

Taking Care of Yourself and Others

Know How it Spreads

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus.

- 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
 - Recent studies suggest that COVID-19 may be spread by people who are not showing symptoms

Everyone Should....

Practice Strict Hand Hygiene

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.



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

****Hand sanitizer will be available in all classroom spaces, and student areas****

- **Students will be required to use hand sanitizer when entering and exiting these spaces**



Avoid Close Contact

- Avoid close contact with people who are sick
- Maintain 6 feet between yourself and others, the mask is not a substitute for physical distancing
- Classroom spaces will be set up to comply with recommendations for physical distancing
- Be respectful of your classroom space and seating assignments

Wear a Face Covering

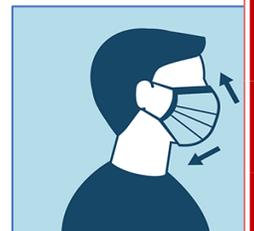
Face coverings have proven to slow and help stop the spread of COVID-19. Multiple layer face masks have proven to be the most effective face covering. Bishop Fenwick students will be required to wear a face mask during the school day. The CDC recommends a minimum of a 2-ply face mask; we prefer a 3-ply face mask for our students. No gaiters or handkerchiefs will be allowed.



Source: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wear-cloth-face-coverings.html>

The Do's and Don'ts of Face Masks

- Your mask must cover your nose and mouth and be secure under your chin
- Your mask should fit snugly against the sides of your face
- Make sure that you can breathe easily in your mask
- Do not put the mask around your neck or up on your forehead
- Remember not to touch your mask, if you do you will need to wash your hands or use hand sanitizer
- Avoid touching your face
- Please bring a second face mask to school each day in case you need to change it
- Do not wear a damaged, soiled or wet mask
- Replacement face masks will be available for students on an *as needed* basis
- If your face mask becomes soiled or wet, please see your teacher or the school nurse for a new one
- Do not remove your mask where there are people within 6 feet, you will be directed to an area where you can change your mask
- If you are wearing a disposable medical mask and it becomes soiled the mask should be placed directly in the nearest trash
- Soiled fabric masks may be placed in a clean plastic resealable bag and taken home to be washed
- Do not share your mask with others
- Mask breaks will be scheduled for students during the school day
- Please bring a clean plastic, resealable bag for your mask during mask breaks and lunch
- **Follow these important steps when taking off your mask:**
 1. Clean your hands before touching your mask
 2. Grasp the ear loops or untie the strings behind your head
 3. Handle only by the ear loops or ties
 4. Pull the mask away from your face
 5. Store your mask in a clean plastic, resealable bag if it is not dirty or wet and you plan on reusing it
 6. Clean your hands after removing your mask



Monitor Your Health Daily

All students will be asked to monitor their health by performing a daily self-check for symptoms. A self-check should be done each morning before leaving for school. If your student is experiencing any of the following symptoms, please keep your student home and notify the school of his/her absence.

- Fever (defined as 100 degrees or higher), chills, or shaking chills
- Cough (not due to other known cause, such as chronic cough)
- Nasal congestion (not due to other known causes, such as allergies), *when in combination with other symptoms*
- Difficulty breathing or shortness of breath
- Sore throat
- Nausea, vomiting or diarrhea
- Fatigue, *when in combination with other symptoms*
- Headache, *when in combination with other symptoms*
- Muscle aches or body aches
- New loss of taste or smell



To report your child's absence please call the school at 978-587-8300 and leave a message on our absence line. In addition to leaving a message you may also contact the school nurse at jmf@fenwick.org with any concerns.

Please see our sick day guidelines for more information regarding absence due to illness.