

Prevention Measures to Keep our students healthy

January 31, 2022

Guidelines for Parents and Guardians

Before school

- Take your child's temperature and check your child for symptoms every day before they go to school or extracurricular activities. Look for:
 - Fever or chills
 - Cough
 - Fatigue
 - Muscle or body aches
 - Sore throat
 - Headache
 - New loss of taste or smell that started in the last 10 days (children may say that food "tastes bad" or "tastes funny.")
 - Shortness of breath or difficulty breathing
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea

If your child or anyone in the household has any of these symptoms, follow [WCHD Guidelines](#) about staying home and being evaluated for COVID.

- Notify your child's school they are sick and let them know if they have COVID.
- If your child has had **close contact** with someone who has COVID, review the [WCHD Guidelines](#) to determine what steps to take. Consider your child's ability to consistently and correctly wear a mask.

On the bus

- Per federal order, all students must wear masks on buses, including travel for sports and other extracurricular activities.

At school

- Wear a mask
 - Masks reduce the risk of inadvertently exposing others to COVID if your child becomes a case.
 - COVID can be spread up to 48 hours before a person shows symptoms.
 - Consistent and correct mask use has been shown to reduce the risk of getting sick if exposed to COVID.
- Encourage your child to wash their hands regularly.

All the time

- Monitor COVID cases in the community to inform the activities that your children do.
- Utilize [prevention strategies](#) to reduce the risk of disease transmission.
- Being vaccinated is the best way to protect your child from COVID-19. Children 5 years old and older are currently eligible to be vaccinated. If your child is already vaccinated, ensure their vaccines are [up-to-date](#).
 - Having [up-to-date](#) vaccines reduces the risk of COVID infection.
 - Keeping COVID vaccines [up-to-date](#) reduces the risk of severe illness by more than 90%.
 - It's perfectly normal to have questions about your child's care. Talk to your pediatrician or family medicine provider if you do.

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Guidelines for Teachers and School Staff

Before school

- Data from last year indicate that school staff are more likely than students to bring COVID into the school, so check yourself for symptoms daily before you leave home:
 - Fever or chills
 - Cough
 - Fatigue
 - Muscle or body aches
 - Sore throat
 - Headache
 - New loss of taste or smell that started in the last 10 days. (Food may taste bad or funny.)
 - Shortness of breath or difficulty breathing
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- If you or anyone in your household has any of these symptoms, follow [WCHD Guidelines](#) about staying home and being evaluated for COVID.
- Notify the school if you are sick and let them know if you have COVID.
- If you've had close contact with someone who has COVID, review the [WCHD Guidelines](#) to determine what steps to take.

At school

- Be aware if students have symptoms that could be caused by COVID and refer them to the school nurse.
- Wear a mask at school to set a good example for students and to encourage those students whose parents and guardians want them to wear one.
- Keep accurate seating charts or assigned seat records for children in case a person in the classroom has COVID. Even with the recent change in guidance, that information will be very important if there is an outbreak in the school.
- Follow your school's policies while providing as much fresh air as possible in the classroom.
 - If you use fans, ensure they are child-safe and do not blow air across students.
- Maximize spacing between students throughout the day.
- Incorporate regular handwashing into the daily routine.
- Disinfect regularly touched surfaces, like door handles and light switches, at least once a day.

All the time

- Monitor COVID cases in the community to inform the activities that you do.
- Utilize [prevention strategies](#) to reduce the risk of disease transmission.
- Consider getting vaccinated if you have not. If you are vaccinated, keep your vaccines [up-to-date](#).
 - Having [up-to-date](#) vaccines reduces the risk of COVID infection.
 - Keeping COVID vaccines [up-to-date](#) reduces the risk of severe illness by more than 90%.
 - It's perfectly normal to have questions. Talk to your primary care provider if you do.

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Guidelines for Sports and Extracurricular Activities

Before practice and events

- Check every athlete, participant, coach or other staff for symptoms every day – before every practice, before every game/event and before traveling to any game/event.
 - Fever or chills
 - Cough
 - Fatigue
 - Muscle or body aches
 - Sore throat
 - Headache
 - New loss of taste or smell that started in the last 10 days. (Food may taste bad or funny.)
 - Shortness of breath or difficulty breathing
 - Congestion or runny nose
 - Nausea or vomiting
 - Diarrhea
- If anyone has any of these symptoms, follow [WCHD Guidelines](#) and defer their participation if they should be evaluated for COVID or are contagious. Follow school policies for notifying their parent or guardian about the illness.
- Follow ODH's [Test to Play](#) strategy for students exposed to COVID. This can help to limit the spread of COVID within your groups and teams.

During extracurricular activities

- Per federal order, all people must wear a mask when traveling on a bus.
- Wear a mask to set a good example for students and to encourage those students whose parents or guardians want them to wear one.
- Use all available [layers of prevention](#) that are feasible for the activities – hand washing, maximizing distancing between participants on the bench, sanitizing commonly touched surfaces, and wearing masks whenever able, like during film sessions or on benches, etc.
- If possible, have participants practice in small groups or “pods” to reduce the risk of exposure.
- When participating in multi-team events and tournaments:
 - Avoid overnight stays as much as possible to minimize social activities. Consider hosting events at a central location that does not require teams to stay overnight.
 - Staying at hotels or dining together at restaurants create mask-less environments where teammates socialize, which increases the risk of transmission, especially when case levels are high.

After extracurricular activities

- Notify other teams if you determine there could have been COVID exposure during play.

Before tournaments or big events

- Social activities and gatherings outside of practices and games are sources of transmission among teammates. Advise your participants to limit social interactions when case levels are high in your community so they will be available for events and competitions.