



ISB COVID-19 Mitigation Strategies

From the ISB Nurses (as of August 10, 2020)

Daily Screening of Symptoms

Please ask yourself the following questions:

1. Do you have any of the COVID-19 symptoms:

- Fever (100 Fahrenheit / 37.8 Celsius or higher when taken by mouth), chills, or shaking chills
- Cough (not due to other known cause, such as chronic cause)
- Shortness of breath or difficulty breathing
- New loss of taste or smell
- Sore throat
- Headache, *when in combination with other symptoms*
- Muscle or body aches
- Nausea, vomiting or diarrhea
- Fatigue, *when in combination with other symptoms*
- Nasal congestion or runny nose (not due to other known causes, such as allergies), *when in combination with other symptoms*

2. Within the past 14 days, have you been in close contact with anyone that you know had COVID-19 or COVID-like symptoms? Close contact is being 6 feet (2 meters) or closer for more than 15 minutes with a person, or having direct contact with fluids from a person with COVID-19 (for example, being coughed or sneezed on)?

3. Have you been asked to self-isolate or quarantine by a medical professional or a local public health official?

4. Within the past 14 days, have you travelled internationally or to a state within the USA not included in the list of Covid-19 lower-risk states per the Commonwealth of Massachusetts?

- If yes, can you produce a negative result for COVID-19 from a test administered in Massachusetts no earlier than 4 days after your date of arrival or return to MA?

Hand Washing Instructions

- **Wet your hands** with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather your hands** by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
- **Scrub your hands** for at least 20 seconds.
- **Rinse your hands** well under clean, running water.
- **Dry your hands** using a clean towel or air dry them.
- **Wash your hands** frequently with soap and water frequently for at least 20 seconds.

Always wash your hands:

- After blowing your nose, coughing, or sneezing
- After being in a public place
- Before eating and/or preparing food
- Before touching your eyes or putting in contact lenses
- After using the toilet
- Before and after treating a cut or wound
- After touching an animal, animal feed, or animal waste
- After touching garbage

If you are unable to wash your hands, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Make sure you are using a safe product (FDA recalled products that contain toxic methanol). Parents should let the teachers know if they do not wish their children to be administered hand sanitizers.

Additional Information:

- [Your Health is in Your Clean Hands](#)
- [Hand Washing and Hand Sanitizer \(2 pages\)](#)
- [Stop Germs: Wash your Hands](#)

Face Masks or Cloth Face Coverings

How to put on a face mask:

- Your face mask should be clean, dry and not damaged
- Wash and dry your hands before putting on your face mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face - no gaps
- Make sure you can breathe easily
- Wash and dry your hands

While wearing a face mask:

- Do not touch the front of the face mask. If you do, clean your hands and dry thoroughly.
- Avoid touching your face, as infection can still be introduced by touching your eyes or if you are not wearing your face mask correctly.
- Face masks should not be moved during use. This includes being pulled up or pulled down below your chin. If you need to remove your mask (for example, to eat) - remove it safely, dispose of it appropriately (or wash if a home-made facial covering or cloth mask) and clean your hands.
- Replace the face mask if it becomes damp, damaged, or soiled.

To safely remove your mask:

- Clean your hands with soap and water or use hand sanitizer (containing at least 60 percent alcohol). Make sure your hands are dry.
- Remove the face mask from behind your ear (do not touch the front of the mask) by untying ties or removing loops and pull it away from your face. Be careful not to touch your eyes, nose, and mouth when removing your mask.
- Clean, store or dispose of it into a trash bin. Please be sure not to leave it on your desk.
- Clean your hands again.
- Face coverings should not be shared with anyone.

Please note that masks with a valve will not be permitted at ISB because the valve allows for air to be exhaled without being filtered, it is similar to not wearing a mask at all. So, please for everyone's safety no masks with valves allowed.

- [How to Wear a Face Covering](#) Poster
- [How to Wear a Face Covering Video](#)
- [CDC Face Masks Link](#)
- [Poster on Safely Wearing Face Masks](#) (CDC)

Good sneeze/cough hygiene

- Cover your mouth/nose with a tissue
- Throw the tissue away immediately in a trash can, and then wash your hands.
- If no tissue is available, cough or sneeze into the crook of your arm on your sleeve.
- [Cover Your Cough \(CDC\)](#)

Avoid touching your face, eyes, nose, and mouth, where it is easy to spread the virus to yourself.

Clean frequently touched surfaces daily, including door knobs, counters, tables, tablets, keyboards, phones, bathroom fixtures.

Physical “Social” Distancing Guidelines

- The CDC recommends 6 feet (2m) of distance between individuals.
- The more closely you interact with others and the longer the interaction time the higher the risk of COVID-19 spread.
- [Poster for Social Distancing](#)
- [Poster Social Distancing for Middle and High School Students](#)
- [Video for Teens on Social Distancing \(30 seconds\)](#)

General COVID-19 Education

- [Stop the Spread of Disease Poster \(6 ways\)](#)
- [Stop the Spread of Germs Video \(1 minute\)](#)
- [COVID-19 CDC Fact Sheet](#)