

SEEK EMERGENCY MEDICAL CARE IMMEDIATELY IF SOMEONE HAS THE FOLLOWING:

- Trouble breathing
- Inability to wake or stay awake
- Persistent pain or pressure in the chest
- Bluish lips or face
- New confusion
- Low pulse oximeter saturation reading <95%, unless individual has underlying health conditions and typically has low O2 saturation readings

Healthy Hygiene Practices

All modifications based upon CDC, State & County Health Guidelines

The Twin Rivers Unified School District has developed multiple SARS-CoV-2 mitigation strategies minimizing close contact among our students, staff, and families.

These measures are based on the most recent health and safety guidelines from the Centers for Disease Control and Prevention, the California Department of Education, and California Department of Public Health. Individual schools will provide additional information specific for each campus.

Promoting Healthy Hygiene Practices

- The availability of handwashing stations and hand sanitizer, and how their use will be promoted and incorporated into routines.
- Twin Rivers Unified School District aims to ensure adequate supplies are available to support healthy hygiene behaviors. School sites will have the following available:
 - Soap
 - Tissues
 - Face coverings
 - Face shields (staff)
 - Hand sanitizer
 - Medical grade cleaning supplies
 - Plexiglass dividers in front offices and for Special Education assessments



Hand Hygiene

- Teach and reinforce washing hands, avoiding contact with one's eyes, nose, and mouth, and covering coughs and sneezes among students and staff.
- Teach students and remind staff to use tissue to wipe their nose and to cough/sneeze inside a tissue or their elbow.
- Encourage students and staff to wash their hands frequently throughout the day, including before and after eating; after coughing or sneezing; after classes where they handle shared items, such as outside recreation, art, or shop; and before and after using the restroom.
- Encourage students and staff to wash their hands for 20 seconds with soap, rubbing thoroughly after application. Soap products marketed as “antimicrobial” are not necessary or recommended.
- Staff will model and practice handwashing. For example, for lower grade levels, use bathroom time as an opportunity to reinforce healthy habits and monitor proper handwashing.
- Students and staff will use fragrance-free hand sanitizer when handwashing is not practicable. Sanitizer must be rubbed into hands until completely dry. Note: frequent handwashing is more effective than the use of hand sanitizers.
- Ethyl alcohol-based hand sanitizers are preferred and should be used when there is the potential of unsupervised use by children.
 - Children under age 9 should only use hand sanitizer under adult supervision. Call Poison Control if consumed: 1-800-222-1222.
- Staff are required to wash their hands upon entering the District Office or Winona. This is prior to going to the workstation or location.
- Staff are required to wash their hands upon exiting the District Office or Winona. This is prior to exiting the building either at lunch, break or going home.
- Twin Rivers Unified School District will implement and enforce strict handwashing guidelines for all staff and children. Wash hands for 20 seconds with soap, rubbing thoroughly after application, and use paper towels (or single use cloth towels) to dry hands thoroughly. It may be helpful to sing a 20-second song while children wash.
- Use bathroom time as an opportunity to reinforce healthy habits and monitor proper handwashing.
- Teach children to avoid contact with one’s eyes, nose and mouth, and use tissue to wipe their nose and to cough/sneeze inside their elbow. Model and practice handwashing before and after eating, after coughing or sneezing, after playing outside, and after using the restroom.
- All personal items should be labeled and kept in a separate bag to ensure personal items are separate from others.



The health and safety of our students and employees, and their families, is our top priority. We want students and employees to feel comfortable and safe returning to school campuses. The District will emphasize healthy hygiene practices for students and employees.

- Report to work in clean clothing and closed-toe shoes.
- Adhere to the handwashing process and wash hands thoroughly with soap and warm running water, **scrubbing for at least 20 seconds**
- Keep fingernails trimmed, filed, and maintained. No acrylic nails.
- Limit jewelry to a plain-banded ring only. Medical alert identification tags are permitted.
- Cover cuts or open sores on hands with a waterproof bandage and gloves.
- Store personal items in designated locations.
- Eat, drink, or chew gum in designated areas.
- Refrain from use of any tobacco products.

Guidelines for hygiene practices for students and staff, which include the manner and frequency of handwashing and other best practices.

- Wash hands routinely with soap (any kind) and water for at least 20 seconds.
- Dry hands completely after washing.
- Use paper towels to dry hands if available instead of a hand dryer if they are available.

Handwashing should occur:

- Before starting work
- Before putting on a mask or face covering
- Before and after eating food
- After touching mobile phone
- After touching face, hair, eyes or mouth
- After touching a mask or face covering
- Before and after using the toilet
- After touching clothing
- After removing a mask or face covering
- After finishing work
- Arriving home from work and school
- As often as possible

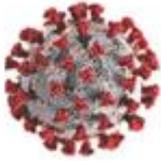


The use of hand antiseptics or sanitizer may be an effective way to stop the spread of the coronavirus if the hand sanitizer contains at least **60% alcohol**. Hand sanitizers are most useful when used in combination with regular handwashing and the use of single-use gloves. Hand sanitizers may also be a good option for areas where handwashing is not possible or convenient. However, these products are not a replacement for handwashing.

When to Use Hand Sanitizer

- In combination with handwashing
- Between glove changes
- Any time you touch or change a mask or face covering
- Any time handwashing is not possible
- As often as possible as supplies permit

What you should know about COVID-19 to protect yourself and others



Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.



Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.



Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a mask that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.



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Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.



Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.



Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)