

Safety Procedures

When accessing the building, please follow the following safety procedures:

- Parents/Caregivers/Student/ Staff member's responsibility to complete a [BC K-12 daily health check](#).
 - There is also an [app BC K-12 Health check](#) or the [BC COVID-19 self-assessment tool](#).
- Completing any [reporting tool](#) provided by public health if they test positive for COVID-19 (regardless of test type), including providing all school-related information requested.
- All staff and students are to **wear a mask when on site and on the bus** except when **actively** eating and drinking.
- Hand washing/Sanitizing regularly following PHO hand washing procedures below.
 - As you come into a new place
 - Before and after eating
- Avoid prolonged **close face-to-face** contact whenever possible.
- Staff and students are to use their **exterior classroom door** to enter/exit the building as much as possible to avoid congestion.
- While in the building please maintain the 2-meter distance as much as possible.
- Use washroom closest to your room.
- **Crowding** should be avoided, even when masked.
- Arrange desks/tables to maximize space between students. Seating arrangements where students directly face one another should be avoided if possible.
- Configure learning environments to maximize distance between all individuals.
- Laminated/glossy paper items can be shared with proper hand hygiene being used.
- Use **consistent or assigned** seating arrangements where practical.
- Students and staff should be encouraged to bring an individual, filled water-bottle or other beverage container to school each day for their personal use to support hydration needs.
- Students and staff are also required to follow the safety protocols when off site.
- All PE and Music equipment will need to be disinfected after daily use.
- Food/beverages/Vapes/Tobacco products should not be shared.

Visitor

- All visitors must:
 - must wear a non-medical mask/Face covering;
 - maintain physical distance;
 - confirm they are not ill and are not required to self-isolate before entering;
 - provide names and contact information if entered the school.

Symptoms at School

The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. COVID-19 symptoms can range from mild to severe. Sometimes people with COVID-19 have mild illness, but their symptoms may suddenly worsen in a few days. Students exhibiting symptoms below that are from [the BC K-12 daily health check](#) will be separated from others and their home will be contacted for them to be picked up.

Are you experiencing any of the following?
(check all that apply)

- ☐ Fever higher than 38°C
- ☐ Chills
- ☐ Cough
- ☐ Loss of sense of smell or taste
- ☐ Difficulty breathing
- ☐ Sore throat
- ☐ Loss of appetite
- ☐ Extreme fatigue or tiredness
- ☐ Headache
- ☐ Body aches
- ☐ Nausea or vomiting
- ☐ Diarrhea

- ☐ Have you returned from travel outside Canada in the last 14 days?
- ☐ Have you been notified by public health that you are a close contact of a person confirmed to have COVID-19?

Use the B.C. [COVID-19 Self-Assessment Tool](#) to see if you need to be tested for COVID-19.

Tested Positive

People who test positive for COVID-19 will need to

1. Self-isolate and manage their symptoms
2. Complete an online form to report your test result
3. Notify close contacts

Self-isolation and ending isolation for cases of COVID-19

Self-isolation essentially means keeping away from others to help stop the spread of COVID-19. Visit the BCCDC website to learn more about how to self-isolate: bccdc.ca/covid19selfisolation

If you are managing your illness at home you can end isolation when all three of these conditions are met:

1. If you are **fully vaccinated: At least 5 days** have passed since your symptoms started, or from the day you tested if you did not have symptoms. You should wear a mask even in settings where a mask isn't required and avoid higher risk settings, such as long-term care facilities and gatherings, for another 5 days after ending isolation. Fully vaccinated means you received both doses of a 2-dose series (e.g.

AstraZeneca, Pfizer-BioNTech, or Moderna vaccine) more than 7 days ago, or have received a single dose of a 1-dose series (e.g. Janssen/Johnson and Johnson) more than 14 days ago.

If you are **not fully vaccinated: at least 10 days** have passed since your symptoms started, or from the day you tested if you did not have symptoms

2. Fever has resolved for 24 hours without the use of fever-reducing medication, such as acetaminophen or ibuprofen, and
3. Symptoms are improving and you are able to participate in your usual activities

Continue to isolate for longer if you have a fever or are not feeling better.

When you end isolation, you are not considered contagious. However, it can take longer to recover from the illness. Most people recover within two weeks. Some people with more severe symptoms can take up to twelve weeks or more to feel entirely better. If you are unsure or concerned, connect with your health care provider, call 8-1-1, or go to an Urgent and Primary Care Centre to be assessed.

If you are a traveler returning from outside Canada and test positive for COVID-19, you need to follow the quarantine requirements set by the Federal government. Visit the Government of Canada website for more information: travel.gc.ca/travel-covid. I Tested Positive for COVID-19 January 5, 2022

Complete an online form to report your test result

Some people may benefit from additional medicines and/or services based on your health history, where you may have been during your infectious period, such as where you work or live. Public health will receive your response, and contact you if you are eligible for specific treatments and/or services. Report your results at: reportcovidresults.bccdc.ca

Managing your symptoms

Most people can safely manage their symptoms with home treatment, such as drinking plenty of fluids, rest, and using a humidifier or hot shower to ease a cough or sore throat. If you have a fever, you can use non-prescription medicine like acetaminophen (such as Tylenol) or ibuprofen (such as Advil) to help with some of the symptoms of COVID19.

You can call 8-1-1 anytime to talk to a nurse at HealthLinkBC. This service is available in 130 languages. If your symptoms worsen, or if you do not improve after five or six days, call 8- 1-1, your family doctor or an Urgent and Primary Care Centre (UPCC), so they can determine if you need to be assessed again.

Go to an emergency department or call 911 if you:

- Find it hard to breathe
- Have chest pain
- Can't drink anything
- Feel very sick
- Feel confused

Vaccination after COVID-19

If you're not fully vaccinated or you have not received your booster, you should still get vaccinated after you have recovered and ended your self-isolation. Vaccines boost your immunity and have shown to be highly effective in preventing serious illness and death, even after you have had a COVID-19 infection. Learn more about vaccination: bccdc.ca/covid19vaccine

Notify your close contacts

Contact tracing is important to help identify people who may have COVID-19 sooner and prevent the virus from spreading in your community. By notifying your close contacts, you are helping to protect your friends and loved ones and their friends and loved ones.

Consider who you were with and where you've been in the two days before you started having symptoms up until you started to self-isolate. If you have not had any symptoms and tested positive, consider who you were with and where you've been in the two days before your positive test.

Generally, you should notify:

1. People you live with
2. People you had intimate contact with.

Close contacts will need to monitor for symptoms of COVID-19 and will need to self-isolate if they are not fully immunized.

Instructions for your close contacts


You can provide your close contacts with the handout, "[Instructions for close contacts](#)."

Hand Hygiene

Rigorous handwashing with plain soap and water is the most effective way to reduce the spread of illness (antibacterial soap is not needed for COVID-19). If you cannot wash use hand sanitizer.

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 Duration of the entire procedure: 40-60 seconds



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



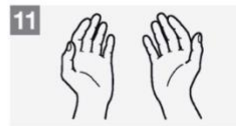
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES

Clean Your Hands

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July 2009

Putting On & Taking Off Your Mask

It is important to put on and take off your mask properly. Follow the steps below on how to put on and remove your mask.

Putting on your mask:

1. Wash your hands with soap and water for 20 seconds or use an alcohol-based hand sanitizer.
2. Pick up your mask by the ties or loops to place the mask over your nose and mouth and secure it.
3. Adjust the mask if needed to make sure your nose and mouth are covered. You want the mask to be comfortable, but also tight enough that there are no gaps.
4. While wearing the mask avoid touching your mask or face and wash your hands if you do.

Removing your mask:

1. Wash your hands with soap and water for 20 seconds or use an alcohol-based hand sanitizer.
2. Remove it by the ties or loops without touching the front of the mask.
3. Fold the outer part of the mask together and place it inside a clean paper bag.
4. Wash your hands with soap and water for 20 seconds or use an alcohol-based hand sanitizer.

Be sure to change your mask if it becomes moist, dirty or damaged. Your mask should be cleaned at least once a day.

Storing Your Mask

When you are not using your mask, place it in a paper bag or envelope. This keeps your mask clean until you wear it again, or until you are able to wash it. It's best to use a paper bag or envelope because it does not retain moisture, which is especially important if you are planning on wearing your mask again before you are able to properly wash it.

Washing Your Mask

Your mask should be washed at least once a day, or if it becomes damp or soiled. Your mask can be cleaned by:

- Putting it directly into the washing machine, using a hot cycle, and then drying thoroughly.
- If a washing machine is not available, wash it thoroughly by hand using soap and warm/hot water. Allow it to dry completely before wearing it again.

