

# Prevention Measures to Keep our students healthy

January 31, 2022

## 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.