

School-based Control Measures for COVID-19

Information for School Staff

September 2020
Healthy Schools Program



Interior Health
Every person matters

5 Main Principles

Appendix A: Summary of School-Based Control Measures

1. Stay Home When Sick
2. Hand Hygiene
3. Respiratory and Personal Hygiene
4. Physical Distancing
5. Cleaning and Disinfecting

1. STAY HOME WHEN SICK
Staff or students with new symptoms of illness should stay home.
Staff or students who develop symptoms at school should go home.

2. HAND HYGIENE
Clean hands more often.
Thorough hand washing with plain soap and water for at least 20 seconds helps prevent the spread of illness.

3. RESPIRATORY AND PERSONAL HYGIENE
Cover coughs.
Sneeze into elbows.
Don't share food, drinks, or personal items.

4. PHYSICAL DISTANCING
Minimize close, face-to-face interactions.
Avoid physical contact.
Spread students and staff out to different areas when possible.
Take students outside more often.
Stagger break and transition times.
Incorporate individual activities.

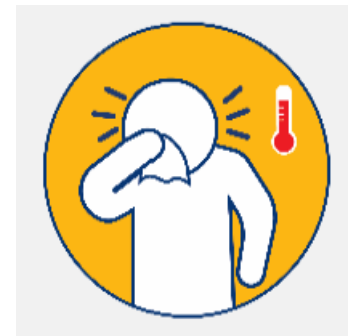
5. CLEANING AND DISINFECTION
General cleaning of the school should occur at least once a day.
Cleaning and disinfecting of frequently touched surfaces should occur at least one additional time, during the school day.

[BCCDC COVID-19 Public Health Guidance for K-12 School Settings](#)

Stay Home When Sick

- Perform a daily health check
- Staff or students with new symptoms of illness should stay home
- Staff or students who develop symptoms at school should go home

For more information see: [BCCDC- If You are Sick](#)



Stay Home When Sick

Daily Health Check Example

Appendix C: Daily Health Check Example

The following is an example of a daily health check to determine if you should attend school that day.

Daily Health Check			
1. Key Symptoms of Illness*	Do you have any of the following new key symptoms?	CIRCLE ONE	
	Fever	YES	NO
	Chills	YES	NO
	Cough or worsening of chronic cough	YES	NO
	Shortness of breath	YES	NO
	Loss of sense of smell or taste	YES	NO
	Diarrhea	YES	NO
	Nausea and vomiting	YES	NO
2. International Travel	Have you returned from travel outside Canada in the last 14 days?	YES	NO
3. Confirmed Contact	Are you a confirmed contact of a person confirmed to have COVID-19?	YES	NO



Hand Hygiene

- Everyone should clean their hands more often!
- Thorough hand washing with plain soap and water for at least 20 seconds is the most effective way to reduce the spread of illness.
- See the [Hand Hygiene Toolkit](#) for lesson plans, teaching resources, and videos.



Hand Hygiene

Students should wash hands or use hand sanitizer:

- When they arrive at school and before they go home.
- Before eating and drinking.
- After using the toilet.
- After sneezing or coughing into hands or tissue.
- When hands are visibly dirty.
- When moving between different learning environments.



Respiratory and Personal Hygiene

Students and staff should:

- Cover their coughs.
- Sneeze into elbows.
- Not share food, drinks or personal items.



Physical Distancing

- Minimize close, face to face interactions
- Avoid physical contact
- Spread students and staff out to different areas when possible
- Take students outside more often
- Stagger break and transition times
- Incorporate individual activities



Cleaning and Disinfection

- General cleaning of the school should occur at least once a day.
- Cleaning and disinfection of frequently touched surfaces should occur at least one additional time during the school day.



Signage and Posters

- * Cleaning: [Cleaning & Disinfection for Eye and Facial Protection](#)
- * Appendix C: Daily Health Check Example (p.23) [BCCDC COVID-19 Public Health Guidance for K-12 School Settings](#)
- * Physical Distancing: BCCDC [Physical distancing](#)
- * Hand washing:
 - * BCCDC [Hand Hygiene](#)
 - * Public Health Agency of Canada [Reduce the Spread of COVID-19 – Wash Your Hands](#)
 - * Appendix F: When to Perform Hand Hygiene at School (p. 18) [BCCDC COVID-19 Public Health Guidance for K-12 School Settings](#)
 - * Appendix A: Summary of School-Based Control Measures Infographic (p. 21) [BCCDC COVID-19 Public Health Guidance for K-12 School Settings](#)

How to Wear a Mask

Health Canada:
[Non-Medical Masks
and Face Coverings](#)

[Video on: How to wear a
nonmedical mask or face
covering properly](#)

HOW TO SAFELY USE A NON-MEDICAL MASK OR FACE COVERING

DO'S

 <p>DO wear a non-medical mask or face covering to protect others.</p>	 <p>DO ensure the mask is made of at least two layers of tightly woven fabric.</p>
 <p>DO inspect the mask for tears or holes.</p>	 <p>DO ensure the mask or face covering is clean and dry.</p>
 <p>DO wash your hands or use alcohol-based hand sanitizer before and after touching the mask or face covering.</p>	 <p>DO use the ear loops or ties to put on and remove the mask.</p>
 <p>DO ensure your nose and mouth are fully covered.</p>	 <p>DO replace and launder your mask whenever it becomes damp or dirty.</p>
 <p>DO wash your mask with hot, soapy water and let it dry completely before wearing it again.</p>	 <p>DO store reusable masks in a clean paper bag until you wear it again.</p>
 <p>DO discard masks that cannot be washed in a plastic-lined garbage bin after use.</p>	

DO YOUR PART.

Wear a non-medical mask or face covering to protect others when you can't maintain a 2-metre distance.

NON-MEDICAL MASKS ARE NOT RECOMMENDED FOR:



- People who suffer from an illness or disabilities that make it difficult to put on or take off a mask
- Those who have difficulty breathing
- Children under the age of 2

DON'T JUDGE OTHERS FOR NOT WEARING A MASK.



Kindness is important as some people may not be able to wear a mask or face covering.


The Don'ts of Mask Wearing

DON'TS

-  **DON'T** reuse masks that are moist, dirty or damaged.
-  **DON'T** wear a loose mask.
-  **DON'T** touch the mask while wearing it.
-  **DON'T** remove the mask to talk to someone.
-  **DON'T** hang the mask from your neck or ears.
-  **DON'T** share your mask.
-  **DON'T** leave your used mask within the reach of others.

REMEMBER, wearing a non-medical mask or face covering alone will not prevent the spread of COVID-19. You must also wash your hands often, practise physical distancing and stay home if you are sick.

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 Public Health
Agency of Canada

 Agence de la santé
publique du Canada



Mental Wellness

Stigma-free COVID-19 Youth Wellness Toolkit

The image shows a screenshot of the Stigma-Free COVID-19 Youth Wellness Toolkit website. The page is split into two main sections: Youth Main Homepage (left) and Teens Main Homepage (right). Both sections feature a background image of diverse, smiling young people. The Youth Main Homepage is purple and blue, while the Teens Main Homepage is blue and purple. The Stigma-Free Society logo is visible in the top left of the Youth section. Navigation buttons for 'Parents, Guardians and Caregivers' and 'Educators' are present at the top of both sections. The main title 'Stigma-Free COVID-19 Youth Wellness Toolkit' is centered in the Youth section, with the tagline 'Let's Encourage Wellness Education Together as a Community' below it. The Youth Main Homepage button is labeled 'Youth Main Homepage' and 'Grades 4-6'. The Teens Main Homepage button is labeled 'Teens Main Homepage' and 'Grades 7-12'.

Parents, Guardians and Caregivers Educators

STIGMA-FREE SOCIETY
AWARENESS UNDERSTANDING ACCEPTANCE

Stigma-Free COVID-19
Youth Wellness Toolkit

Let's Encourage Wellness Education Together as a Community

Parents, Guardians and Caregivers Educators

Youth Main Homepage
Grades 4-6

Teens Main Homepage
Grades 7-12

More information

Interiorhealth.ca > For Partners > School Districts > Teaching Toolkits

<https://www.interiorhealth.ca/sites/Partners/SchoolDistricts/Pages/default.aspx>

- * COVID-19 Information
- * Hand Hygiene
- * Positive Mental Wellness