

# Taking Care of Ourselves and Our Fenwick Community



The health, safety and wellbeing of our community is priority. COVID-19 has created a “new normal”. We know that there is not just one measure but multiple measures that must be taken to reduce the transmission of COVID-19. As a community, we will work together to take care of one another as we practice these new safety measures.



# Symptoms of COVID-19

- 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

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- 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

# Know How COVID-19 Spreads

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 show that COVID-19 may be spread by people who are not showing symptoms

# Preventative measures that will reduce the spread of COVID-19

## Practice Strict Hand Hygiene

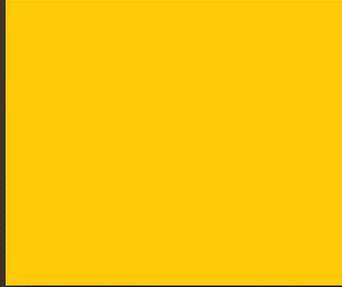
- Wash your hands often with soap and water for at least 20 seconds
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose and mouth with unwashed hands

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

You 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
- Desks have been set up in classrooms to comply with recommended physical distancing guidelines



# Travel outside of the classroom

- Student travel in hallways will be **single file in one direction exiting the classroom to the right**
- Travel will be along the **right** side of the corridor, in line with the lockers
- Signage will be posted to guide you in the hallways and on the stairwells(one way, etc)
- Faculty will remind you the first few weeks of school as you adjust to the changes in routine
- **You will not be assigned lockers this year as they make physical distancing more challenging and create another high touch surface to be cleaned.**

## Lunch

Students will be assigned to three possible eating areas

1. The tent
2. The cafeteria
3. The new space

You will need to sign in at a numbered table when you arrive. Sign in sheets will be available in all eating areas.

- You will be allowed to sit with whomever you choose but there will be limits as to how many students can sit at a table. For example, there will only be 4 students allowed to sit at each table in the cafeteria.
- You will need to stay at the table you have chosen for that day.
- Seating areas in the tent and new space will be clearly marked.
- Masks must be worn unless you are eating.
- You must maintain at least 6 feet physical distancing in all designated eating areas.

**Cafeteria**-You will be able to remove your mask to eat when you are seated at a table with plexiglass.

- If you need to leave your table for any reason, you will need to put your mask back on.

## Face Coverings

Wearing face coverings has proven to be one of the most effective ways to help stop the spread of COVID-19.

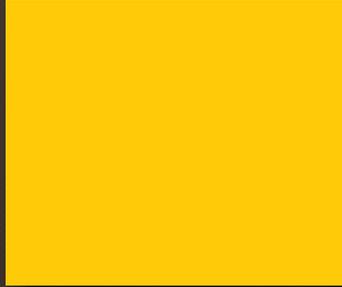
Multiple layer face masks are the most effective face covering.

# Face Coverings at Bishop Fenwick

- All faculty, staff and students will be required to wear a face mask during the school day. There will be no exceptions.
- The CDC recommends a minimum of a 2-ply face mask be worn.
- A 3-ply face mask is preferred
- Students are asked to bring two masks to school with them each day. One for you to wear and the other for you to carry on your person in case it becomes soiled and needs to be changed

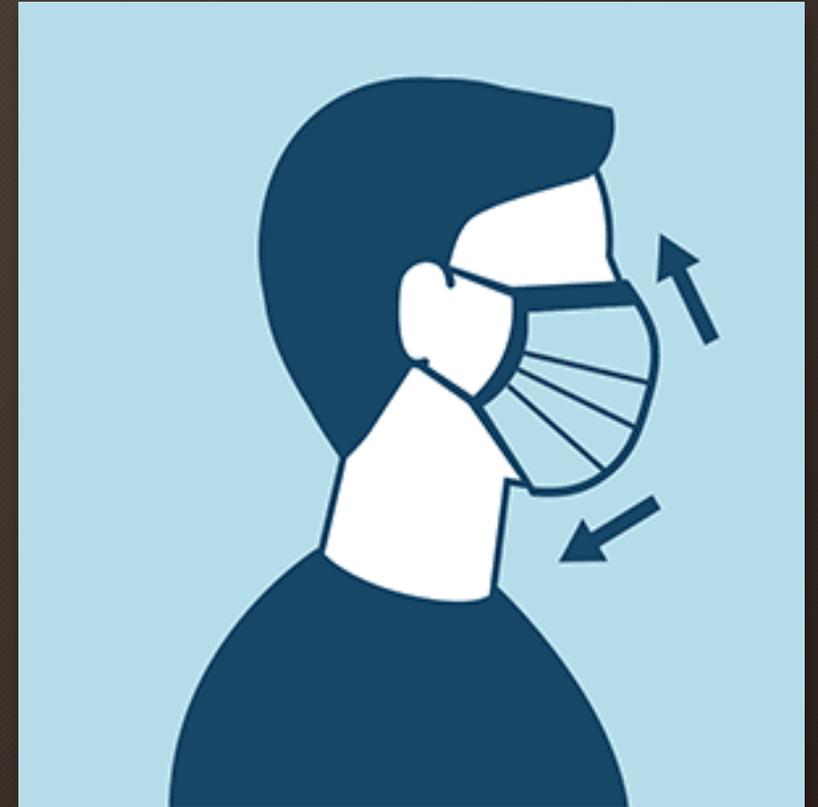


- Students may wear a fabric mask, at least 2-ply, or a disposable mask
- Disposable masks will be available in the classroom for students who need a new one during the school day
- Mask breaks, typically less than 10 min, will be scheduled during the school day
- Gaiters and handkerchiefs will not be allowed



## 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
- Do not wear a damaged, soiled or wet mask



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- If you are wearing a disposable 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
  - Please bring a clean plastic, resealable bag for your mask during mask breaks and lunch
  - There will be clean plastic, resealable bags available in your classrooms and in eating spaces

# How to Properly Remove your Face 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

# Cleaning and Disinfecting High Touch Surfaces-Personal Workspaces

- All faculty and students will be required to wipe down their personal workspace before leaving the classroom
- You will use a gloved hand when using the wipe ( only one glove is necessary)
- You will be instructed/supervised by a faculty member in the classroom
- Gloves and wipes will be available in all classrooms and student spaces
- Backpacks are to be kept under your desk/chair
- Classroom doors are to be kept open

## Monitor Your Health Daily

All students are asked to monitor their health daily by performing a daily self-check for symptoms. You will need to do a self-check each morning before leaving for school.



# Daily Symptom Check-COVID-19 Symptoms

- If you are experiencing any of the following symptoms, please stay home.
- Fever (defined as 100 degrees or higher), chills, or shaking chills
- Cough (not due to other 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

If you are not feeling well, you will need to stay home.  
Please report your absence to the school on our absentee  
line.

# Bishop Fenwick Sick Day Guidelines

- Please note that some of the symptoms ( as noted on the previous slide) are the same as the flu or a bad cold; please do not assume it is another condition. **When in doubt, please stay home.**
- I will work with each family to provide support and direction in this process

# If You Test Positive for COVID-19

- If you test positive for COVID-19 you will need to notify Mr. Nunan and the School Nurse. You will need to stay home and **isolate** (per CDC guidelines) until **all** of the following have happened:
- At least 10 days have passed since your symptoms started
- You have not had a fever (100 or greater) in at least 72 hours without using medication to lower fever
- Your symptoms have improved
- You have received clearance from a public health authority contact tracer (DPH or Community Tracing Collaborative)

# If You Test Positive for COVID-19, but are asymptomatic

- If you test positive for COVID-19 but do not have symptoms, you will need to isolate and stay at home for 10 days following the day you were tested.
- All health information is confidential, in compliance with HIPPA.

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- COVID-19 symptoms vary in severity from person to person.
  - If you test positive you will not be able to attend classes in person. If you do not have symptoms or feel well with very mild symptoms, you are encouraged to participate in class remotely.

# When you are sick but test negative for COVID-19

- If you become sick but test negative for COVID-19 you will need to stay home until you have not had a fever for 24hrs without using any medication to reduce fever.
- If you are diagnosed with an illness other than COVID-19 such as the flu or strep throat you will need to follow your doctor's instructions on when you can return to school.
- You will need a doctor's note to return to school.

If you become sick during the school day, please see the School Nurse immediately. You will need to go home.

If you are sent home during the school day it does not mean that you have COVID-19.

# When a Member of the Fenwick Community Test Positive for COVID-19

- The Peabody Department of Public Health will be notified and will do all contact tracing for Bishop Fenwick High School.
- Contact tracing is used to identify those who have been in close contact with someone who has tested positive for COVID-19
- Close contacts are defined as only those who have been within 6 feet of the individual for at least 15 minutes, while the person was infectious.

If you are identified as a close contact your parent/guardian will be notified.



- If you test positive for COVID-19 your identity will be kept confidential.
- If you are identified as a close contact, you will not be told the identity of the person who tested positive for COVID-19
- All health information is confidential

## Student Visits to the Nurse's Office During the School Day

- Student visits to the nurse's office will be by appointment only
- This is necessary to control the volume so that we may maintain the required physical distancing
- If you are feeling ill, you should bring your backpack with you to the nurse's office
- I will notify your teacher if you are being dismissed, you will not return to your class
- If you are dismissed for illness it does NOT mean that you have COVID-19

# Ehall Pass

- We will be trialing a new app called e-hallpass that uploads to faculty and student tablets/laptops
- This will allow you to make appointments in the nurse's office only if there is an appointment available. For example, I will only be able to safely see three students at one time, if all appointments are taken you may need to wait 10 minutes to make the appointment.
- If you are feeling ill and cannot wait please let your teacher know and I will see you.
- With your permission, your teachers will be aware of any medical needs that you may have.