

COVID-19

PUBLIC HEALTH

PREVENTION

STAYING SAFE



Coronavirus SARs-CoV-2 virus causes COVID-19 illness

COVID-19

TRANSMISSION ROUTES



Liquid droplets

-Spread when a person with COVID-19 coughs/sneezes

Enters via eyes, nose or throat, when:

> #1 In close contact with someone who has COVID

#2 Touch a contaminated surface then your face

Coronavirus ARs-CoV-2 causes COVID-19 illness COVID-19

SIGNS and SYMPTOMS

The most common...

- Fever or Chills
- Cough or Sneezing
- Shortness of breath
- Sore throat
- Fatigue
- Headache
- Loss of sense of taste or smell
- Less common: Conjunctivitis (pink eye)

Challenge: mild & mimic cold/flu

Solution: Get tested!

Environmental Prevention Methods



Create Space

- -Separating desks
- -Making space/removal
- -Decluttering



Learn & Play Outdoors

-More!



2 ↑ Outside Air

- -Open windows
- -Declutter/uncover vents
- -↓ Recirculation
- outside air/air exchanges
- -Earlier HVAC start times



Visual Cues

- -Physical Distancing/ Minimize Physical Contact
- -Posters/signs/floor markings

We all need to follow the rules and keep to the right in hallways

Administrative

Maximize Physical Distance

- -Whenever possible
- -2 metres
- -When interacting outside of a Cohort
- -In high-density areas (hallways in schools, buses)

Minimize Physical Contact

- ↓ physical touch/contact
- -Replace handshakes and hugs with smiles & waves

Administrative

Learning Groups = Cohorts

Limit the # of People Together

- -Creates consistent contacts
- ↓ total # of contacts
- ↓ transmission opportunity
- 1 ease of contact tracing

Administrative Prevention Methods



Clean & Disinfect

- -More frequently
- -As per PHO/BCCDC
- -Custodial staff do MOST of it
- -Classroom staff clean
 - Shared toys, equipment
- -Secondary students (some cases)
 - Musical instruments/PE equip
 - Shared keyboards
 - Other shared equipment

Personal Prevention Methods





























Hand Hygiene



- -Upon arrival at school/work
- -Frequently
- -Properly

At least 20seconds

Personal Prevention Methods



Hand Hygiene



- -Same Process
- Without H₂0
 & paper towel
- -Locations:
- Entrance
- Main Office
- Classrooms with NO sink

Personal Prevention Methods



Respiratory Etiquette

-Sneeze/cough into elbow/tissue



Avoid touching your face!





PREVENTION MEASURES

Personal Prevention Methods

Daily Health Assessment Every day, mandatory.

-Cold, flu or COVID-19 symptoms (even minor!)

-Contact with a VCH confirmed case

-International Travel

If "Yes"
Stay Home + self-isolate.
Plus if you have symptoms: even minor

Get Tested!!



Face Masks



District Provided Reusable Cloth

All VSB staff 2 ea. Secondary students 2 ea. Elementary students 2ea.

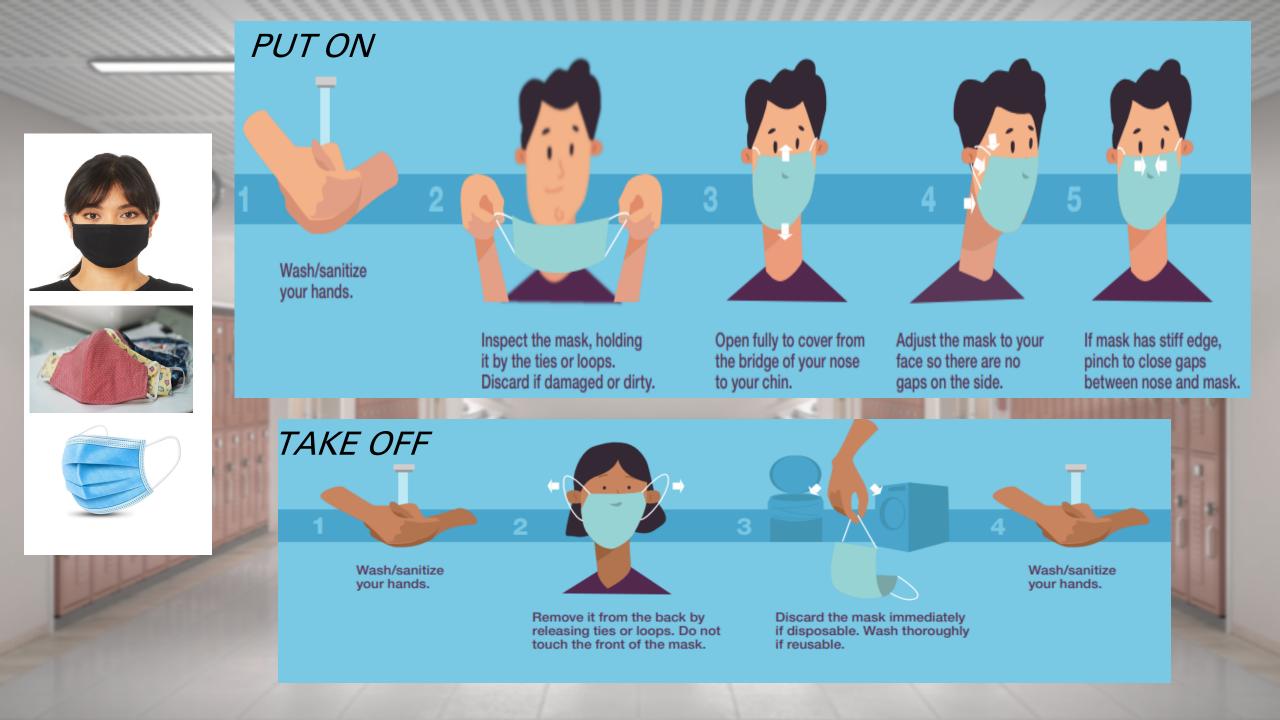
Write your initials on the front corner of your masks



Personal Reusable Cloth



Single Use Disposable Paper



How Not to Wear a Face Mask





PREVENTION MEASURES

Masks

Everyone deserves respect whether they are wearing a mask OR they choose NOT to wear one.

 Face masks "required" for adults and students Gr 6-12 when interacting outside cohorts and not physically distancing or in halls/buses.



More Safety...

Food

- -Cafeterias are not serving food at this time
- -Bring lunch/snacks/beverages
- -All students must individually label their water bottles, utensils, containers

Playgrounds

-Open

Music/Singing

- -Physical distancing (2m) required
- -Plus other measures





Get plenty of rest Eat well Exercise Connect with others



