

COVID:19

Education on

The virus. How to protect yourself.

What to do if you are infected.

Information about health, wellness, and resilience.

There is no time for COVID-19 fatigue.

We have to remain vigilant.

We must carefully follow community mitigation strategies.

Please see the following article with the latest information
from the CDC dated 10-29-20

<https://www.cdc.gov/coronavirus/2019-ncov/community/community-mitigation.html>

How to Best Protect Yourself

“How COVID-19 Spreads“ CDC (October 28, 2020)

Protect yourself and others

The best way to prevent illness is to avoid being exposed to this virus. You can take steps to slow the spread.

Stay at least 6 feet away from others, whenever possible. This is very important in preventing the spread of COVID-19.

Cover your mouth and nose with a mask when around others. This helps reduce the risk of spread both by close contact and by airborne transmission.

Wash your hands often with soap and water. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.

Avoid crowded indoor spaces and ensure indoor spaces are properly ventilated by bringing in outdoor air as much as possible. In general, being outdoors and in spaces with good ventilation reduces the risk of exposure to infectious respiratory droplets.

Stay home and isolate from others when sick.

Routinely clean and disinfect frequently touched surfaces.

Pandemics can be stressful, especially when you are staying away from others. During this time, it's important to **maintain social connections and care for your mental health.**”

Most recently the CDC website shared the virus that causes COVID-19 most commonly spreads between people who are in close contact with one another **(within about 6 feet or about 2 arm lengths for a cumulative 15 minutes in 24 hours)**. (CDC Updates its Guidelines for Close COVID-19 Contact After Prison Guard Gets Infected.” **CNN, October 22, 2020**)

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

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a mask 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.



13-149970A 06/15/2020

cdc.gov/coronavirus

Appendix 1: Sample COVID-19 School Screening Tool

<School Letterhead in Header>

COVID-19 Daily Screening for Students

Name _____

Date _____

Parents/Guardians: Please complete this short check each morning and report your child's information per your school's reporting instructions.

Section 1: Symptoms

Any of the symptoms below could indicate a COVID-19 infection in children and may put your child at risk for spreading illness to others. Please note that this list does not include all possible symptoms and children with COVID-19 may experience any, all, or none of these symptoms. Please check your child daily for these symptoms:

Column A

<input type="checkbox"/>	Fever (measured or subjective)
<input type="checkbox"/>	Chills
<input type="checkbox"/>	Rigors (shivers)
<input type="checkbox"/>	Myalgia (muscle aches)
<input type="checkbox"/>	Headache
<input type="checkbox"/>	Sore Throat
<input type="checkbox"/>	Nausea or Vomiting
<input type="checkbox"/>	Diarrhea
<input type="checkbox"/>	Fatigue
<input type="checkbox"/>	Congestion or runny nose

Column B

<input type="checkbox"/>	Cough
<input type="checkbox"/>	Shortness of Breath
<input type="checkbox"/>	Difficulty Breathing
<input type="checkbox"/>	New loss of smell
<input type="checkbox"/>	New loss of taste

Students who are sick (e.g. fever, vomiting, diarrhea) should **not** attend school in-person. If **TWO OR MORE** of the fields in **Column A** are checked off OR **AT LEAST ONE** field in **column B** is checked off, please keep your child home and notify the school for further instructions.

Section 2: Close Contact/Potential Exposure


Please verify if in the last 14 days:

<input type="checkbox"/>	Your child has had close contact (within 6 feet of an infected person for at least 10 minutes) with a person with confirmed COVID-19
<input type="checkbox"/>	Someone in your household is diagnosed with COVID-19
<input type="checkbox"/>	Your child has traveled to an area of high community transmission .

If **ANY** of the fields in **Section 2** are checked off, your child should remain home for 14 days from the last date of exposure (if child is a close contact of a confirmed COVID-19 case) or date of return to New Jersey.

Contact your child's provider or your local health department for further guidance.

Symptoms of COVID-19

Symptoms of COVID-19	Strep Throat	Common Cold	Flu	Asthma	Seasonal Allergies
FEVER 	✓		✓		
COUGH 		✓	✓	✓	✓
SORE THROAT 	✓	✓	✓		✓
SHORTNESS OF BREATH 				✓	
FATIGUE 		✓	✓	✓	✓
DIARRHEA OR VOMITING 	✓		✓		
RUNNY NOSE 		✓	✓		✓
BODY/ MUSCLE ACHES 	✓	✓	✓		

✓ Symptom of illness

COVID-19

- High fever (around 102 or 103 degrees Fahrenheit)
- Cough (sometimes it can be identified as a deep, dry cough)
- Shortness of breath or difficulty breathing
- Fatigue
- Headache and body aches
- Loss of taste or smell
- Sore throat
- Congestion
- Nausea, vomiting and/or diarrhea

The Flu

- High fever (around 102 or 103 degrees Fahrenheit)
- Cough
- Sore throat
- Stuffy nose
- Headache and/or body aches
- Fatigue
- Nausea, vomiting and/or diarrhea

The Common Cold

- Sinus congestion
- Stuffy nose
- Post-nasal drip
- Sore throat
- Sneezing
- Coughing
- Moderate temperature (around 100 to 101 degrees Fahrenheit)

Allergies


- Itchy, watery eyes (usually a defining characteristic of allergies)
- Runny nose
- Ears feeling plugged up
- Tickle in back of throat
- Sneezing
- Seasonal symptoms (if you have the same symptoms every fall and spring, it's probably not COVID-19, it's probably allergies)

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Communicable Diseases - Part 3 (3).pptx

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covid19.nj.gov/pages/app


 **NEW JERSEY**
COVID-19 Information Hub


Call (General COVID-19 Questions): [2-1-1](tel:2121) (24/7)
Call (Medical COVID-19 Questions): [1-800-962-1253](tel:18009621253) (24/7)
Text NJCOVID to [898-211](tel:898211) to receive alerts
Download COVID Alert NJ app [here](#)


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Quarantine and Isolation

Quarantine keeps someone who was in close contact with someone who has COVID-19 away from others (**within about 6 feet, or about 2 arm lengths for a cumulative 15 minutes in 24 hours**). And, it is considered an exposure even if a mask was worn.

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

- You were exposed to the virus. Stay home **for 14 days after your last contact since it can take 2-14 days to develop symptoms**.
- Take your temperature twice a day and watch for symptoms.
- Receiving negative test results does not reduce the length of time needed for quarantine.
- If possible, stay away from people who are at higher risk for getting very sick from COVID-19.

CDC (7-20-20 and updated with revisions made on October 21, 2020)

Isolation is when you have the virus, based on symptoms or a positive test.

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

- Stay home for at least **10 days since symptoms first appeared plus**
- At least 24 hours fever-free without fever reducing medication **and**
- Symptoms have improved.

If your virus was very serious, you may have to stay home for at least 20 days.

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” and away from people and pets. Use a separate bathroom, if possible.

10 things you can do to manage your COVID-19 symptoms at home

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

If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



3. **Get rest and stay hydrated.**



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



6. **Cover your cough and sneezes** with a tissue or use the inside of your elbow.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a mask.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



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Take Care of Yourselves:

Key Resilience Factors

Common factors associated with resilience in the face of adversity and trauma include:

- Sense of control
- Sense of meaning and purpose
- Spirituality
- Self-awareness and emotional regulation skills
- Social support
- Healthy coping style
- Humor and optimism
- Cognitive flexibility
- Positive thinking
- Adaptability to change

“Educator Resilience and Trauma-Informed Self-Care” (April 2020), Center on GREAT TEACHERS & LEADERS at the American Institutes for Research, <https://gtlcenter.org/sites/default/files/Educator-Resilience-Trauma-Informed-Self-Care-Self-Assessment.pdf>

Building Resilience, Preventing Burnout

by Elena Aguilar

- **1. Care for your body.** Prioritize sleep above all else. Aim for eight hours a night. There are many connections between sleep and emotional wellness. Eat nutritious food. Move your body.
- **2. Carve out downtime and honor it** religiously. Make sure you take at least one weekend day off. During the week, be sure to stop working by 8 pm. You need to rest. Working yourself to the bone or martyring yourself to the cause is useless. It won't ultimately serve you or your students.
- **3. Build in micro-moments of renewal during the day.** Every hour, or at least a couple times a day, sit still for one minute. Close your eyes. Imagine all your stress draining out of the palms of your hands and the soles of your feet.
- **4. Cultivate realistic optimism.** Resilient people are optimistic. Remember that challenge and struggle are temporary, not permanent. Being optimistic has nothing to do with being a Pollyanna or denying reality. It's about holding to the belief that positive change is always possible. It's about seeing the glass as half full *and* half empty.
- **5. Hold a growth mindset.** Whatever the challenge is that you're facing—and for teachers there are endless challenges—ask yourself, “What can I learn from this?” This question puts you in a learner mindset and reminds you that you can always learn. Just because you can't do something today doesn't mean you won't be able to do it next week.
- **6. Anchor in your why.** Resilient people are driven by purpose. Why are you teaching? What do you want your legacy to be? What motivates you to get up every day? Get clear on your why and use it as an anchor.

- **7. Be patient.** Patience is a disposition of the resilient. Be patient with yourself, your students, your colleagues, and your administrators. Patience has nothing to do with complacency, it's just an acceptance that we aren't the master rulers of time and all things and that we can only do what we can do.
- **8. Have tea or coffee with a colleague [virtually].** Build your community. In moments of stress, those who thrive are those who strengthen relationships with others.
- **9. Learn to see what you're doing well.** When we get exhausted, and when we're trying really hard to do something well, we have a hard time seeing what's working. Maybe you have an instructional coach, mentor, or administrator who helps you with this, but it's equally important for you to hone your ability to spot your own successes. After all, you're the only one watching you every day. Spend a day being your own best friend, ban your critical self-talk from uttering a word all day, and spend the day narrating your successes: "You got your first-period class focused on the 'Do Now' within 30 seconds! You weren't triggered by Johnny's attitude! You ate breakfast!"
- **10. Ask for help.** When you're really struggling, ask colleagues, friends, neighbors, supervisors, mentors, coaches, and partners for help. Ask for all the kinds of help you need. Tell people you're having a hard time. Keep asking until you get what you need. And if you're ever in doubt, even the tiniest bit, about your mental or physical well-being, please seek professional help. Rates of depression and anxiety among teachers are higher than in the general public. Teaching is extremely stressful. If in doubt, get help.

Lucas Educational Foundation

Teacher Wellness, (Edited version), October 17, 2017

<https://www.edutopia.org/article/building-resilience-preventing-burnout>

Final Thoughts

- ✧ Please do not let yourself have “COVID Fatigue.” **Maintain your vigilance. Continue to wear your masks, physically distance, and frequently wash your hands.**
- ✧ Please consider having **a flu shot** this year. And, when the vaccine for COVID-19 is approved, make a thoughtful, fact-based decision on whether you will take the vaccine.
- ✧ Take yourself forward to the year 2025. Hopefully this pandemic will be just a memory. Consider what you will remember. Will you have changed in some ways? How did you appreciate the positives - life, family, friends, and did you experience cherished memories? How did you help yourself get stronger? Did you help change the world in some small way?
- ✧ In five years, if all goes well, it is hoped your story looking back will be meaningful, heartwarming, and include **some wonderful memories that make you smile.**
- ✧ And, finally, **as we get through this time**, we will continue to **celebrate life - with laughter, love and support from family and friends.**
- ✧ **Please stay healthy, strong, and safe!**

This is a good overview of the latest information about COVID-19 from Consumer Reports.

[Corona Virus Resource HUB, Consumer Reports 10-20](https://www.consumerreports.org/coronavirus/coronavirus-covid-19-updates/)

<https://www.consumerreports.org/coronavirus/coronavirus-covid-19-updates/>

Please remember ***we are all together, and we will be here for each other.***

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November 2020