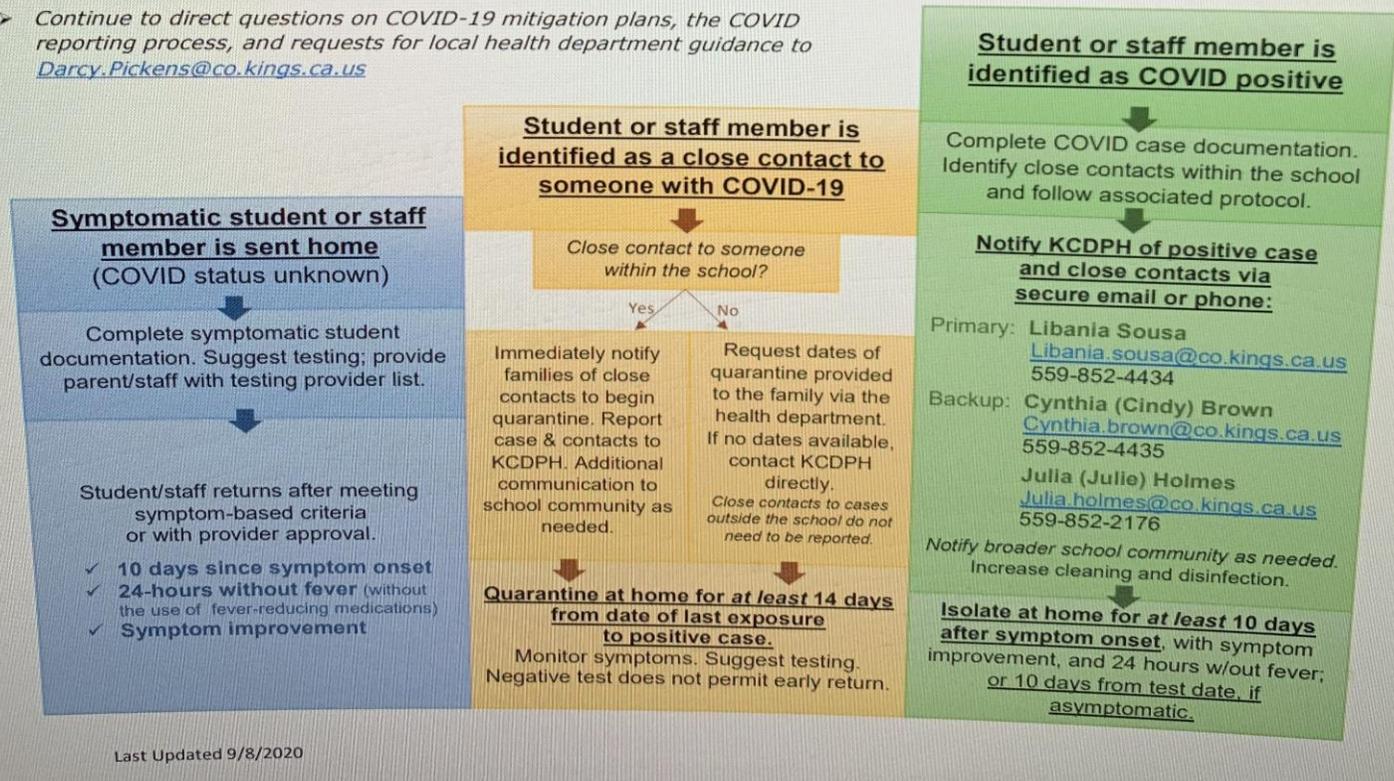
SCHOOL REOPENING GUIDELINES:



RETURN TO WORK/SCHOOL GUIDELINES/PROCEDURES FOR STAFF/STUDENTS:

COVID-19 CASE REPORTING TO KINGS COUNTY DEPARTMENT OF PUBLIC HEALTH (KCDPH)

- Continue to direct questions on COVID-19 mitigation plans, the COVID reporting process, and requests for local health department guidance to Darcy.Pickens@co.kings.ca.us



STRATEGIES FOR PROTECTING K-12 SCHOOL STAFF FROM COVID-19:

- **Distance between staff and others:** In addition to their primary job functions and interaction with students, school staff may also be near (within 6 feet) one another at times, such as when arriving at school and during breaks. Shared spaces (e.g., break rooms, entrances/exits, restrooms) and shared transportation to and from the school (e.g., personal or public transportation, carpooling, ride sharing) may increase their risk. These can be mitigated or minimized with good practices.
- **Duration of contact:** Extended contact (15 minutes or greater) with potentially infectious individuals increases the risk of COVID-19 spread.
- **Type of contact:** Current evidence indicates that COVID-19 spreads primarily through respiratory droplets and short-range aerosols produced when an infected person coughs, sneezes, or talks in close proximity to other people. At this time, long-range airborne transmission does not appear to be a primary way COVID-19 spreads. There is not yet clear evidence that ventilation systems spread the virus from space to space causing exposures. Studies indicate that people who are not showing symptoms (i.e., asymptomatic) can still spread the virus. COVID-19 exposure may also occur from touching one's mouth, nose, or possibly eyes after contact with contaminated surfaces or objects, such as office equipment, workstations, or break room tables.

STRATEGIES FOR PROTECTING K-12 SCHOOL STAFF FROM COVID-19:

- Persons at Higher Risk for Illness:
- People of any age with the following conditions **are at increased risk** of severe illness from COVID-19:
 - Cancer
 - Chronic kidney disease
 - COPD (chronic obstructive pulmonary disease)
 - Immunocompromised state (weakened immune system) from solid organ transplant
 - Obesity (body mass index [BMI] of 30 or higher)
 - Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
 - Sickle cell disease
 - Type 2 diabetes mellitus
- Staff at increased risk for severe illness from COVID-19 include older adults and people of any age with certain underlying medical conditions. Policies and procedures addressing issues related to teachers and other staff at higher risk of serious illness should be made in consultation with occupational medicine and human resource professionals, keeping in mind Equal Employment Opportunity (EEO) concerns.

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 - Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
 - Sickle cell disease
 - Type 2 diabetes mellitus

RESOURCES:

- Center for Disease and Control. “Coronavirus (COVID-19)”. <https://www.cdc.gov/coronavirus/2019-ncov/index.html>