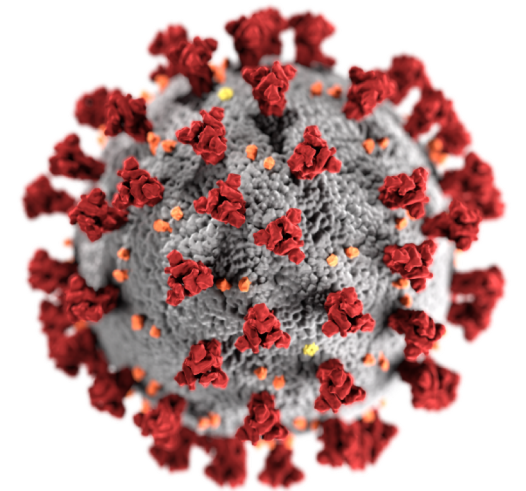


COVID-19

Information for Students
and Families

What is COVID-19?

- A germ (virus) that can make a person sick
- This is a picture of what it looks like under the microscope
- No one had ever gotten sick with COVID-19 before this pandemic because it's brand new
- Experts around the world are working hard every day to learn more about this disease and ways to keep people safe

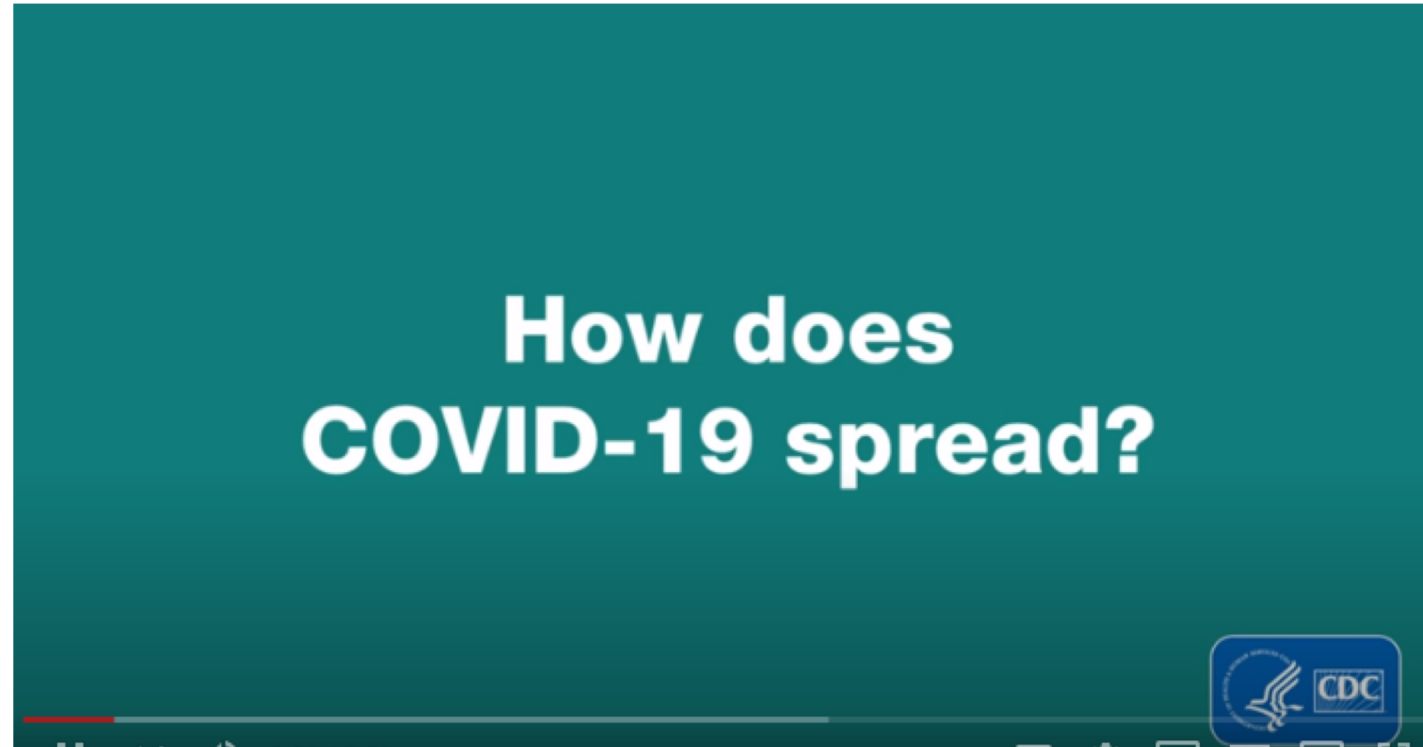


How Do People Get Sick with COVID-19?

When people are in close contact with one another and an infected person coughs, sneezes, or talks, they produce droplets that land in the mouths or noses of people who are nearby

When people touch a surface or object that has the virus on it and then touches their own mouth, nose, or eyes

How is COVID-19 Spread?



[CLICK HERE TO WATCH A CDC YOUTUBE VIDEO ON HOW COVID-19 SPREADS FROM PERSON TO PERSON](#)

How Can We Protect Each Other?



- *Stay 6 feet apart* (social distancing)

- Wash your hands often with soap and water for at least 20 seconds



- Use hand sanitizer with at least 60% alcohol



- Wear a cloth face covering in public

- Clean and disinfect things you touch a lot

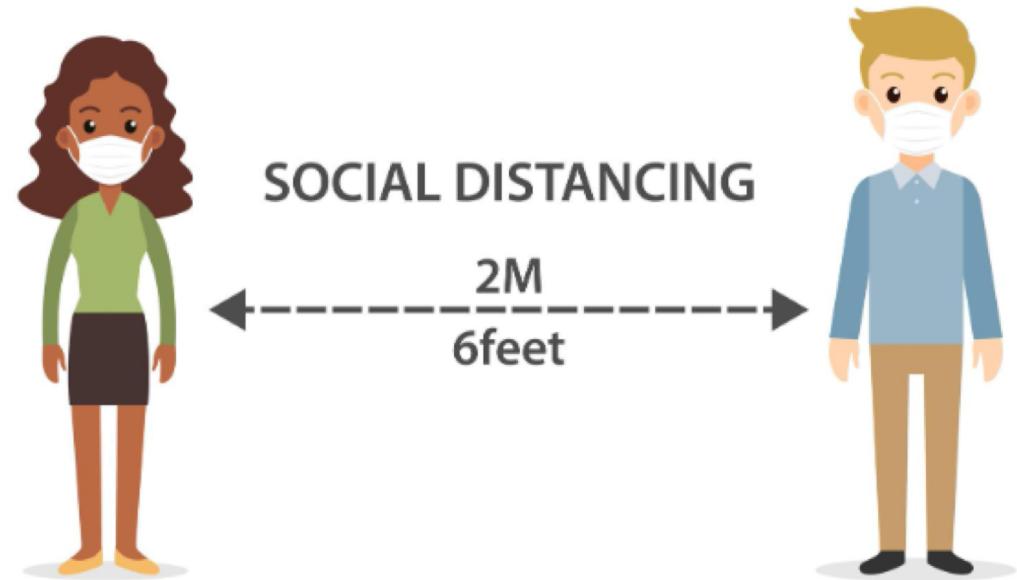


- Avoid touching your eyes, nose or mouth

- **Stay home when you are sick**

Staying Six Feet Apart

- Physical distancing means keeping space between yourself and other people outside of your home
- Stay at least 6 feet (about 2 arms length) from other people
- Do not get together in groups



How Are We Going to Social Distance?

- Social Distancing strategies will be deployed across Brown County Schools to increase social distancing while still maintaining quality of an in-person classroom instructional experience. These protocols may evolve as more information is obtained about the need for social distancing to prevent the transmission of COVID-19.
- Social distancing will not be possible at all times while attending school in person. It is important to understand that six-foot social distancing barriers are not possible at all times in the school setting. Students and staff will be encouraged to socially distance whenever possible and maximize distance between themselves in situations less than six feet.

Washing Your Hands



Handwashing is one of the best ways to protect yourself and your family from getting sick

Washing Your Hands

Follow these five steps every time:

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap
2. **Lather** your hands by rubbing them together with the soap - lather the backs of your hands, between your fingers, and under your nails
3. **Scrub** your hands for at least 20 seconds or hum the “Happy Birthday” song from beginning to end twice
4. **Rinse** your hands well under clean, running water
5. **Dry** your hands using a clean towel or air dry them

Washing Your Hands

Germs can spread when you:

- Touch your eyes, nose and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch something that has the virus on it, like a surface or objects
- Blow your nose, cough or sneeze into hands and then touch other people's hands or common objects

Handwashing Video



[CLICK HERE TO WATCH A CDC YOUTUBE VIDEO ON HANDWASHING](#)

What is Our Handwashing Protocol?

The key times for handwashing will include a modified class pattern to maintain the best opportunities possible while maintaining distancing between students and include:

- During passing periods
- During breakfast and lunch
- Before and after recess
- After using the restroom
- After blowing nose, coughing, or sneezing
- After using shared equipment

Hand Sanitizer

Use hand sanitizer with at least 60% alcohol



How to Use Hand Sanitizer

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

Where Will Hand Sanitizer Supplies Be Located?

Hand sanitizer will be made available in the following locations:

- Every classroom
- Offices
- School entrances
- Exit door for recess
- Lunchroom
- Every school bus

Cloth Face Coverings

Your cloth face covering help protect others.
Their cloth face coverings help protect you.



Coronavirus Disease 2019 (COVID-19), CDC

How to Wear Your Face Covering

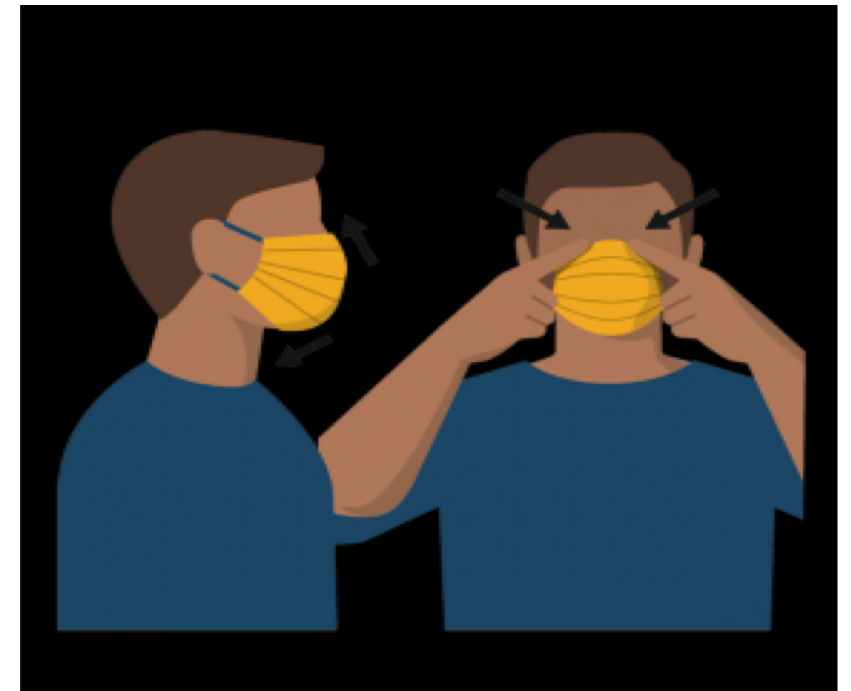


- Keep the covering on your face the entire time you are in public
- Do **NOT** put the covering around your neck or up on your forehead
- Wash your hands or use hand sanitizer anytime you touch the face covering

Coronavirus Disease 2019 (COVID-19), CDC

Wearing Your Face Covering Correctly

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily



Taking Off Your Face Covering at Home



- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Be careful not to touch your eyes, nose or mouth when removing, and wash hands immediately after removing

How to Make Your Own Face Covering

[CLICK HERE TO WATCH A CDC YOUTUBE VIDEO OF HOW TO MAKE
YOUR OWN CLOTH FACE COVERING](#)

What is Our Face Covering Policy?

Mask-wearing requirements will be consistent with state and local guidelines. The following guidelines will be in place:

- Masks will be provided for all students/staff.
- Students/staff will have a mask with them at all times. There may be situations when social distancing cannot be observed; therefore, masks will be required. Masks will be required on buses, while entering and exiting the school building, while picking up food in the cafeteria line, and during passing periods. Masks might also be required for certain classrooms or classroom activities.
- Any student/staff may wear a mask if they choose to do so. Any masks with a design must meet school standards.
- Additional accommodations will be made for students/staff based on their individual health plan. This may include the requirement for students/staff to wear a mask to support the deployment of someone else's health plan.
- Classroom environments where students/staff work closely in cooperative learning groups (like a lab setting) will be expected to wear a mask.

What is Our Face Covering Policy? (cont.)

- Brown County Schools will provide all students with a lanyard mask carrying clip to help keep masks clean and allow for easy on and off usage. Students are encouraged to bring a mask from home. The state of Indiana will be sending us masks to start the school year and we have purchased masks with CARES funding; however, the supply is limited.
- If a student/staff has medical issues that result in the student not being able to wear a mask, we will handle those issues individually. Face Shields can be used for students/staff with medical issues that prevent a traditional mask from being worn. Additionally, we know that some students are experiencing claustrophobia/anxiety with traditional masks and a face shield can be a good alternative. We are told by our medical partners that face masks are preferred, but a shield can be used, if necessary. If you need to use a face shield, please contact your school to let them know.

Clean Surfaces and Objects

- It is important to minimize the sharing of items such as sports equipment and electronic devices
- Supplies and equipment should be limited to one group of players/students at a time and items should be cleaned and disinfected between use
- Do not use water fountains, either bring your own water bottle from home or use one provided by the school

Clean Surfaces and Objects

For electronics, such as tablets, touch screens, keyboards, and remote controls:

- Consider putting a **wipeable cover** on electronics
- Follow **manufacturer's instruction** for cleaning and disinfecting
- If no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol
- Dry surface thoroughly

What is Your Role in Cleaning Surfaces?

- Students may be asked to assist in disinfecting their own desk and equipment while at school under supervision from staff.
- The shared use of equipment will be limited and items that are shared will be disinfected in between student use.
- Students should not share Chromebooks.
- We've stocked up on personal protective equipment, hand washing materials and cleaning supplies.
- In addition to our regular cleaning, we'll be disinfecting more often in common areas like hallways, cafeterias, bathrooms, playgrounds and buses, as well as high-touch surfaces like door handles and desks. We'll also be using disinfectants as needed in buildings and buses for intense after-hours cleaning.

Avoid Touching Your Face

Avoid touching your eyes, nose or mouth



Stay Home When You Are Sick

- Stay home when you are sick
- Drink lots of fluids
- Allow your body to rest



Stay Home When You Are Sick



Coronavirus Disease 2019 (COVID-19), CDC

Stop the Spread of Germs

[CLICK HERE TO WATCH A CDC YOUTUBE VIDEO ON HOW TO STOP THE SPREAD OF GERMS](#)

What Are the Symptoms of COVID-19?

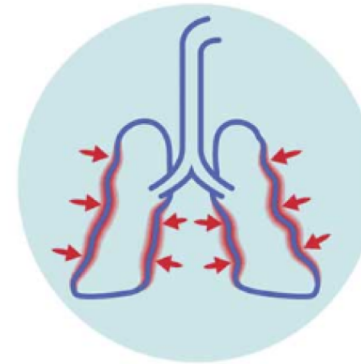
- Fever or chills
- Cough
- Shortness of breath
- Fatigue
- Muscle or body aches
- Headache
- Loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea and vomiting
- Diarrhea

What Are the Symptoms of COVID-19?

- Many times when a person is sick with COVID-19, they experience more than just one symptom



Cough



Shortness of breath



Fever

What Should You Do If You Have Symptoms?

- Each morning you should check how you feel and take your temperature if you have a thermometer
- If you have any symptoms of COVID-19, you should stay at home – especially if you are not able to taste or smell like you normally do

What Should You Do If You Have Symptoms?

- Most people who get COVID-19 have mild symptoms, but some people, especially older people and those who have other medical conditions, can get very sick
- By staying home if you have symptoms, you can prevent others from getting sick
- It is up to all of us to protect each other



What Are Ways I Can Stay Healthy?



- Eat a well-balanced diet
- Get regular physical activity
- Get a good night's sleep

Find Out More

Centers for Disease Control and Prevention Website

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Indiana State Department of Health Website

- <https://www.coronavirus.in.gov/>

Indiana Department of Education Website

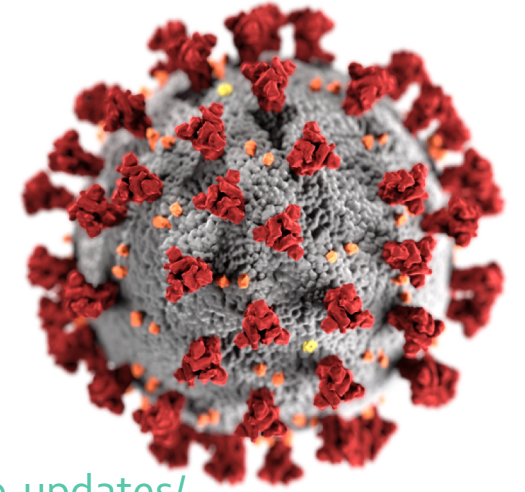
- <https://www.doe.in.gov/covid-19>

IN-CLASS – Indiana Re-entry Guidance

- <https://www.doe.in.gov/covid-19>



Brown County Schools Plan



- BCS COVID-19 Webpage: <http://www.browncountyschools.com/covid-19-updates/>
- BCS Return To School Plan:
https://docs.google.com/document/d/1gU3CgiRPcsMSi6jme7PcqCiRVxqq9pdLm68C7IM-R_4/edit
- BCS Return To School Handbook:
<https://docs.google.com/document/d/1zXRTmZf7T9pJPDjBTYpvlHlcSBD2jrfVd0Y2M9vhEV4/edit>
- BCS Return To School FAQ:
<https://docs.google.com/document/d/1IJi9MZCFNZU2tmHDQjD5QjoG3VTUY-VxBJ2Zb2n4kRs/edit>