



COVID Trainings

LEA members (other bargaining units will be apprised after COVID Impacts & Effects are finalized) will be provided appropriate safety training applicable to current health conditions, at a time scheduled by their immediate supervisor. Completion of the following trainings will satisfy the requirements for receiving a stipend equal to one hour at base rate of pay.

Coronavirus Courses:

- Coronavirus Awareness (10 mins)
- Coronavirus: CDC Guide to Mask Making (9 mins)
- Coronavirus: Cleaning and Disinfecting the Workplace (10 mins)
- Coronavirus: Managing Stress and Anxiety (12 mins)
- Coronavirus: Transitioning to a Remote Workforce (11 mins)
- ~~Coronavirus: Preparing Your Household (9 mins)~~ This training has been included in the “Policy” trainings due to CalOSHA requirements.

Principals → To assist in the processing of COVID Training Timecards, please complete the following:

- Leave budget code blank
- Must use the following description “**COVID Safety Training**”
- Friendly reminder that Timecards are due by the 5th of each month

Coronavirus Awareness

The current coronavirus outbreak, called COVID-19, has dominated the news cycle since late 2019, and it’s normal and understandable to feel anxious about the recent spread of this disease. This course is designed to give a brief overview of the rise and nature of this new virus. Topics covered include symptoms and risk factors; what you can do to help reduce your chances of becoming infected; and where to find reliable news and information about the COVID-19 outbreak.

Coronavirus: CDC Guidelines for Making & Using Cloth Face Coverings

The Centers for Disease Control and Prevention (CDC) has released new guidelines for the use of cloth face coverings to help slow the spread of coronavirus, also known as COVID-19. This interactive online course covers best practices for wearing cloth face coverings and includes tutorials for sew and no sew methods for creating face coverings as recommended by the CDC. The situation surrounding the COVID-19 pandemic is changing constantly, and the latest guidelines may vary state to state. Please refer to your local government resources, the Centers for Disease Control, and the World Health Organization (WHO) for the latest, up-to-date information.

Coronavirus: Cleaning and Disinfecting Your Workplace

Cleaning of visibly dirty surfaces followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in community settings. This course will provide you with practical guidance from the Centers for Disease Control and Prevention (CDC) for cleaning and disinfecting rooms or areas where those with confirmed COVID-19 have visited.

Coronavirus: Managing Stress and Anxiety

Crises such as the COVID-19 outbreak can certainly induce an incredible amount of worry and stress on anyone. Stress is our body's way of responding to physical, emotional, or mental demands, such as those imposed by COVID-19 pandemic. This course discusses signs and symptoms of stress and explains the physical and emotional effects of built up stress, such as anxiety. This course also discusses stress management techniques, treatment options, and lifestyle changes to help alleviate stress during such difficult times.



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Coronavirus: Preparing Your Household

A COVID-19 outbreak could last for a long time in your community. Creating a household plan can help protect your health and the health of those you care about in the event of an outbreak in your community. This interactive online course will provide you with practical guidance from the Centers for Disease Control and Prevention (CDC) to help you get your household ready for community transmission of the disease.