

# Orientation for students



# Agenda

- Daily health check (your responsibility)
- What are symptoms of Covid 19?
- What to do if I develop symptoms?
- Cohort or learning group
- Masks
- Hand washing
- Sharing
- Traffic flow
- Reminders



# Daily health check

- Any student within the school who has symptoms of COVID-19 OR travelled outside Canada in the last 14 days OR was identified as a close contact of a confirmed case or outbreak must stay home and self isolate.

# Symptoms of Covid-19

- All who have symptoms of Covid-19 (fever, chills, cough, shortness of breath, sore throat, new muscle aches or headache) must stay home and self-isolate for 10 days. Parents report student absence to school.
- Anyone directed by Fraser Health to do so must self-isolate
- Anyone who has arrived from outside Canada or had contact with a confirmed Covid-19 case must self-isolate for 14 days

# Daily health check

Daily Health Check			
1. Symptoms of Illness*	Does your child have any of the following symptoms?	CIRCLE ONE	
	Fever	YES	NO
	Chills	YES	NO
	Cough or worsening of chronic cough	YES	NO
	Shortness of breath	YES	NO
	Sore throat	YES	NO
	Runny nose / stuffy nose	YES	NO
	Loss of sense of smell or taste	YES	NO
	Headache	YES	NO
	Fatigue	YES	NO
	Diarrhea	YES	NO
	Loss of appetite	YES	NO
	Nausea and vomiting	YES	NO
	Muscle aches	YES	NO
	Conjunctivitis (pink eye)	YES	NO
	Dizziness, confusion	YES	NO
Abdominal pain	YES	NO	
Skin rashes or discoloration of fingers or toes	YES	NO	
2. International Travel	Have you or anyone in your household returned from travel outside Canada in the last 14 days?	YES	NO
3. Confirmed Contact	Are you or is anyone in your household a confirmed contact of a person confirmed to have COVID-19?	YES	NO

\*Check BCCDC's [Symptoms of COVID-19](#) regularly to ensure the list is up to date.

If you answered "YES" to any of the questions and the symptoms are not related to a pre-existing condition (e.g. allergies) your child should **NOT** come to school.

If they are experiencing any symptoms of illness, contact a health-care provider for further assessment. This includes 8-1-1, or a primary care provider like a physician or nurse practitioner.

If you answered "YES" to questions 2 or 3, use the [COVID-19 Self-Assessment Tool](#) to determine if you should be tested for COVID-19.

# What do I do if I develop symptoms?

- have them wear a mask (their own or provide them one)
- have a space available for them to wait until they can be picked up
- Call the first aid attendant if the person is in medical distress
- Ensure the student is supervised by an adult from a distance



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**Anyone experiencing symptoms of illness should not return to school until they have been assessed by a health-care provider to exclude COVID-19 or other infectious diseases, their symptoms have resolved or they have been cleared by their physician.**

# Cohort or learning group

- Students may socialize with peers in different cohorts if they are outdoors and can minimize physical contact or if they are indoors and can maintain physical distance (2 meters)



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# Guidance on wearing non-medical MASKS

- Masks are required for all students in secondary when they are in **HIGH TRAFFIC** areas
  - In school busses, hallways, anytime students are outside the classroom, or learning groups etc.
  - Students have a choice to wear a mask in the classroom
  - Everyone must treat each other and those wearing a mask with respect
  - If a student develops symptoms at school, they must wear the mask while they are preparing to go home



**Even when wearing a mask, staff and students will still be required to maintain physical distance from people outside of their learning group.**

Exceptions will be made for students and staff who cannot wear masks for medical or disability reasons.

Label your masks! You will receive 2 masks, and they will all look the same!

# Hand Hygiene reminder



HAND WASHING WITH PLAIN SOAP AND WATER IS  
THE MOST EFFECTIVE WAY TO REDUCE SPREAD OF  
ILLNESS.



IF SOAP AND WATER IS NOT AVAILABLE, USE  
ALCOHOL-BASED HAND SANITIZER CONTAINING  
AT LEAST 60% ALCOHOL.

# Hand washing

## When Students Should Perform Hand Hygiene:

- When they arrive at school.
- Before and after any breaks (e.g., recess, lunch).
- Before and after eating and drinking (excluding drinks kept at a student's desk or locker).
- Before and after using an indoor learning space used by multiple cohorts (e.g. the gym, music room, science lab, etc.).
- After using the toilet.
- After sneezing or coughing into hands.
- Whenever hands are visibly dirty.



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# Sharing

- Avoid sharing any food and drinks (including birthday treats, bake sale items).
- Students to label all personal items and not share them.
- Do not share any band/music instruments or accessories.



# Traffic flow in hallways

- Please note the directional arrows located on stairs and lockers
- “new normal”
  - Travel on the right
  - Passing left hand to left hand

**Keep Right**



# Important Reminders

1

Stay home when ill.

2

Wash hands frequently.

3

Maintain physical distancing and minimize physical contact. Wear a mask if physical distancing strategies are not an option

4

Not gather in groups and maintain physical distance from other learning groups

# In a nutshell



## 1. STAY HOME WHEN SICK

*All students and staff with common cold, influenza, COVID-19, or other respiratory diseases must stay home and self-isolate.*



## 2. HAND HYGIENE

*Everyone should clean their hands more often!*

*Thorough hand washing with plain soap and water for at least 20 seconds is the most effective way to reduce the spread of illness.*



## 4. PHYSICAL DISTANCING AND MINIMIZING PHYSICAL CONTACT

*Spread students and staff out to different areas when possible.*



## 3. RESPIRATORY AND PERSONAL HYGIENE

*Cover your coughs.*

*Do not touch your face.*

*No sharing of food, drinks, or personal items.*