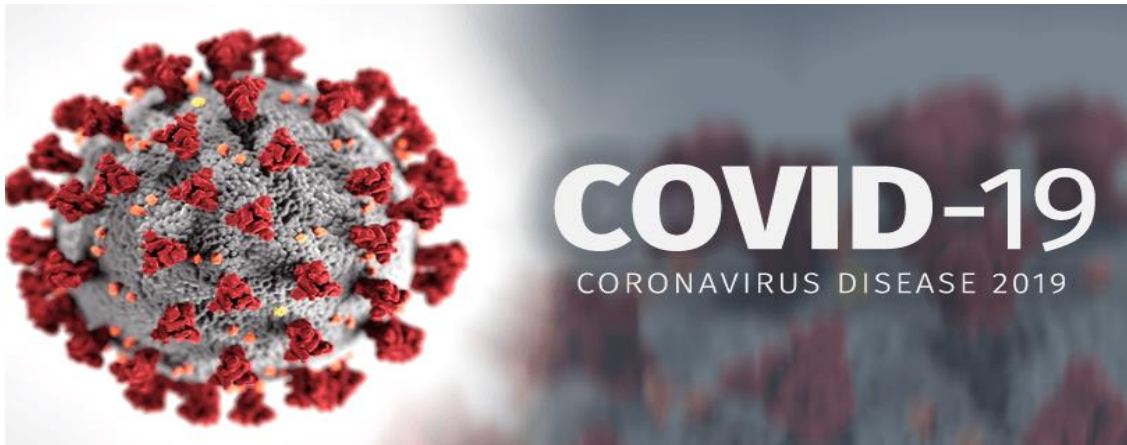




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COVID-19 PREVENTION INFORMATION

A key lesson learned during the pandemic is the crucial role teachers play in ensuring that learning continues. As schools reopen, a lot will depend on teachers to provide that children will continue their education in a safe and healthy environment; and make up for knowledge and skills that may have been lost.

As a teacher, knowing the facts will protect not only yourself but also your students. Be aware of fake information and dangerous myths about COVID-19 circulating that are feeding fear and stigma.

Some of your students might be returning to school from households where they heard false information about COVID-19. You will need to educate them on the facts.

Understanding COVID-19, how it spreads, and how we can protect ourselves and others is an essential first step in establishing classroom procedures and protocols. Students need to understand what it is for them to follow the rules. Listen to their concerns and ideas and answer their questions in an age-appropriate manner. Discuss the different reactions they may experience and explain that these are normal reactions to an abnormal situation.

Physical distancing at schools

When it comes to physical distancing, you must establish some classroom ground rules by the procedures set by your school's administration and the protocols established by your local health bodies and authorities. Recommended measures include:

- Maintain a distance of at least three feet between everyone present at school
- Increase desk spacing (at least three feet between desks), stagger recesses/breaks and lunch breaks (if difficult, one alternative is to have lunch at desks)
- Limit the mixing of classes for school and after-school activities. For example, students in a class will stay in one classroom throughout the day, while teachers move between classrooms; or classes could use different entrances, if available, or establish an order for each class to enter and leave the building/classroom.
- Stagger the school day to vary the start and end times and avoid having all the students and teachers together at once
- Consider increasing the number of teachers, if possible, to allow for fewer students per classroom (if space is available)
- Advise against crowding during school pick-up or daycare, and if possible, avoid pick up by older family or community members (i.e., grandparents). Arrange school pick

up/drop off times differently (according to age group) to decrease any large gatherings of children at a given time

- Use signs, ground markings, tape, barriers, and other means to maintain three feet distance in queues around entrances
- Discuss how to manage physical education and sports lessons
- Move lessons outdoors or ventilate rooms as much as possible.
- Encourage students not to gather and socialize in big groups upon leaving school grounds.

To do

Develop a list together around how students will greet each other, how desks will be arranged, physical distancing measures during lunch breaks (who they will sit with, play with during breaks, and schedule time with all of their friends across the week).

Health and hand hygiene

Teachers have a critical role to play in ensuring students understand the precautions they should take to protect themselves and others from COVID-19, and you must lead by example in the classroom.

Handwashing is one of the easiest, more cost-efficient, and effective ways of combating germs and keeping students and staff healthy

Teach the five steps for handwashing

1. Wet hands with safe, running water
2. Apply enough soap to cover wet hands
3. Scrub all hands' surfaces – including backs of hands, between fingers and under nails – for at least 20 seconds. You can encourage students to sing a quick song at this point to make it a fun habit
4. Rinse thoroughly with running water
5. Dry hands with a clean cloth or single-use towel.

If there is limited access to a sink, running water, or soap in the school, then use a hand sanitizer that contains at least 60 percent alcohol.

Did you know? Coldwater and warm water are equally effective at killing germs and viruses – as long as you use soap.

Please encourage students to get into the practice of regularly washing their hands or applying hand sanitizers at critical moments, such as entering and leaving the classroom, touching surfaces, learning materials, books, and after using a tissue to blow their nose.

Students should always cough and sneeze into their elbow. However, if by accident, they do so in/on their hands, instruct them to wash their hands or apply hand sanitizer immediately. If students sneeze or cough into a tissue, ensure that it is disposed of immediately and wash their hands. It is crucial to normalize the idea of frequent and routine handwashing.

Even with clean hands, encourage students to avoid touching their eyes, nose, and mouth. Germs can transfer from those areas on to their clean hands and spread around the classroom this way.

Reinforce frequent handwashing and sanitation and procure needed supplies. Prepare and maintain handwashing stations with soap and water, and if possible, place alcohol-based hand sanitizers in each classroom, at entrances and exits, and near lunchrooms and toilets.

To do

Identify some practical steps/activities you can take to demonstrate acceptable hygiene practices to your students. Examples include:

- Creating a hand hygiene song to sing with your students
- Have students draw hygiene posters for the classroom
- Set a hand hygiene ritual. You can select a specific time during the day, such as before/after lunchtime, for everyone to wash their hands/apply hand sanitizer.
- Physically demonstrate how to wash your hands and use sanitizer.
- Keep a points system in your classroom, giving students points each time they wash their hands or use sanitizer.
- Have students create a public service announcement on hand hygiene and place these posters/ announcements throughout the classroom or school in highly visible places

Mask wearing in schools

If wearing fabric masks is recommended in your school, make sure your students are familiar with when they should wear masks and any related school policies, such as how to dispose of used covers safely to avoid the risk of contaminated masks classrooms and playgrounds.

Explore with your students how to handle and store masks properly.

All efforts should be made to ensure the use of a mask does not interfere with learning.

If you have students with disabilities, such as hearing loss or auditory problems in your class, consider how these children may miss learning opportunities because of the degraded speech signal stemming from mask-wearing, eliminating lipreading and speaker expressions, and physical distancing. Adapted masks to allow lipreading (e.g., clear covers) or use of face shields may be explored as an alternative to fabric masks.

Cleaning and disinfecting

Information on how to maintain the cleanliness and sanitization of your classroom.

Daily cleaning and disinfecting surfaces and objects are often touched, such as desks, countertops, doorknobs, computer keyboards, hands-on learning items, taps, phones, and toys.

Immediately clean surfaces and objects that are visibly soiled. If surfaces or objects are contaminated with body fluids or blood, use gloves, and other standard precautions to avoid coming into contact with the liquid. Remove the spill, and then clean and disinfect the surface.

Tips for staff using cleaning materials

- Ensure you understand all instruction labels and understand the safe and appropriate use
- Follow the instructions on the labels.
- Cleaning products and disinfectants often call for the use of gloves or eye protection. For example, gloves should always be worn to protect your hands when working with bleach solutions.
- Do not mix cleaners and disinfectants unless the labels indicate it is safe to do so. Combining certain products (such as chlorine bleach and ammonia cleaners) can result in severe injury or death.
- Diluted household bleach solutions may also be used if appropriate for the surface.

- Check the label to see if your bleach is intended for disinfection and has a sodium hypochlorite concentration of 0.5%. Ensure the product is not past its expiration date. Some bleaches, such as those designed for safe use on colored clothing or for whitening, may not be suitable for disinfection.
- Household bleach will be effective against coronaviruses when adequately diluted.
- Follow the manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.
- Leave the solution on the surface for at least 1 minute.

To do

- Come up with some fun and creative ideas and rules with your students for avoiding high-risk and high-touch areas in their school/classroom. For example, not touching the railing while walking up and down the stairs, or keeping classroom doors open to avoid touching door-knobs
- Come up with some rules together as a group and write these down on a flipchart paper that you can later hang up in the classroom
- Create fun reminders/posters that can be hung in the hallways to remind others to stick to the sanitation rules.

Actions to take if one of your students appears to be sick

Identifying COVID-19 symptoms

The most common symptoms are fever, cough, and tiredness. Other symptoms can include shortness of breath, chest pain or pressure, muscle or body aches, headache, loss of taste or smell, confusion, sore throat, congestion or runny nose, diarrhea, nausea and vomiting, abdominal pain, and skin rashes.

School preparations and what to do if one of your students displays any of the symptoms

- Designate a specific area in the school (i.e., near the entrance) as a waiting room where children can wait. Ideally, this room should be well-ventilated. If there are school nurses available, it is recommended that they are designated staff in this waiting area. If students feel ill and exhibit symptoms of COVID-19, they should wait in the designated room to be picked up by their parents/caregiver. Afterward, the space should be cleaned, disinfected, and sanitized.
- Provide the sick student with a medical mask if available
- Consider daily screening for body temperature and history of fever or feeling feverish in the previous 24 hours on entry into the building for all staff, students, and visitors to identify sick persons.

- Ensure a procedure for separating sick students and staff from those who are well – without creating stigma – and a process for informing parents and consulting with health care providers/ health authorities wherever possible.
- Students/ staff may need to be referred directly to a health facility, depending on the situation/ context, or sent home.
- Encourage all students to stay home and self-isolate should they feel ill.
- Develop a standard of operation if temperature screening is required
- Share procedures with parents and students ahead of time.

There have been several reports of children acquiring a multisystem inflammatory condition, which is possibly linked with COVID-19. Notice any rash, hypertension, or acute gastrointestinal problems in your students. It could be an indication that they are experiencing multisystem inflammatory syndrome and should seek medical attention immediately.

To do

Create an infection control plan. What actionable steps do you take if a student reports feeling ill during the school day? Consider all the possible actions you can take from the moment they tell you.

How to receive your Certificate

Review this information with your staff. Gather questions (if any) and email us at www.AngelWatch.org If you have no questions. Use the same email address telling us that you have reviewed and understand the information. Include the following information: Name of Center, address including town and state, and we will email your certificate. To learn more becoming an AngelWatch Accredited Center, go to www.AngelWatch.org