



Bermudian Springs School District Responding to COVID-19

Health Team

Elementary School - Erin Freeman, RN, BSN, CSN

Middle School - Julie Floyd, RN, BSN, CEN

High School - Stephanie DeRiggs: RN, BSN, CSN

Athletic Trainer - Kim Fry, LAT, ATC

Practices to Reduce Spreading COVID-19

The best way to protect yourself from COVID-19 is through common-sense prevention measures:

- **Practice social distancing:** Don't shake hands, avoid crowds and stay at least 6 feet away from others.
- **Wash your hands frequently:** especially after coughing, sneezing and visiting public areas.
- **Alcohol-based sanitizers and wipes** can be used when soap and water is not available.
- **Cough and sneeze** into a tissue or your elbow.
- **Avoid touching your face**, especially your mouth, nose and eyes.
- **Keep surfaces clean and disinfected** at your home, workplace and school.
- **Wear a cloth mask or face covering** in public.



COVID-19
Coronavirus Disease 2019
COVER YOUR COUGH
PREVENT PEOPLE AROUND YOU FROM GETTING SICK

Cover your mouth and nose with a tissue when coughing or sneezing.
Put your used tissue in a waste basket and wash your hands or use an alcohol-based gel.

If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

If you are sick and face masks are available, use one to protect others.

PAHO Pan American Health Organization World Health Organization Americas
BE AWARE. PREPARE. ACT.
www.paho.org/coronavirus

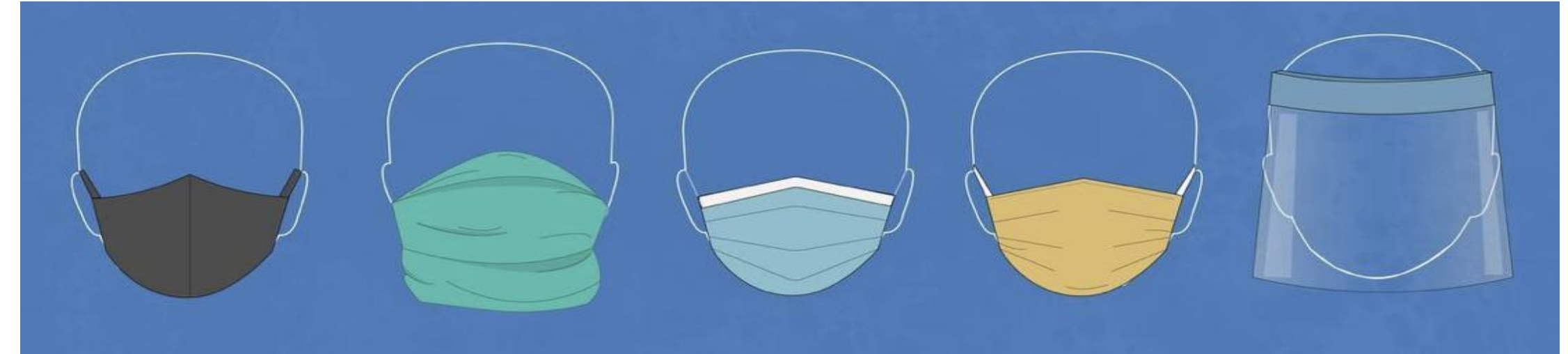
Daily Checks for Signs and Symptoms of COVID-19

Temperature checks should be taken each morning prior to sending your child(ren) to school.

Group A Symptoms 1 or more = STAY HOME	Group B Symptoms 2 or more = STAY HOME
Cough Shortness of breath Difficulty breathing New lack of taste or smell	Fever of 100.4° or higher Sore throat Runny nose/congestion Chills / Rigors Muscle pain Headache Diarrhea Fatigue Nausea or vomiting

Face Coverings

Students and staff are required to wear masks while on district transportation and while in school.



Cloth Masks - Should be at least two layers. Make sure it fits snug across nose, under chin and on sides of face. There should be no gaps. Masks should be washed daily. Masks needs replaced when soiled. Masks should be stored properly when taking them off for a break. Wash hands before and after touching mask.

Neck Gaiters - Should be at least two layers, fit snug across nose and cheeks, no gaps. No fleece or “breathable” fabrics as they do not stop droplets, but instead, increase number of droplets.

Face Shield - A face shield is primarily used for eye protection for the person wearing it. At this time, it is not known what level of protection a face shield provides to people nearby from the spray of respiratory droplets from the wearer. There is currently not enough evidence to support the effectiveness of face shields for source control. Therefore, CDC does not currently recommend use of face shields as a substitute for masks

Face Mask Care -

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-how-to-care-for-your-face-mask>



Wash your hands before putting on the mask and after touching or removing it.

Wear a mask that fits snugly against your face.

Have your mask cover your mouth, nose and chin.

Wash your mask at least once a day.

Avoid touching your mask while wearing it.



Don't wear the mask below your nose or leave your chin uncovered.

Don't rest your mask under your chin.

Don't take off the mask to speak with someone.

Don't wear a mask that is damaged.

Don't place a mask on children under age 2.



Handwashing and Hand Sanitizer

Soap and water is the preferred method for washing your hands.

After recess and before eating are critical times to wash your hands with soap and water. Hand sanitizer is not a substitute for proper hand washing.

Hand sanitizer can build up throughout the day and may become less effective than proper hand washing. Teachers have been told to allow their students time to wash their hands properly throughout the day.

If you allow your child to take their own sanitizer, they are not to be sharing it.





WellSpan Coronavirus Hotline

Coronavirus Toll-free Hotline

(855) 851-3641

If you are concerned you or a loved one may have contracted the coronavirus (COVID-19), you can call this number with questions. Monday - Friday from 8:00 am – 5:00 pm

This resource is available to provide general information about the coronavirus related to prevention, risk, screening and instructions on when to seek care.

Resources for Parents

[Back to School Planning: Checklists to Guide Parents, Guardians, and Caregivers](#)

[BSSD Health and Safety Plan](#)

[Keeping kids safe during an outbreak](#)

[Influenza and COVID-19](#)

[Seasonal Allergies and COVID-19](#)

[Tips for quarantined parents](#)

[Teen and Young Adult Support](#)

Resources for Parents, cont.

[PA Department of Education and Health](#)

[Centers for Disease Control and Prevention COVID-19](#)

[Geisinger Health Systems](#)

[WellSpan Health Children and Teens](#)