



COVID-19 – Sensitivity Toolkit

Frequently Asked Questions

1. If a student /staff member sneezes while walking in the hall does that mean they have COVID-19?

No. Sneezing is not one of the signs and symptoms of COVID-19. Other signs and symptoms include fever or chills, cough, shortness of breath, difficulty breathing, fatigue, headache, muscle aches, nausea, vomiting, diarrhea, and loss of smell or taste. If there is continuous sneezing you may want to monitor the individual's temp and for other signs and/or symptoms. The individual will be asked to wash their hands with warm soap and water for 20 sec. or use hand sanitizer for 30sec. Scientific Studies suggest that COVID-19 transmission among children in school may be low.

NOTE: Children may also present with a skin rash, swelling of the hands, feet, lips, and/or tongue.

2. If a child or staff has a diagnosis of Asthma and usually has flare ups during the fall, will the student be required to wear a face mask while at school?

The recommendation for the students and staff who will be attending school face to face is to wear a mask during school hours. Wearing a mask, social distancing, washing hands for 20 sec. or using hand sanitizer for 30sec. all help to reduce the spread of COVID19. The district has put steps in place to promote social distancing and to prevent the spread of COVID-19. Documentation maybe warranted to ensure Health Services has an Asthma Action Plan on file for the student so that we can monitor the students' chronic health condition.

3. If a student or staff becomes sick in the morning, can they remain in school until the end of the day?

No, we do not want to expose other students and/or staff to a possible infection. If a student becomes sick at school, the parent is expected to pick-up the student immediately and take to their PCP or a healthcare provider. The student or staff member will be expected to remain in the "Safe Room" in the event an immediate departure is impossible. They will be asked to report to their PCP or healthcare provider. Both student and staff will need a clearance note from the healthcare provider before returning to school.

Note: If you are sick stay at home.

4. How do I protect myself / students in the school setting?

Ways to decrease the spread of COVID-19 are listed below:

- a. Know how the virus spreads
- b. Maintain 6 ft. distance between yourself and others to avoid being exposed to this virus. The 6ft. distance is in front, behind and on every side
- c. Cover your mouth and nose with facial coverings when around others
- d. Wash hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing If soap and water are not readily available
- e. Use a hand sanitizer that contains at least 60% alcohol
- f. Clean AND disinfect **frequently touched surfaces daily**. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks, shared equipment
- g. Monitor your health: for fever, cough, and other symptoms of COVID-19. Wearing face coverings, maintaining a 6ft. distance and hand washing reduces the risk of transmitted and/or contracting COVID-19. These measures safeguards staff, students, families and ultimately our community
- h. Follow guidance of our local health officials, CDC, and your Primary Care Provider

5. If a student or staff who has been diagnosed as a confirmed case of having COVID-19, will the district disclose the name of the individual?

No, this is not allowed under ADA. Also, CDC guidelines specifically say that employers must maintain confidentiality of people with confirmed COVID-19 infection. History has shown that epidemics tend to provoke a widespread fear and social isolation directed towards the affected group. To avoid a stigma being attached to the individual the individual's name will not be disclosed.

6. Do I need to wear gloves when I'm out shopping?

No, according to CDC, for the general public wearing gloves is not necessary in most situations, like running errands. You should however wear gloves if and when you are cleaning or caring for someone who is sick.

7. Should I avoid being around someone who once had COVID-19?

No, you should not be afraid. You should continue to follow the guidelines to protect yourself and others from COVID-19:

- a. Handwashing
- b. Maintaining social distancing (a minimum 6ft.)
- c. Wear face cloth coverings when in public and/or around others.

8. If I get the flu shot, will it provide me with protection from COVID-19?

No, the flu shot protects you against four different influenza viruses, but does NOT provide protection against COVID-19.

9. What can I do to stay mentally engaged?

- a. Read a new or old book.....you may find something you missed the first time.
- b. Play board games or charades if you live with someone.
- c. Watch a movie that you never took the time to do in the past.
- d. Read interesting articles on the internet.
- e. If you don't have Netflix or cable or the internet, watch channel 30.1 METV- Old sitcoms and Westerns are showing all day.
- f. Text, call, write or Facetime a friend and/or family member, will help cheer someone else.

10. Can I exercise outside without a mask?

According to CDC, "areas of significant community- based transmission" a mask should be worn. It is a requirement in Shelby County to wear a mask/face covering whenever you are in public.