

HEALTH AND SAFETY TRAINING TOOL FOR ELEMENTARY SCHOOL STUDENTS



Don't share
your things



Clean your
hands



Stay home
if sick



Cough on
your elbow



Stay with your
learning group



Keep a safe
distance



SCHOOL ARRIVAL AND DISMISSAL

- ▷ What doors do we use from our classroom?
- ▷ What are the site-based late arrival procedures?

LEARNING GROUPS/COHORTS

- ▷ What is a learning group?
- ▷ Who are the people in my learning group?
 - ▼ Can I play with others outside of my learning group?
 - Inside - must maintain a 2 metre distance
 - Outside - minimize physical contact

HANDWASHING - HOW AND WHEN

- ▷ Go over the handwashing chart on the page 4 to review when and how hands must be washed

COUGH / SNEEZE ETIQUETTE

- ▷ What is cough/sneeze etiquette?
- ▷ Go over the visuals on the following pages
- ▷ Tell students where they can find tissue and garbage container (if you do not have one, ask your custodian to line an empty box or container with a garbage bag)

KEEPING HANDS TO OURSELVES IN THE CLASSROOM

- ▷ No sharing of supplies at this time
- ▷ Minimize physical contact with each other at this time indoors and outdoors
- ▷ Staying within our seating arrangements

HOW TO WEAR A MASK (Information to send home to parents along with masks)

- ▷ See the *HOW TO CARE FOR AND WEAR OUR MASKS* infographic on page 5
- ▷ Send home infographic on page 5 for parents to go over with their children

SITE SPECIFIC HALLWAY FLOW

- ▷ Review hallway behaviour and traffic flow
- ▷ Stay 2 metres apart when in the hallway with others outside of learning group

WHAT TO DO IF YOU ARE FEELING SICK

- ▷ Notify a teacher right away if you are feeling sick
- ▷ Teacher will notify the office
- ▷ Pack all items to go home and take them with you to the waiting room where you will wait for your ride

HEALTH CHECK PARTICIPATION WITH PARENT/GUARDIAN

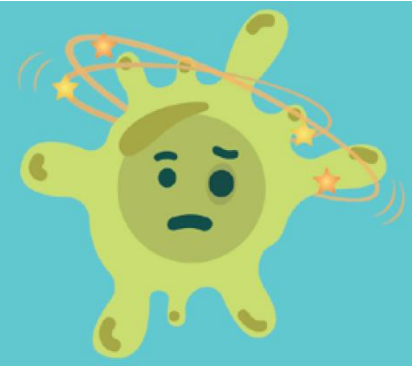
- ▷ It is very important that you tell your parents or caregivers if you are not feeling well in the morning before you leave for school
- ▷ You must participate in the health check with your parents every morning before you leave home

WHEN WE NEED TO WASH OUR HANDS



STUDENTS SHOULD PERFORM HAND HYGIENE	STAFF SHOULD PERFORM HAND HYGIENE
▷ When they arrive at school and before they go home	▷ When they arrive at school or work and before they go home
▷ Before and after any breaks (e.g. recess, lunch)	▷ Before and after any breaks (e.g. recess, lunch)
▷ Before and after eating and drinking (excluding drinks kept at a student's desk)	▷ Before and after eating and drinking
▷ Before and after using an indoor learning space used by multiple cohorts (e.g. the gym, music room, science lab, etc.)	▷ Before and after handling food or assisting students with eating
▷ After using the toilet	▷ Before and after giving medication to a student or self
▷ After sneezing or coughing into hands	▷ After using the toilet
▷ Whenever hands are visibly dirty	▷ After contact with body fluids (e.g. runny noses, spit, vomit, blood)
	▷ After cleaning tasks
	▷ After removing gloves
	▷ After handling garbage
	▷ Whenever hands are visibly dirty

HOW TO BE A GERM FIGHTER



Wash your hands like you just touched



SPLASH

some water
on your hands



SQUIRT

some soap on



SCRUB

the front and back of
your hands, don't forget
in between your fingers!



Cough and sneeze like you're 'dabbing'

Catch your cough or
sneeze in the sleeve of
your elbow, not your
hands. This helps stop
germs from spreading
when people touch
things after they
cough or sneeze.



SING

Happy Birthday twice
to make sure you
have scrubbed for
20 seconds



SPLASH

some more water
on and rinse
the soap



SOP

up the water by
drying your hands
with papertowel

Stay home if you're not feeling well

And if you notice someone is coughing and sneezing, give yourself a personal bubble and stay about six feet (or how long your bed is) away from them.



HOW TO KEEP OURSELVES SAFE



Stay home
if sick



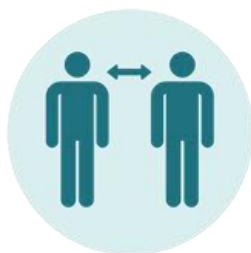
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HOW TO CARE FOR AND WEAR OUR MASKS



Protocols for safely wearing and caring for a face mask

DO

- ▷ Make sure your mask isn't damaged
- ▷ Replace your mask whenever it becomes damp or dirty
- ▷ Wash your hands for 20 seconds or use hand sanitizer before and after touching the mask
- ▷ Use the ear loops or ties to put on and remove your mask
- ▷ Make sure your nose and mouth are fully covered, it fits securely, and there are no gaps on the sides
- ▷ Store your mask in a clean paper bag when it is not in use
- ▷ Wash your mask with hot soapy water and let it dry complete before using it again

DON'T

- ▷ Wear masks that are damaged, dirty, or moist
- ▷ Touch the mask while wearing it
- ▷ Wear a loose mask
- ▷ Hang the mask from your neck or ears
- ▷ Remove the mask to talk to someone
- ▷ Share your mask with anyone
- ▷ Store your mask where it may easily become soiled (e.g. unprotected in a purse, pocket, backpack, etc.)



DAILY HEALTH ASSESSMENT

All parents, guardians, and/or caregivers **MUST** conduct a Daily Health Assessment of their child(ren) before sending them to school. Keep this checklist in a well-frequented area (like your kitchen) and incorporate the assessment into your morning routine before leaving for school.

1. Symptoms of Illness		Does your child have any of the following symptoms? Please circle ONE for each line.	
Fever		YES	NO
Chills		YES	NO
Cough or worsening of chronic cough		YES	NO
Shortness of breath		YES	NO
Sore throat		YES	NO
Runny nose / stuffy nose		YES	NO
Loss of sense of smell or taste		YES	NO
Headache		YES	NO
Fatigue		YES	NO
Diarrhea		YES	NO
Loss of appetite		YES	NO
Nausea and vomiting		YES	NO
Muscle aches		YES	NO
Conjunctivitis (pink eye)		YES	NO
Dizziness, confusion		YES	NO
Abdominal pain		YES	NO
Skin rashes or discoloration of fingers or toes		YES	NO
2. International Travel	Have you or anyone in your household returned from travel outside Canada in the last 14 days?	YES	NO
3. Confirmed Contact	Are you or is anyone in your household a public health confirmed contact of a person confirmed to have COVID-19	YES	NO

IMPORTANT: If you answered “YES” to any of the questions and the symptoms are not related to a pre-existing condition (e.g. allergies) your child **MUST NOT** come to school.

If you answered “YES” to questions 2 or 3, use the COVID-19 Self-Assessment Tool (<https://bc.thrive.health>) to determine if you should be tested for COVID-19. Please regularly check BCCDC’s Symptoms of COVID-19 regularly to ensure the list is up to date. If any of your children are experiencing any symptoms of illness, contact a health-care provider for further assessment. This includes 8- 1-1, or a primary care provider like a physician or nurse practitioner.