

# Understanding Covid-19 & Guidelines on how our School Community can protect themselves

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people who fall sick with COVID-19 will experience mild to moderate symptoms and recover without special treatment.

Recommendations for our local community in relation to Covid-19.

## Know how it spreads

- There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19).
- 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.

## The Importance of Washing Hands

- [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 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.
- Network students are encouraged to use correct hand washing techniques and to use hand sanitizer which are positioned outside each classroom and around the school.

## 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.
- At school and 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 the 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](#).
- The Network campuses have clearly marked social distancing signs on all corridors and outside spaces. All classrooms are also set out under the MOHS guidelines.
  - 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.
- Continue to keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.

### **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.

### **Cleaning & disinfecting**

- Clean & 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.
- All of the Network School work surfaces, classrooms and study areas are disinfected every day together with all washrooms being disinfected and sanitized throughout the day.

### **Monitor Your Health Daily**

The Network First Aid Doctors on site at the two campuses have knowledge and understanding of the Covid-19 virus & symptoms and communication to the teachers to be vigilant to identify signs of Covid-19 amongst the students and for teachers to report such cases to the First Aid Doctors.

- 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.
- Follow [CDC guidance](#) if symptoms develop.
- Parents should keep their child at home if they are ill.
- Network students must be fever free for 24 hours without the use of fever reducing medication.