

Butler County School System

Back to School Plan

2021-2022

This document is a fluid and working document. As the Butler County School System receives additional guidance from the Alabama State Department of Education and the Alabama Department of Public Health, changes will be made. Please continue to review the Butler County School System's webpage @ <https://www.butlerco.k12.al.us/> for the most current copy. The latest edit date will be posted in the footer of this document.

BUTLER COUNTY SCHOOL SYSTEM



**BOLDLY
COMMITTED TO
STUDENT
SUCCESS**



We're All in this Together!

Table of Contents

APPENDIXES:

Butler County Board of Education Members	2
District Leadership Team/COVID Team	3
Health Services Plan	5-9
Visitor Self-Screening Form	10
Transportation Checklist	11-12
Guidance to Parents	13
Employee COVID-19 Protocol	14
Student COVID-19 Protocol	15
CDC COVID-19 Handouts	16-23

Disclaimer: The information provided in this document does not, and is not intended to constitute legal or medical advice, instead, all information and content available in this document are for general informational purposes only.



The School Board of the Butler County School System

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Carolyn Crenshaw, District 2

Brandon Sellers, District 3

Linda Hamilton, District 4

Eric Gomillion, District 5

Mr. Joseph Eiland
Superintendent of Schools

District Leadership Team Members

COVID Team

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Bryant Marlow, Principal, Greenville Middle School

Belinda Cook, Principal, Greenville Elementary School

Jackie Thornton, Principal, WOP Elementary School

Deedra Benson, Principal, Georgiana School

Miles Brown, Principal, McKenzie School

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Linda Perdue, Child Nutrition Program Director

William Love, Maintenance Director

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BCSS ... We are ALL in this together!



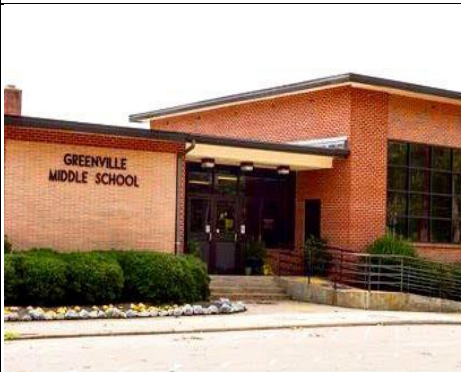
**Greenville
High School**



**McKenzie
School**



**Georgiana
School**



**Greenville
Middle
School**



**Greenville
Elementary
School**



**WO Parmer
Elementary
School**

Health Services Plan

Stay Safe and Healthy in Our Schools!

Human Behavior and Procedures

- All parents and visitors will enter the building at the main entrance.
- Until further notice, all visitors, staff and students in grades 1-12 are required to wear masks.
- Parents will not be permitted beyond the office area until further notice.
- All ALSDE Staff, OSR Staff, and interns will be screened by the front office (temperatures and health screening forms will be completed prior to admission to the building).
- Schools will limit the number of student interns, volunteers, and other visitors in the building.
- Every effort will be made to maintain six feet of separation between students and staff in all areas of the schools. Students and staff will travel of the right side of the hallway while maintaining six feet of separation as students/staff transition throughout the building.
- Teacher will teach proper hand hygiene and respiratory etiquette
- School buses will be cleaned at the end of each day.
- Frequently touched surfaces will be sanitized frequently. Restrooms will be cleaned/sanitized at each period change throughout the day and at the end of the day.
- Students and staff riding buses should use face masks.
- Disinfect between uses of communal spaces
- Where possible, health services work with local agencies to provide or connect employees and students with COVID-19 testing and tracing.

Scheduling Procedures

- Create schedules that allow for frequent hand-washings for staff and students.
- Schedule times for sanitizing and disinfecting classrooms, bathrooms, and common areas.

Physical Organization and Procedures

- Post [signs](#) in highly visible locations (e.g., school entrances, restrooms) that [promote everyday protective measures](#) and describe how to [stop the spread](#) of germs (such as by [properly washing hands](#) and [properly wearing a cloth face covering](#)).
- Broadcast regular [announcements](#) on reducing the spread of COVID-19 on PA systems. Include messages (for example, [videos](#)) about behaviors that prevent the spread of COVID-19 when communicating with staff and families (such as on school websites, in emails, and on school [social media accounts](#)).
- Install hand-sanitizing stations throughout the school and in classrooms.
- Where feasible, install physical barriers in reception areas and workspaces where the environment cannot accommodate social distancing.
- Where possible, arrange classrooms in a way that ensures students are appropriately “distanced” For example: desks separated, skipping seats, smaller groupings for centers, desks all facing the same direction, etc.
- Disinfect classrooms and commonly touched surfaces daily and possibly throughout the day.
- Sanitize playground equipment between uses.

Health Room Operational Requirements During COVID-19 Pandemic

Return to School Plan

- All health rooms should maintain compliance with the ALSDE guidelines
- All health rooms should have a school nurse handling issues that may arise with COVID-19 and managing other health issues throughout the school day.
- The school nurse should review and stay knowledgeable through guidance from the local health department, ALSDE, ADPH, and CDC regarding the latest protocol for COVID-19.
- Precautions are necessary to prevent the potential spread of COVID-19 in school settings. In addition, the school nurse is always mindful of confidentiality issues and the stigmatizing of students or staff who may have been exposed to the virus or have symptoms.
- All health rooms should have proximity to a sink to wash hands thoroughly with soap and water for the recommended 20 seconds.
- Health rooms should have access to ABHR (alcohol-based hand rub) with 60-90% alcohol.
- All schools will have a health room and an isolation room.
- Consideration should be given to provide an area for a staff member who may become ill while at school.
- Precautions should be taken when dispensing routine or “as needed” medications to students. Those identified students should be in the designated well area and remain 6’ distance from others in the health room.
- Multiple students presenting at the same time in the health room for medications will be prohibited unless distancing can be maintained.
- Suggestions to consider with routine medication/medical procedures may be:
 - Encourage parents to give morning medications at home.
 - Nurse possibly reporting to a designated private area near the classroom for medical procedure.
 - Heightened consideration needs to be given to those students requiring medications or invasive procedures that are immunocompromised, have special needs, or conditions that deem them more vulnerable than the general population.
- The school nurse must ensure that the trash is removed throughout the day and disposed of safely (double bag all trash cans).
- The school nurse, cleaning staff, and school administrator will discuss designated times for cleaning and disinfecting to be done throughout the school day.
- Health rooms will have informational posters encouraging good hand and respiratory hygiene practices and guidance on preventive measures with COVID-19.
- Information sheets may be printed from the ADPH/CDC website regarding protocol for COVID -19 to provide guidance for parents regarding protocols at home and exclusion from school.
- Schools are **NOT** expected to use test kits to screen students or staff to identify cases of COVID-19. The school nurse will be instrumental in identifying individuals with symptoms of COVID-19, referring to community agencies for testing, and assisting local health officials with surveillance measures. Students or staff presenting with possible COVID-19 will be identified using the COVID-19 Checklist and risk factors and then referred to their healthcare provider for further assessment and evaluation. Once a student or staff member has tested positive for COVID-19, the ADPH will be notified and the school will follow the ADPH guidelines. Once all quarantine recommendations have been met, then he/she can return to school/work with a physician’s note of clearance.
- In order to prevent potential exposure to infectious diseases, promote isolation, and decrease office congestion, please note that students do NOT need to visit the health room for minor situations. (example: paper cut, small abrasion, etc.). Teachers are being provided training and a basic first aid kit for their rooms.

I. Assessment and Triage in the Health Room

- For all potential life-threatening situations (difficulty breathing, severe bleeding, or any other symptoms identified as life threatening), the administrator, school nurse, and 911 should be called immediately to respond to the area where the situation originates.

- Consider COVID-19 Triage Station areas or make efforts to remove “well children” from the health room prior to assessing a student suspected of COVID-19.
- Prioritize triage of students with symptoms of suspected COVID-19.
- COVID-19 symptoms that prompt referral to the health room may include: fever, cough, shortness of breath, rapid breathing, chills, repeated shaking with chills, muscle pain, headache, sore throat, a new loss of taste or smell, fatigue, body aches, runny nose, flushed cheeks, extreme fussiness, vomiting, or diarrhea.
- The school nurse will follow hand hygiene protocol before and after all student contact, contact with potentially infected materials, and before putting on and removing PPE, including gloves.
- Hand hygiene includes washing hands with soap and water for 20 seconds. If this is not possible, use ABHR with 60-90% alcohol.
- Initiate standard precaution measures and gather PPE.
- Carefully consider the use of physical barriers, such as a glass or plastic window or partition to limit close contact between triage personnel and potentially infectious students.
- The school nurse will perform hand hygiene, put on a face mask, gloves, and eye protection as indicated. A gown could be considered if extensive contact with a child is anticipated.
- Make a visual inspection of the child for signs of illness as noted above.
- Conduct temperature screening of students.
- Wash hands between each student, use a clean pair of gloves for each child, and clean the thermometer thoroughly between each use.
- Clean thermometers with an alcohol wipe (or isopropyl alcohol on a cotton swab) between each child.
- Assist identified sick students in the health room with putting on a mask, if they are not already wearing one.
- Ask if the student has been exposed to someone with positive or presumed positive COVID-19.
- Proceed with assessment of the student’s complaints with emphasis on respiratory issues.
- Children suspected of COVID-19 will be placed in the isolation area.
- Parent/Legal Guardian will be contacted immediately to pick up ill students or those suspected as COVID-19.
- The student must be sent home to follow up with a medical provider and provide a clearance note prior to returning to school.
- Parents/Guardian may contact a medical doctor or ADPH identified contact numbers for guidance on COVID-19 and testing centers/procedures.
- Encourage parents to call ahead to prevent potential community transmissions of infectious disease, if stable and clinically appropriate.
- If a direct case of COVID-19 occurs at a school, the lead nurse, local health officials, ALSDE, and schools will be expected to communicate and collaborate regarding follow up and next steps.
- After each screening, remove and discard PPE and wash hands as noted in above protocol.

II. Infection Control and Personal Protective Equipment (PPE)

Standards in the Health Office

- At a minimum, nurses should wear lab coats/cover, scrubs, and closed toe shoes.
- Masks and gloves should be worn when assessing all students who present with COVID-19 symptoms.
- Students presenting with symptoms should be given a mask to wear and placed in the designated isolation area with supervision while waiting for parent pick up.
- Encourage tele visits with staff and parents to prevent community transmission.
- Health rooms and isolation areas should be cleaned throughout the day with an EPA approved product proven to kill both the Flu and the COVID-19 Virus.
- Custodians should clean and disinfect all high traffic areas while focusing on frequently touched surfaces such as doorknobs, etc. with an EPA product proven to kill the flu and the COVID-19 virus.
- Implement social distancing measures according to current CDC guidelines.
- Nurses will keep abreast of the current recommendations and report to administration as needed. Nurses will advise administration on current CDC recommendations, re: large gatherings and numbers permitted. Small group settings will be recommended and encouraged.

- Temperature and respiratory checks of staff and students will be conducted on an as needed basis. If someone in a particular class is not feeling well, the entire class will be observed and monitored as needed. When feasible, schools may consider regular health checks (e.g., temperature and respiratory symptoms screening) of students, staff, and visitors.
- Conduct Universal Precautions Training for all employees.

III. Surveillance

- Nurses will continue to monitor national, regional, and local data related to pandemic respiratory infections.
- Nurses will monitor absenteeism. During all stages of a pandemic outbreak, it will be essential for the lead nurse to monitor and document the number of students and faculty who are absent and meet the definition of illness. Keeping track of these numbers will help school and health officials determine when and whether to close schools.
- Notify lead nurse, local ADPH, Superintendent, and ALSDE of confirmed positive cases of COVID-19 of employees/students
- Nurses will continue to collaborate with ADPH regarding the tracking and notification of contacts.
- The district will follow ADPH and ALSDE recommendations regarding school/district closures due to community outbreaks.

Health Related Questions:

1. What will be the COVID-19 testing protocols for students, staff, visitors, etc.? **Schools will not be responsible for testing for COVID-19. Students and staff suspected of COVID-19 will be referred to their regular doctor/ADPH or local testing center.**
2. If someone in the school community tests positive, what will be the next required steps? Will schools need to be closed for deep cleaning? Who does that cleaning? What will be the requirements for contact tracing and testing? How long will staff or students need to be quarantined, if at all? **Once someone in the school community tests positive for COVID-19, the parents and those deemed to be contacts will receive a general notification of the occurrence. The Alabama Department of Public Health will be notified for guidance and recommendations depending on the student's grade level and where the student may have been in the school. The areas that the student has been in will be cleaned by the janitorial services using CDC guidelines and the student will be required to isolate for 10 days and can return to school on day 11 if fever free without fever reducing meds and symptom free. Contact tracing and testing will be the responsibility of the ADPH.**
3. If school has a positive case, how long will a closure be to ensure there's no super-spread to a community? **The Butler County School System will follow the recommendations of the ADPH and the CDC for schools at the time of the occurrence.**
4. What are the specifications for the isolation rooms? **Isolation rooms located inside the schools will be separate from the regular nurse's office. Each isolation room will have separate divided areas for student to stay while waiting on their parent/guardian to pick them up.**
5. Will there be standardized screening protocols for staff and students entering buildings? If so, who will do that? What forms will be used? **There will be no standardized screening protocol for staff and students. We will rely on staff and parents to self-report any signs or symptoms of COVID-19 or risk factors. This may change as the recommendations from the ADPH and CDC change.**
6. Should we require a test for any student or staff exhibiting symptoms? **No, however if a student or staff member is exhibiting symptoms, they should see a doctor for further evaluation and recommendations and may return to school with a doctor's clearance.**

7. Will we need to limit the number of students in health offices at one time? Will we need separate areas for first aid? If so who will cover that and with what certificate? **Yes, we will limit the number of students in the health office and require them to enter one at a time. This will be done by locking the nursing station door and only allowing entrance when unlocked by the nurse. First Aid situations will be taken care of in the classroom by the teacher if they are minor or by the nurse if the teacher feels that the nurse needs to assess the child.**

8. What do you recommend that break look like? **Break can be held outside when feasible and can proceed as usual while maintaining social distancing.**

9. Will there be standard return to school policies and procedures for students and staff who are presumed positive or diagnosed with Covid-19? **Students and staff who complete the total number of days exclusion and have no fever with the use of fever reducing medications or symptoms, are clear to return to school.**

10. How will we provide for mental health supports that may be needed for both students and staff that have experienced trauma due to the loss of family members, isolation, suicidal ideations, food insecurity, loss of income, loss of housing, etc.? **Butler County School System will utilize our school counselors, school nurses and mental health services provided by South Central Alabama Mental Health services for our county.**

Butler County School System
VISITOR SELF-SCREENING FORM

Visitor or Parent Name: _____

Date: _____

Mobile Number: _____

Physical Address: _____

Are you showing any signs of the following symptoms?

- Temperature 100.4 or higher
- Shortness of breath, difficulty breathing
- Cough
- Running nose
- Sneezing
- Muscle Pain
- Tiredness

Have you been exposed to someone with COVID-19 positive test results?

_____ YES

_____ NO

Is the information you provided on this form true and correct to the best of your knowledge?

_____ YES

_____ NO

NOTES: Visitation is forbidden if there has been any YES responses to the screening checklist. If “yes” is checked, visitors will be directed to leave the premises. Disinfecting the visited area will need to take place immediately.



TRANSPORTATION SANITATION CHECKLIST

Sanitation logs will be turned in to the Transportation Director after completing your last route. All surfaces must be cleaned with a disinfectant solution. Bus drivers should wear masks at all times. The driver's temperature must be checked and documented before the start of each route.

TRANSPORTATION SANITATION CHECKLIST

BUS DRIVER CHECKLIST

SCHOOL: _____ DRIVER: _____

DAILY LOG DATE: _____

	TASK		NOTES	DATE
	YES	NO		
Is there antibacterial gel?				DATE <input type="checkbox"/> AM <input type="checkbox"/> PM
Clean/Sanitize - Aisle				DATE <input type="checkbox"/> AM <input type="checkbox"/> PM
Clean/Sanitize - Stairs				DATE <input type="checkbox"/> AM <input type="checkbox"/> PM
Clean/Sanitize - Upper Rail				DATE <input type="checkbox"/> AM <input type="checkbox"/> PM
Clean/Sanitize - Seats & Armrests				DATE <input type="checkbox"/> AM <input type="checkbox"/> PM

DRIVER RESPONSIBLE

SIGNATURE: _____

BUTLER COUNTY SCHOOL SYSTEM

Dear Parent or Guardian;

Our schools opened again on August 11, 2021. Students may return to school following the directives from the ADPH and ALSDE State Superintendent. **Until further notice, staff and students in grades 1-12 are required to wear masks.** Even though school is opening, there are still some people who are sick from the virus. Health officials say that pandemic outbreaks sometimes happen in waves. This means more people could become sick. If more people get sick, schools may need to close again. We will continue to communicate to you updated important information. **If you or any family member is diagnosed with COVID-19 please notify your school and/or school nurse.**

If your child has a serious underlying health condition, please seek the guidance of your MD before returning to school.

Because the virus can still be spread from person-to-person, please keep children who are sick at home. Do not send them to school if your child has one or more combination of the following symptoms:

- Fever of 100 to 100.4 first thing in the morning, especially prior to planning to attend school
- Cough, runny nose, and/or trouble breathing
- Diarrhea or vomiting
- Abdominal pain without other explanation

For more serious symptoms such as the following, contact physician immediately or call ahead and go to local ER:

- Rash all over the body
- Both eyes appearing pink or red
- Swollen hands and feet, which might also be red

Call your child's doctor before you go to their office and follow their instructions. Your child may return to school with a written excuse from the doctor that they are clear to return to school; faxed copies are preferred. School fax numbers are listed below.

<u>School</u>	<u>Fax Number</u>
Georgiana	334-376-2956
Greenville Elementary	334-382-7735
Greenville High	334-382-7202
Greenville Middle	334-382-0686
McKenzie	334-374-8108
W.O. Parmer Elementary	334-382-2425

If the student is displaying symptoms of COVID, they may be isolated from other children on the bus and upon arrival to school. Parents/guardians will be asked to pick up the child within an hour.

Please continue to implement the following measures to protect against the virus:

- Staying home from work or school and limiting contact with others when you are sick.
- Covering your nose and mouth with a tissue when you cough or sneeze and properly discard used tissues. If no tissue is available, cough or sneeze into your upper sleeve, not your hands.
- Frequently washing your hands with soap and water or use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoiding touching your eyes, nose and mouth. Germs spread this way.
- Avoid close contact with those who are ill.

Please remain alert for any news media updates and periodically check the school district's website or other school social media for updates or pertinent information. Thank you for all you are doing to keep our children safe and healthy!

Butler County School System

Employee Protocol for Confirmed Covid-19 or Risk of Contact Exposure

According to ADPH (Alabama Department of Public Health) Isolation and Quarantine Guidelines for COVID-19 Revised 07-30-2021:

“Close Contact” is defined as:

- a) In the K-12 indoor classroom setting, the close contact definition **excludes** persons who were at least 3 feet or more away from the infected person if:
 - Both persons were consistently and correctly using well fitted masks and
 - Other k-12 school prevention strategies were in place
- b) Students living in the household with a + COVID confirmed case

Employees who are identified as being a “close contact” with a confirmed COVID-19 positive will be notified by the school or school district representative.

The employee will be advised to contact their healthcare provider by calling ahead or telemedicine visit with the medical doctor to be assessed and to be given further directives.

Exceptions to Exclusion from school/work:

- Asymptomatic, fully vaccinated close contacts do not need to be sent home but should monitor for symptoms, and isolate if symptoms occur.
- Asymptomatic, close contacts who have tested positive and recovered from COVID-19 in the prior 3 months (90 days), do not need to be sent home unless they develop symptoms.
- Asymptomatic close contacts who meet the K-12 indoor classroom exclusion do not need to be sent home unless they develop symptoms.

Contact Exposure:

The employee that has been symptom free during the 10 days exclusion and is fever free without fever reducing medications for 24 hours, may return to work on day 11.

Confirmed COVID-19:

According to **ADPH Timeframe** the employee that tested positive for COVID-19 may discontinue isolation after the following criteria are met:

- a) the employee that tested positive for COVID-19 may discontinue isolation after completing 10days from onset of symptoms/ or date of positive test and be fever-free without fever-reducing medications for at least 24 hours. Employees must provide documentation of positive test to Administration to return to work.

Butler County School System Student Protocol for Confirmed Covid-19 or Risk of Contact Exposure

**According to ADPH (Alabama Department of Public Health) Isolation and Quarantine Guidelines for
COVID-19 Revised 07-30-2021:**

“Close Contact” is defined as:

- a) In the K-12 indoor classroom setting, the close contact definition **excludes** persons who were at least 3 feet or more away from the infected person if:
 - Both persons were consistently and correctly using well fitted masks and
 - Other K-12 school prevention strategies were in place
- b) Students living in the household with a + COVID confirmed case

Exceptions to Exclusion from school/work:

- Asymptomatic, fully vaccinated close contacts do not need to be sent home but should monitor for symptoms, and isolate if symptoms occur.
- Asymptomatic, close contacts who have tested positive and recovered from COVID-19 in the prior 3 months (90 days), do not need to be sent home unless they develop symptoms.
- Asymptomatic close contacts who meet the K-12 indoor classroom exclusion do not need to be sent home unless they develop symptoms.

Parents of students who have been deemed “close contact” with a student confirmed COVID-19 positive will be notified by the school or school district representative. Parents will be advised to contact their child’s healthcare provider by calling ahead or by telemedicine visit with the medical doctor to be assessed and to be given further directives.

Contact Exposure:

- If the student is symptom free at the completion of the 10 day of exclusion, without fever reducing medications and has not been in close contact with any other positive cases they may return to school on day 11.

Confirmed COVID-19:

According to **ADPH Timeframe**, the student that tested positive for COVID-19 may discontinue isolation after the following criteria are met:

- If the student that tested positive for COVID-19 has completed 10 days of isolation and is fever-free without fever-reducing medications for at least 24 hours, they may return to school on day 11.

Prevent the spread of COVID-19 if you are sick

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.

Stay home except to get medical care.

- **Stay home.** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation,** ride-sharing, or taxis.



Separate yourself from other people and pets in your home.

- **As much as possible, stay in a specific room** and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
- See **COVID-19 and Animals if you have questions about pets:** <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>
- Additional guidance is available for those **living in close quarters.** (<https://www.cdc.gov/coronavirus/2019-hj-ncov/daily-life-coping/living-in-close-quarters.html>) and **shared housing** (<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/shared-housing/index.html>).



Monitor your symptoms.

- **Symptoms of COVID-19 include fever, cough, and shortness of breath but other symptoms may be present as well.**
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities will give instructions on checking your symptoms and reporting information.



When to Seek Emergency Medical Attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Bluish lips or face
- Inability to wake or stay awake

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility:

Notify the operator that you are seeking care for someone who has or may have COVID-19.

Call ahead before visiting your doctor.

- **Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- **If you have a medical appointment that cannot be postponed, call your doctor's office,** and tell them you have or may have COVID-19.



If you are sick, wear a cloth covering over your nose and mouth.

- **You should wear a cloth face covering over your nose and mouth** if you must be around other people or animals, including pets (even at home).
- You don't need to wear the cloth face covering if you are alone. If you can't put on a cloth face covering (because of trouble breathing for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.
- Cloth face coverings should not be placed on young children under age 2 years, anyone who has trouble breathing, or anyone who is not able to remove the covering without help.



Note: During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana.



Cover your coughs and sneezes.

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Throw used tissues** in a lined trash can.
- **Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often.

- **Wash your hands often** with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Use handsanitizer** if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water are the best option**, especially if your hands are visibly dirty.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal household items.

- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash these items thoroughly after using them** with soap and water or put them in the dishwasher.



Clean all “high-touch” surfaces everyday.

- **Clean and disinfect** high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
- **If a caregiver or other person needs to clean and disinfect** a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a cloth face covering and wait as long as possible after the sick person has used the bathroom.



High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**
- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then use a household disinfectant.
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
 - Most EPA-registered household disinfectants should be effective.

When you can be around others after you had or likely had COVID-19

When you can be around others (end home isolation) depends on different factors for different situations.



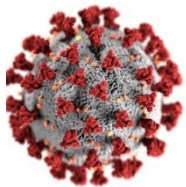
• I think or know I had COVID-19, and I had symptoms

- You can be with others after
 - 3 days with no fever**AND**
 - symptoms improved**AND**
 - 10 days since symptoms first appeared
- Depending on your healthcare provider’s advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.

• I tested positive for COVID-19 but had no symptoms

- If you continue to have no symptoms, you can be with others after:
 - 10 days have passed since test
- Depending on your healthcare provider’s advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.
- If you develop symptoms after testing positive, follow the guidance above for “I think or know I had COVID, and I had symptoms.”

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- Being vaccinated is the best way to protect yourself, if you are exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.

What You Can Do If You Are at Increased Risk for Severe Illness from COVID-19

Are You at Increased Risk for Severe Illness?



Based on what we know now, those at increased risk for severe illness from COVID-19 are:

- Older adults
- People of any age with the following :
 - Cancer
 - Chronic kidney disease
 - COPD (chronic obstructive pulmonary disease)
 - Immunocompromised state (weakened immune system) from solid organ transplant
 - Obesity (body mass index [BMI] of 30 or higher)
 - Serious heart conditions, such as heart failure, coronary artery disease, or cardiomyopathies
 - Sickle cell disease
 - Type 2 diabetes mellitus

Here Is What You Can Do to Help Protect Yourself



Limit contact with other people as much as possible.



Wash your hands often.



Avoid close contact (6 feet, which is about two arm lengths) with people who are sick.



Clean and disinfect frequently touched surfaces.



Avoid all cruise travel and non-essential air travel.

Call your healthcare professional if you are sick.

For more information on steps you can take to protect yourself, see CDC's [How to Protect Yourself](#).



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Cover Coughs and Sneezes

Stop the spread of germs
that can make you and others sick!



Cover your
mouth and nose
with a **tissue**
when you
sneeze or cough.



If you don't
have a tissue,
use your
elbow.



Wash hands
often, **especially**
after coughing
or sneezing.

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.

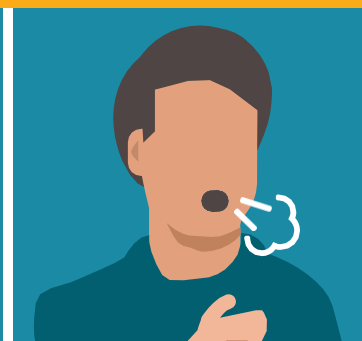


Symptoms of Coronavirus (COVID-19)

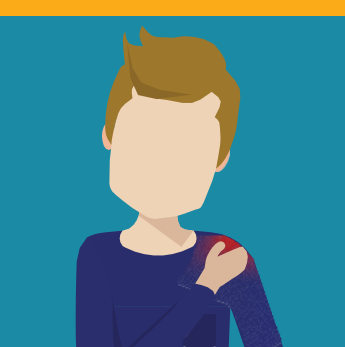
Know the symptoms of COVID-19, which can include the following:



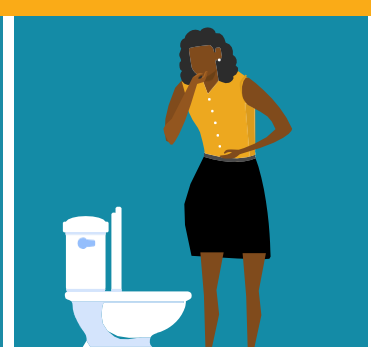
Cough, shortness of breath or difficulty breathing



Fever or chills



Muscle or body aches



Vomiting or diarrhea



New loss of taste or smell

Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

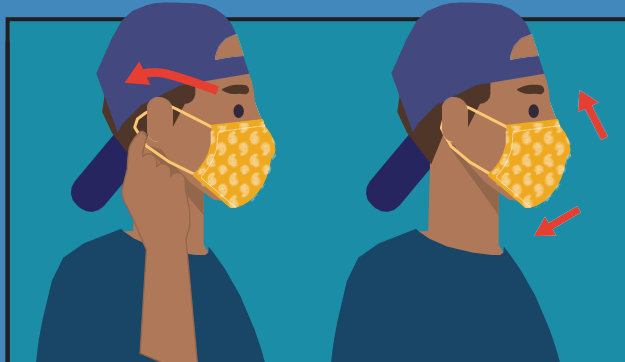
This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.

Wear a Cloth Face Covering to Protect You and Your Friends

PUT ON



WASH YOUR HANDS



PLACE OVER NOSE AND MOUTH

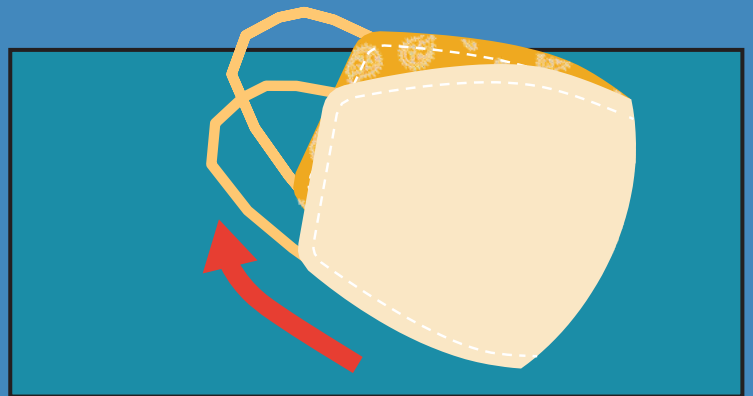


MAKE SURE YOU CAN BREATHE EASILY

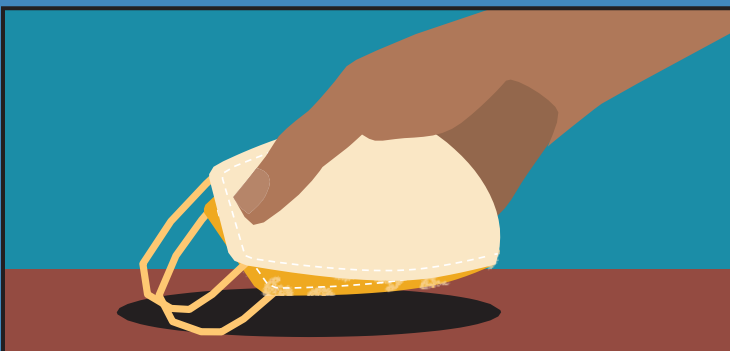
TAKE OFF



TAKE OFF YOUR FACE COVERING



FOLD OUTSIDE CORNERS TOGETHER



PUT ASIDE FOR WASHING



WASH YOUR HANDS

WASH YOUR HANDS OFTEN, WEAR A MASK, AND STAY 6 FEET FROM OTHERS.



cdc.gov/coronavirus