



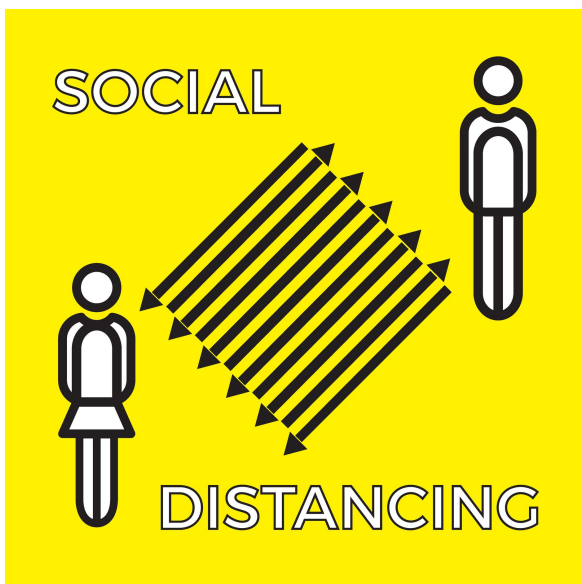
SAFER • STRONGER • TOGETHER COVID-19 PARENT EDUCATION

DIOCESE OF CHARLOTTE
CATHOLIC SCHOOLS OFFICE

WHAT IS COVID-19

On February 11, 2020 the World Health Organization announced an official name for the disease that is causing the 2019 novel coronavirus outbreak, first identified in Wuhan China. The new name of this disease is coronavirus disease 2019, abbreviated as COVID-19. In COVID-19, 'CO' stands for 'corona,' 'VI' for 'virus,' and 'D' for disease.

There are many types of human coronaviruses including some that commonly cause mild upper-respiratory tract illnesses. COVID -19 is a new disease, caused by a novel (or new) coronavirus that has not previously been seen in humans.

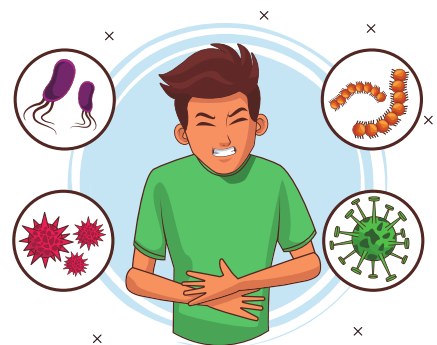


HOW IS CORONAVIRUS SPREAD?

COVID - 19 is primarily spread from person to person through respiratory droplets when they cough, sneeze or talk. You can become infected by coming in close contact with a person who has COVID-19. Close contact is defined as any individual who was within 6 ft. or two arm lengths for at least 15 minutes. You may also get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

SYMPTOMS OF COVID-19

- Fever and or chills
- Shortness of breath or difficulty breathing
- Cough
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Headache or body aches
- Nausea, vomiting, or diarrhea



STRATEGIES TO PREVENT THE SPREAD OF COVID-19

- Healthy life style choices including getting adequate sleep, eating healthy, getting daily exercise and pursuing strategies for reducing stress.
- Stay at home when you are sick!
- Frequent and proper handwashing.
- Using hand sanitizer when soap and water are not available.
- Keep your hands away from your face.
- Cover your cough and your sneeze.
- Social distance when feasible.
- Wear a face covering if social distancing is not possible.
- All members of our school communities have a shared responsibility to prevent the spread of illness. In collaboration with our parents during this extraordinary pandemic time, we expect our parents to assist with mitigating risk to their school community by:
 - 1) Monitoring your child every school day using the CDC screening checklist (incorporated in this document).
 - 2) Keeping your child at home and out of school if any of the symptoms listed on the checklist are present.
 - 3) Consider a temporary move to remote learning for a quarantine period if exposed to COVID-19 (including due to travel to high risk areas).



"Let each of you look not only to his own interests but also to the interests of others." (Philippians 2:4)

CLEANING AND DISINFECTING PROCEDURES

Routine Cleaning and Disinfecting

Common areas and high-touch surfaces will be cleaned multiple times throughout the day in accordance with CDC and local health authority guidelines.

Response Cleaning and Disinfecting

Classroom cleaning procedure for students and staff who develop fever and/or chills, shortness of breath/difficulty breathing, new cough, new loss of taste or smell during the school day (presumptive COVID-19):

- Students will be escorted out of the classroom.
- Close classroom and if possible open windows.
- Thoroughly clean and sanitize all high touch surfaces including desks/tables, chairs, counters, door knobs, light switches and counters with an EPA registered disinfectant effective against coronavirus.
- Nurse or designee will notify the local health authorities. All guidance including classroom closure will be followed for each individual situation.

Classroom cleaning procedure for students or staff who develop a sore throat, congestion, runny nose, headache, and body aches, nausea, vomiting, or diarrhea during the school day (suspected COVID -19):

- Students will be escorted out of the classroom.
- Close classroom if possible open windows.
- Thoroughly clean and sanitize student's immediate surroundings including desk and chair with an EPA registered disinfectant effective against coronavirus.
- Students will be permitted back in the classroom when cleaning and disinfecting is complete.

SYMPTOMATIC RESPONSE

If a student or staff member tests positive for COVID-19 or has been in close contact with someone who has tested positive, the school nurse or designee will contact the local health authority. The designee will be involved with contact tracing in conjunction with the local health department to prevent the spread of infection. Contact tracing involves identifying people who have an infectious disease and those they may have exposed. A COVID-19 close contact is defined as anyone who was within 3-6 feet of an infected person for at least 15 minutes, starting within 48 hours of symptoms onset, up until the time the patient was isolated.

The school community will be informed of any positive tests while respecting the privacy rights of the individual. The school will follow all guidelines in place by the local health authority, including the possibility of closing the school until the health threat is resolved.

COVID-19 SCREENING

No Flags from Daily Home Screening (included in this document)

- Proceed to school

Exposure, no symptoms

- *Cannot go to school*
- Home for 14 days

Diagnosis, no symptoms

- *Cannot go to school*
- Home for 10 days since first positive COVID -19 test

At Least 1 Symptom

- *Cannot go to school*
- If confirmed positive COVID -19: Home for 10 days since first symptoms, no fever for 3 days (without the use of fever reducing medicine), AND 3 days of symptom improvement, including coughing and shortness of breath.
- If person has not been tested: Home for 10 days first symptoms, no fever for 3 days (without the use of fever reducing medicine), AND 3 days of symptoms improvement, including coughing and shortness of breath.
- If negative COVID -19 test: No fever for 24 hours (without the use of fever reducing medicine). AND they have felt well for 24 hours.
- If confirmed diagnosis other than COVID-19 (e.g., stomach virus, strep throat, ear infection): May return to school if no fever for 24 hours AND they have felt well for 24 hours.



WHEN TO CALL THE LOCAL HEALTH AUTHORITIES



- Nurse or designee will contact the local health department for a staff member or student who has tested positive for COVID- 19.
- Nurse or designee will contact the local health department if a student or staff member has been in close contact with anyone who tested positive for COVID -19.
- Nurse or designee will contact the local health department for a staff member or student who develops symptoms of COVID -19 during the school day.
- If uncertain, err on the side of caution and call the local health department.

COVID-19: Quarantine vs. Isolation

QUARANTINE keeps someone who was in close contact with someone who has COVID-19 away from others.



If you had close contact with a person who has COVID-19



- Stay home until 14 days after your last contact.



- Check your temperature twice a day and watch for symptoms of COVID-19.



- If possible, stay away from people who are at higher-risk for getting very sick from COVID-19.



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ISOLATION keeps someone who is sick or tested positive for COVID-19 without symptoms away from others, even in their own home.



If you are sick and think or know you have COVID-19



- Stay home until after
 - At least 10 days since symptoms first appeared **and**
 - At least 24 hours with no fever without fever-reducing medication **and**
 - Symptoms have improved



If you tested positive for COVID-19 but do not have symptoms



- Stay home until after
 - 10 days have passed since your positive test



If you live with others, stay in a specific “sick room” or area and away from other people or animals, including pets. Use a separate bathroom, if available.

cdc.gov/coronavirus

Daily Home Screening for Students

Parents: Please complete this short check each morning and report your child's information upon arrival to school.

If your child has any of the following symptoms that put them at risk for spreading illness to others, please keep them at home.

Symptom Checklist	✓
Fever (based on current school policy)	
Sore throat	
New uncontrolled cough that causes difficulty breathing (for students with chronic allergic/asthmatic cough; a change in their cough from baseline)	
Diarrhea, vomiting, or abdominal pain	
New onset of severe headache, especially with fever	

Close Contact/Potential Exposure	✓
Had close contact (within 6 feet for at least 15 minutes) with a person with confirmed COVID-19.	
-or-	
Had close contact (within 6 feet for at least 15 minutes) with a person under quarantine for possible exposure to COVID-19.	



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cdc.gov/coronavirus