



# **KISD Health Services**

## **COVID-19 Update**

August 2020



# COVID-19 Basics

The virus that causes **COVID-19** is a new (novel) **coronavirus** that has spread throughout the world. **COVID-19** symptoms can range from mild (or no symptoms) to severe illness. One can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has **COVID-19**.

The COVID-19 virus spreads primarily through **droplets of saliva** or **discharge from the nose** when an infected person coughs or sneezes, so it's important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

Most people infected with the COVID -19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment.

At this time, there are no specific vaccines or treatments for COVID -19. However, there are many ongoing clinical trials evaluating potential treatments.



# Symptoms of COVID -19

Symptoms may appear 2 - 14 days after exposure to the virus.

Possible symptoms include:

- 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



# Timeline of Infection: Infectious Period

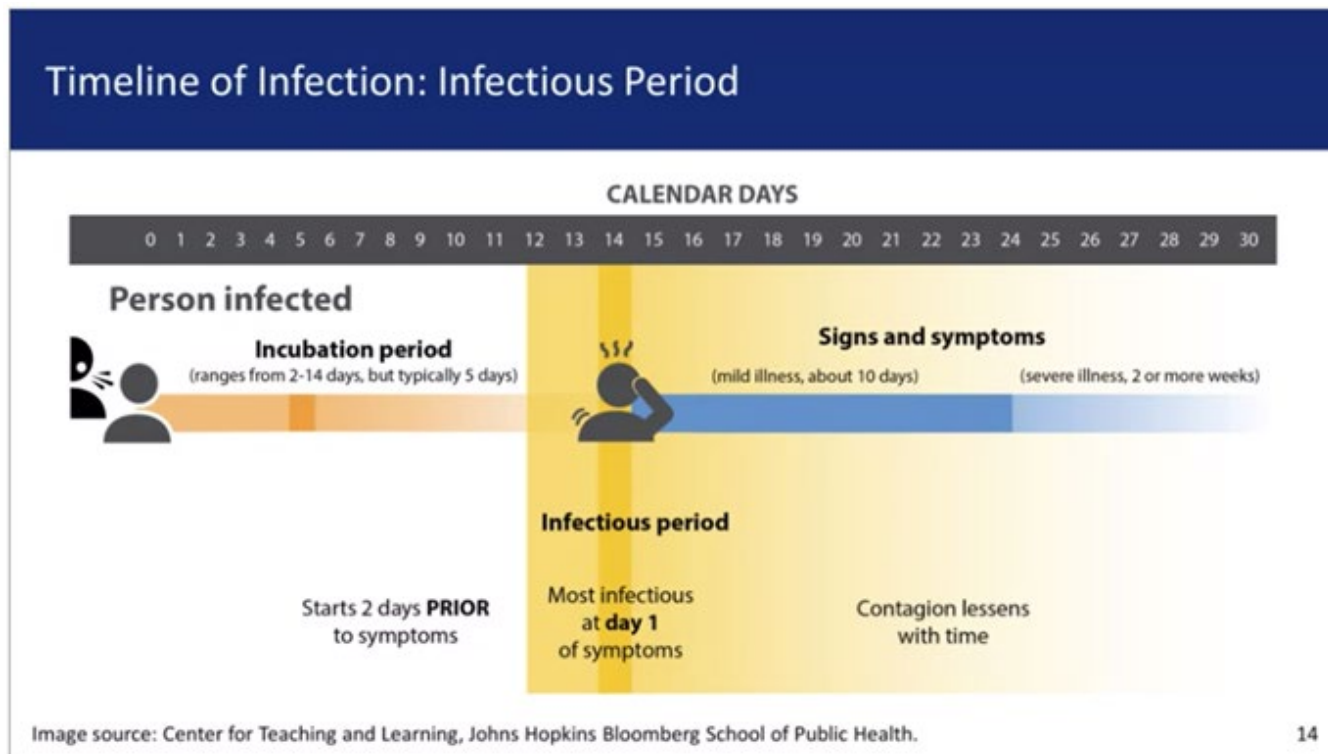


Image source: Center for Teaching and Learning, Johns Hopkins Bloomberg School of Public Health.



# Minimize Your Risk

The best way to prevent and slow down transmission is be well informed about the COVID-19 virus, the disease it causes and how it spreads. Protect yourself and others from infection by washing your hands or using hand sanitizer frequently and not touching your face.

Hands touch many surfaces and can pick up viruses. Once contaminated, hands can transfer the virus to your eyes, nose or mouth. From there, the virus can enter your body and infect you.

## The **3 Best Protection Efforts** :

- 6 Feet Social Distancing
- Wash Your Hands or Use Hand Sanitizer
- Wear a Face Covering

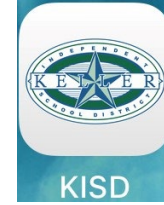


# Self Screening - How and Why

[www.KellerISD.net/screening](http://www.KellerISD.net/screening) or download the KellerISD app

Perform a self assessment for symptoms of COVID-19. Ask if these are new or worsening symptoms for you. Include a temperature check. If you do not have a thermometer, do you have chills, muscle aches, are you flushed, do you feel hot to a family member? Have you been around anyone with symptoms of COVID -19 or tested positive?

**If You Answered Yes: Stay Home, Report your Symptoms, and Contact your Campus.**



Employee/  
Visitor Screening



Student  
Screening



# If A Student Tests Positive for Covid -19

The student must remain home until completing the required isolation protocol.

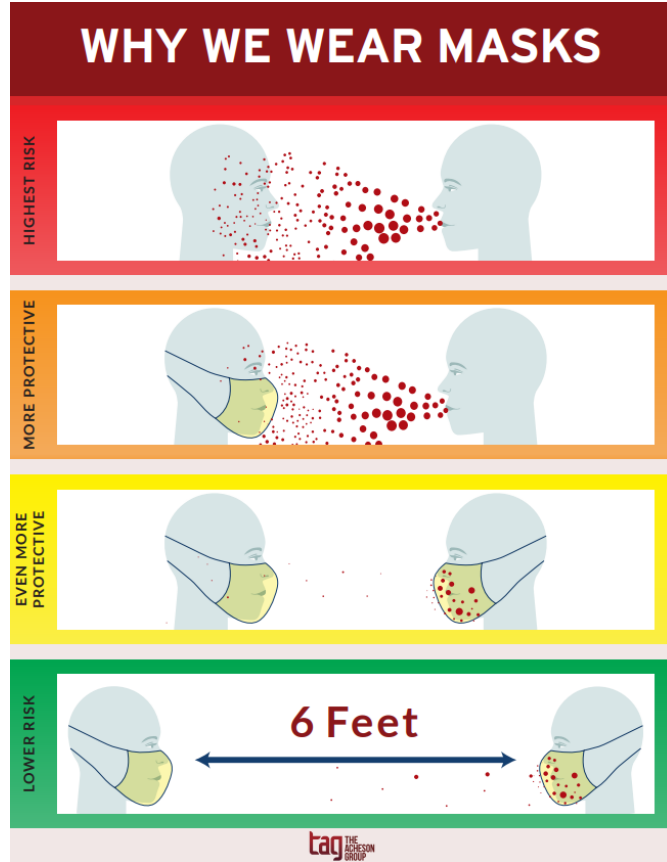
The student may return to school after meeting the following conditions:

- At least **10 days** have passed since either symptom onset or from the date a positive test was collected; **AND**
- At least **48 hours** have passed since resolution of fever without the use of fever-reducing medications; **AND**
- Other symptoms have improved; **AND**
- The student did not have severe symptoms at any point during their illness.



# Masks

single use and reusable



Masks, when worn over the nose and mouth, are a simple barrier to prevent respiratory droplets from traveling into the air and onto other people.

Masks can block these infections particles when the person wearing the mask coughs, sneezes, talks, or raises their voice.





# Dos and Don'ts of Masks

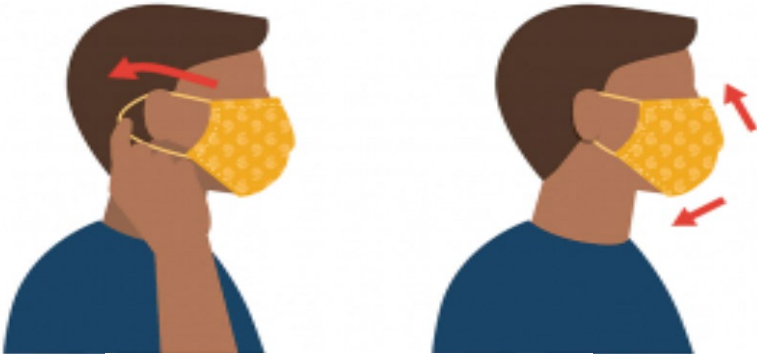
Always sanitize your hands before placing or removing the mask

Cover from above the nose to below the chin, then secure behind the ears or head

Don't wear your mask around your neck or on your forehead

Don't touch your mask other than to place the mask on or take it off. If you do, wash or sanitize your hands to prevent any spread through contact

Remove the mask by the ear strings, do not touch the front of the mask



# Handwashing

Washing hands can prevent the spread of respiratory and other infections from person to person

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



# Follow The Five Handwashing Steps

1. **Wet** your hands with clean, running water 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**. 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.



# Hand Sanitizer

- Sanitizers do not eliminate all types of germs
- Hand sanitizers may not be as effective when hands are visibly dirty (ie: greasy, blood, sticky)
- Hand sanitizers maynot remove harmful chemicals from hands like pesticides, heavy metals and **FOOD ALLERGENS** (especially important if you have students with food allergies in your classroom)



# Hand Sanitizer Reminders

- If soap and water are not readily available, use a alcohol based hand sanitizer that contains at least **60% alcohol**
- Apply the gel product to the palm of one hand
- Rub hands together
- Rub the gel over all surfaces of your hands and fingers until hands are dry (20 seconds)



# Classroom Cleaning Guidelines

Classroom cleaning should happen frequently - between classes, before/after snacks or lunch, during class transitions, etc

Cleaning solution will be provided

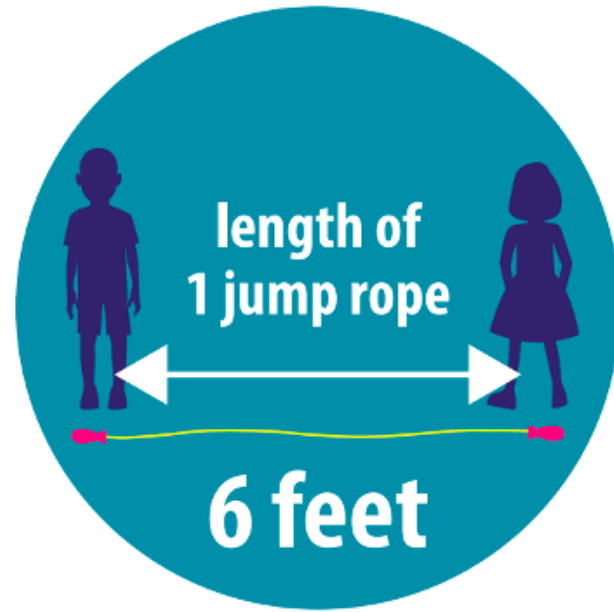
Wearing gloves is recommended with extensive use of the cleaners



# Social Distancing

Always keep this in mind!! When having meetings, keep this amount of space between each person (unless same household family).

**SOCIAL DISTANCING**  
**STOP THE SPREAD**



Keep **6 feet** of space  
between you and  
your friends



# Sick Students at School

TEA states that schools must immediately separate any student who shows COVID -19 symptoms while at school until the student can be picked up by a parent or guardian.

There will be a **Well Child Area** and a **Sick Child Clinic** on your campus. See your School Nurse for details.

An Isolation Area has been designated on your campus. For any student exhibiting symptoms of COVID-19, the campus RN **must be called prior to sending a student to the Sick Child Clinic** to receive the student and give you further directions.

