Stay Safe and Avoid Getting Sick
Sanitation & Disinfecting

- Wash hands with soap & water for at least 20 seconds
- Disinfect highly touched areas, often, with EPA approved disinfectant
- Wear gloves and face mask when appropriate
Why Social/Physical Distancing?

➡️ Stay 6 feet (about 2 arm lengths) away from people not living in your house
➡️ Social distancing indoors & outdoors
➡️ Individuals can be positive for COVID-19 and spread the virus even when they are showing no symptoms
Face coverings

- Wear over the nose & mouth
- When removing face covering…
  - Wash hands immediately after removal of face covering
  - Cloth face coverings should be washed frequently

Wear & Care Tips for Face Coverings

Wash your hands before putting on a covering.

Avoid touching your eyes, nose, or mouth when removing it.

Refrain from touching your face or covering while you are wearing it.

Store your covering in a clean area, off of countertops or other high-touch surfaces.

Do not pull the covering down to talk to others.

Wash your hands before removing your covering.

Wash your covering before reusing it.
Self Check Assessment

- Take temperature using touchless thermometer. Do you have a fever?
- Are you experiencing Symptoms?
- Have you been exposed to COVID-19?
- Should I Isolate?
- Am I awaiting results from a COVID-19 test?

If you answered YES to any of those questions

1. Isolate/Quarantine yourself if you are not already doing so
2. Contact your primary care provider for further instructions
3. Contact your supervisor or employer
Stop the Spread

Coughs, sneezes or talking is the main way to spread COVID-19.

Cover your mouth and nose and stay 6 feet apart from each other.
## Common Symptoms

- New loss of taste or smell
- Fever (100.4 or above)
- Difficulty breathing
- Cough
- Fatigue
- Headache
- Muscle or body aches
- Sore throat
- Congestion or runny nose
- Nausea/vomiting
- Diarrhea

### Symptoms of COVID-19, Flu and Cold

<table>
<thead>
<tr>
<th></th>
<th>COVID-19</th>
<th>Flu</th>
<th>Cold</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dry Cough</td>
<td>☑️</td>
<td>☑️</td>
<td>☑️</td>
</tr>
<tr>
<td>Fever</td>
<td>☑️</td>
<td>☑️</td>
<td>☑️</td>
</tr>
<tr>
<td>Runny Nose</td>
<td>☑️ ☑️</td>
<td>☑️</td>
<td>☑️</td>
</tr>
<tr>
<td>Sore Throat</td>
<td>☑️ ☑️</td>
<td>☑️</td>
<td>☑️</td>
</tr>
<tr>
<td>Breathlessness</td>
<td>☑️ ☑️</td>
<td>☑️</td>
<td>☑️</td>
</tr>
<tr>
<td>Headache</td>
<td>☑️ ☑️</td>
<td>☑️</td>
<td>☑️</td>
</tr>
<tr>
<td>Body Aches</td>
<td>☑️ ☑️</td>
<td>☑️</td>
<td>☑️</td>
</tr>
<tr>
<td>Sneeze</td>
<td>☑️ ☑️</td>
<td>☑️</td>
<td>☑️</td>
</tr>
<tr>
<td>Fatigue</td>
<td>☑️ ☑️</td>
<td>☑️</td>
<td>☑️</td>
</tr>
<tr>
<td>Diarrhea</td>
<td>☑️</td>
<td>☑️</td>
<td>☑️</td>
</tr>
</tbody>
</table>

**Legend:**
- ☑️ Frequently
- ☑️ Sometimes
- ☑️ Little
- ~ Rare
- ✗ Not

---

---
Feeling sick?
Stay home
COVID-19 Symptoms: New loss of taste or smell, high fever (100.4 or over), shortness of breath, body aches, fatigue. **Isolate immediately & call your primary care DR for further instructions.**
Feeling ill when on a DUSD Campus?

**Employee or adult visitor**

Notify Health Office (Via phone call. If notification is in person, wear gloves & a mask while moving around on campus)

Isolate/Quarantine immediately at home

Contact Primary care provider for further instructions

**Student**

Teacher will notify Health Office (via phone call)

Student will wear mask & gloves when exiting classroom

Health Office staff will escort student to Rm 2 in order to isolate & minimize contact

Parents will be instructed to pick up their student using the courtyard door at Rm 2. Parents should not enter school hallways
Let’s All Do Our Part

School is NOT closed for the year.
The building is.

If you listen closely you can hear the hum of hard working teachers, administrators, and support staff.

Yes, we are brokenhearted, but these broken hearts will lead.

Thank you!

Face Coverings
Self check Assessment
Sanitizer at entrances & exits
Gloves
Social distancing
Disinfecting high touch areas often
Cleaning supplies available
Buses disinfectected after every use
Stay home if you are not feeling well