



# All Saints Catholic School

## COVID -19 Training for Parents/Guardians

### Welcome Home

School Year 2020-2021 has certainly presented some challenges and changes in the regular school procedures since the onset of COVID -19. We have put together this presentation of information, facts, videos and pictures to help with the reopening of our school this year. We hope you take the time to sit down with your children and watch this together.

If at anytime you think of a question please write it down and you can email Mrs. Snowden or Mrs. Slater so we can help provide an answer. We look forward to seeing everyone again soon.

Link:[https://drive.google.com/file/d/1MwVg\\_uEIRyNKN7aXFvf3\\_E51LGOQWLv0/view?usp=sharing](https://drive.google.com/file/d/1MwVg_uEIRyNKN7aXFvf3_E51LGOQWLv0/view?usp=sharing)

# What is the Coronavirus or COVID-19?

- A new strain of a virus that was found in China but has now spread all over the world.
- This is called a global pandemic.
- It is spread through respiratory droplets (talking, sneezing and coughing)
- It is **very** contagious and there is no vaccine or cure yet.
- You can carry the virus but not feel sick.
- People who are over age 65, like your grandparents, are at higher risk of getting sick.
- If you have asthma or other illnesses you may also be at higher risk of getting sick.

# What are the symptoms of COVID-19?

- Fever (100.4 F) or chills
- Cough
- Difficulty breathing
- Feeling very tired
- Muscle or body aches
- New loss of taste or smell
- Sore throat
- Stuffy or runny nose
- Nausea or vomiting
- Diarrhea
- Headache

## Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



**This is the Tricky Part:** Please let the School Nurse know in advance, if a student has symptoms of allergies or cold, etc. An Email or phonecall to the sick line at #703-393-2140 would help alleviate unnecessary clinic visits.

<b>Symptoms of COVID-19</b>	<b>Strep Throat</b>	<b>Common Cold</b>	<b>Flu</b>	<b>Asthma</b>	<b>Seasonal Allergies</b>
<b>Fever or chills</b>	<b>X</b>		<b>X</b>		
<b>Cough</b>		<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Sore throat</b>	<b>X</b>	<b>X</b>	<b>X</b>		<b>X</b>
<b>Shortness of breath or difficulty breathing</b>				<b>X</b>	
<b>Fatigue</b>		<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
<b>Nausea or Vomiting</b>	<b>X</b>		<b>X</b>		
<b>Diarrhea</b>	<b>X</b>		<b>X</b>		
<b>Congestion or Runny Nose</b>		<b>X</b>	<b>X</b>		<b>X</b>
<b>Muscle or body aches</b>	<b>X</b>	<b>X</b>	<b>X</b>		

- Note: The table above does not include all COVID-19 symptoms

# What To Do If You Feel Sick?

- Tell a parent or adult right away.
- Stay home from school.
- Do not go to a friend's house.
- Do not go to any sports practice or games.
- If you become sick while at school: Tell your teacher right away.

# Everyone Can Help Slow the Spread

- Wash Your Hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- Social Distancing: Avoid Close Contact Stay at least 6 feet (2 arms lengths) from other people. This is very important in preventing the spread of COVID-19.
  - **Outside your home:** Put 6 feet of distance between yourself and people who don't live in your household.
  - **Inside your home:** Avoid close contact with people who are sick. If possible, maintain 6 feet between the person who is sick and other household members.
- Wear A Mask in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.
- Clean and Disinfect frequently touched surfaces We have scheduled routine cleanings every 2 hours throughout the building.
- Daily Health Screenings: **Be alert for symptoms.** Watch for fever, cough, shortness of breath, or other symptoms of COVID-19. Stay Home if symptoms are present.

# How can you help stop the spread of Coronavirus?

## **Daily Health Screening**

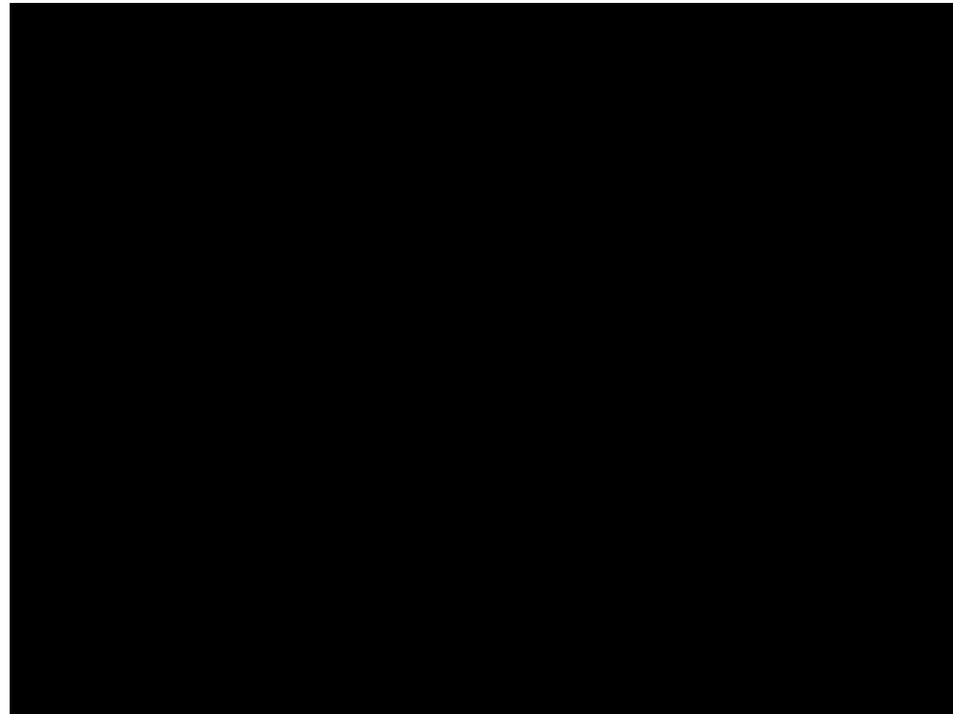
We are asking all our families to complete a Daily Health Screening of students in the morning-before leaving the house. Please read, print and use the following document for your daily check. This will also be available under the school nurse tab on our website.

[Daily Home Health Screening for Students and Visitors](#)

# Daily Temperature check during Carpool

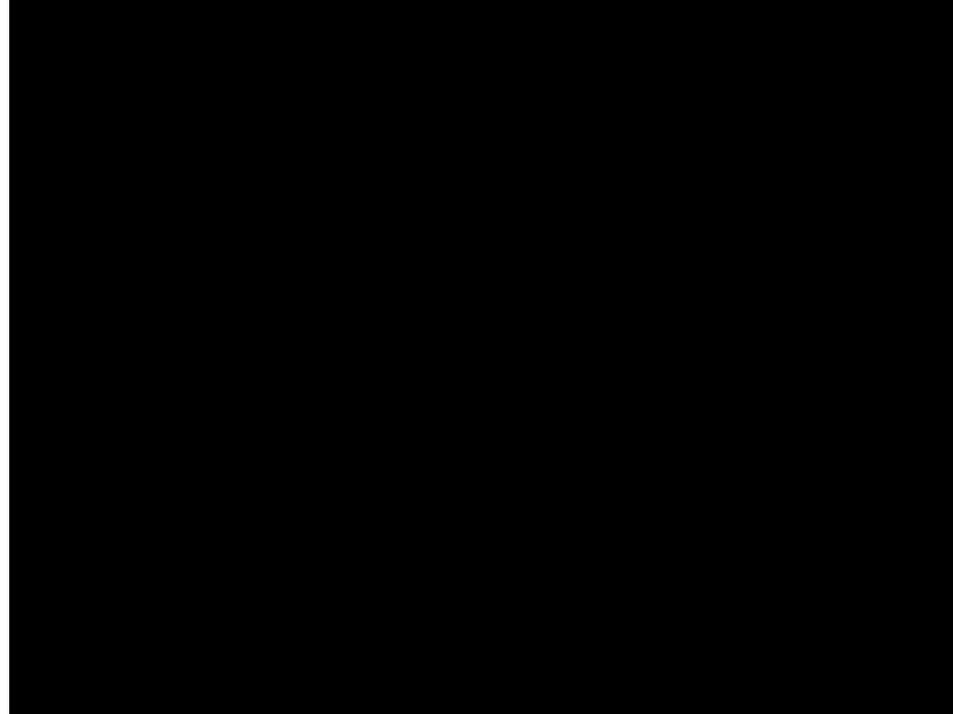
We will be checking student temperatures during carpool drop off. Two cars at a time will pull up into the Temp Check Area. The students will get out of the car and stand by the car until the temp is completed. Once both cars are done the drivers will get a thumbs up-that it is ok to leave. If a child presents with a temp over a 100.0 we will ask that the driver pullover. The School Nurse will then take the Temp with an oral thermometer. If it remains over 100.0, they will go home sick.

Please watch our video as an example of our procedure. Click on the Box Below.



**We will begin 6ft distancing as the students walk into the building.  
At this time Face Coverings are required and use of the  
Hand Sanitizer on Entering the building.**

Please watch our students in action during arrival to school.



**6 Foot Distancing**

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[https://drive.google.com/file/d/1o\\_NEDCTzmXEIDZLYaJf6guXE\\_iHw4Gr1/view?usp=sharing](https://drive.google.com/file/d/1o_NEDCTzmXEIDZLYaJf6guXE_iHw4Gr1/view?usp=sharing) (Video)

How to use hand sanitizer: Apply the gel product to the palm of one hand Rub your hands together.  
Rub the gel over all the surfaces of your hands and fingers until your hands are dry.  
This should take around 20 seconds.

# Face Coverings are Very Important



<p>COVID-19 carrier</p>	Very high
<p>COVID-19 carrier</p>	High
<p>COVID-19 carrier</p>	Medium
<p>COVID-19 carrier</p>	Low
<p>COVID-19 carrier</p>	Very low
<p>COVID-19 carrier</p>	None

Source: Centers for Disease Control and Prevention

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# Tips for encouraging children to wear a mask

The mask will protect you from people who are unknowingly infected.

Talk about it! Explaining “the why” will make the experience less scary

Introduce mask wearing as a good habit like hand washing and covering your mouth and nose when you cough and sneeze

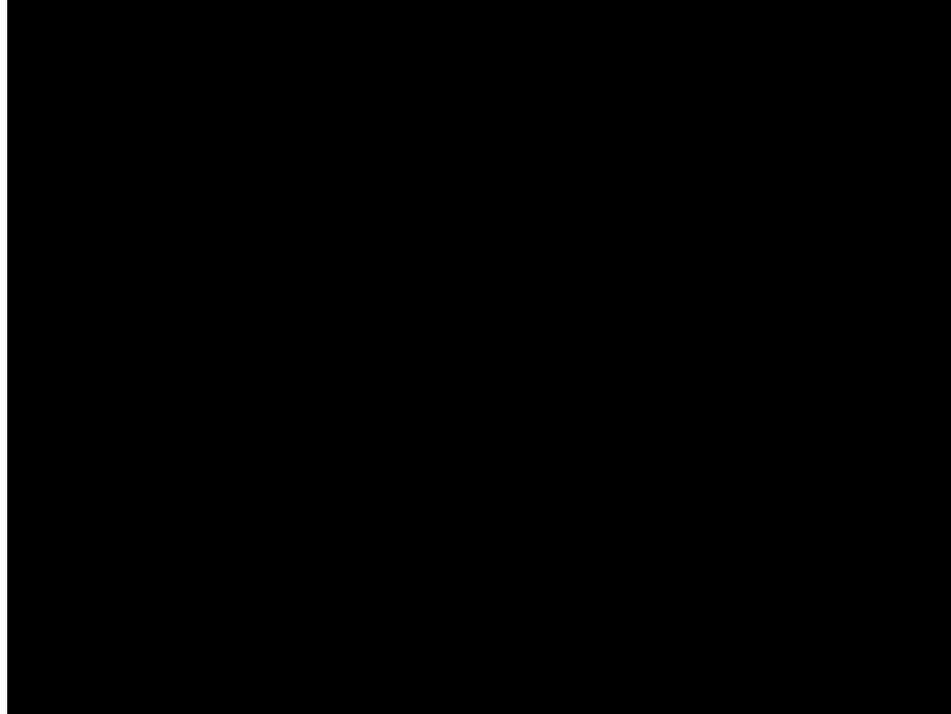
Practice wearing masks during playtime with dolls or stuffed animals

Provide positive feedback when they do wear a mask

“Thank you for wearing a mask and protecting others”

Most importantly, be a role model! Wear your own mask at all times, and explain why it is important to do this

# Ways to Keep your Face Covering Clean and Handy

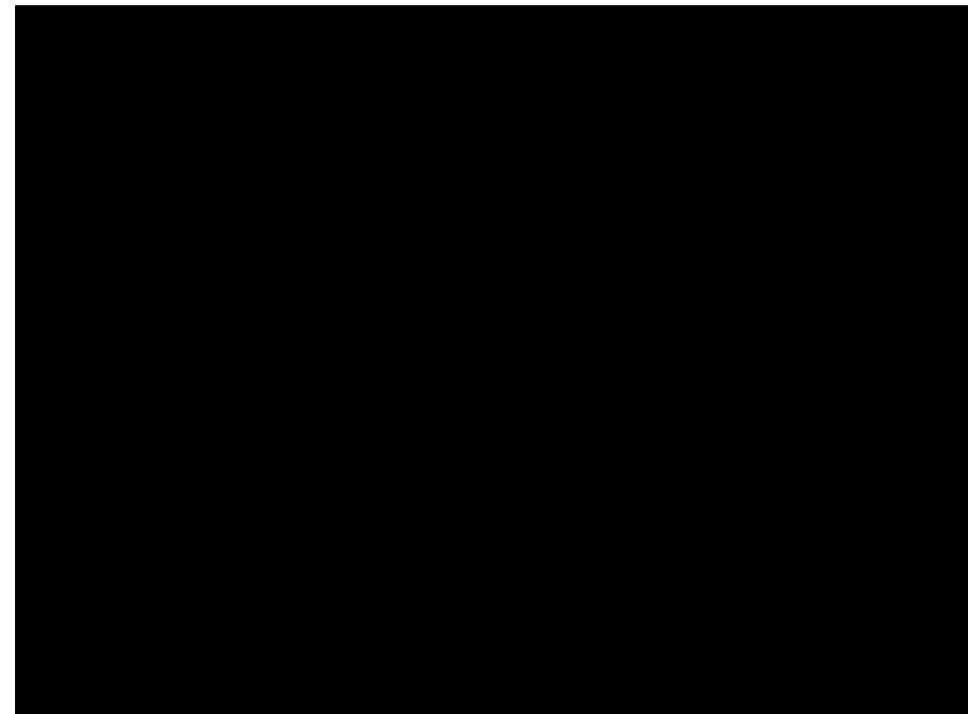


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[https://drive.google.com/file/d/10DHtkneMnIOkzou-6taabShfCB87\\_4oA/view?usp=sharing](https://drive.google.com/file/d/10DHtkneMnIOkzou-6taabShfCB87_4oA/view?usp=sharing) (Video)

- **Avoid touching your eyes, nose, and mouth** with unwashed hands.
- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.

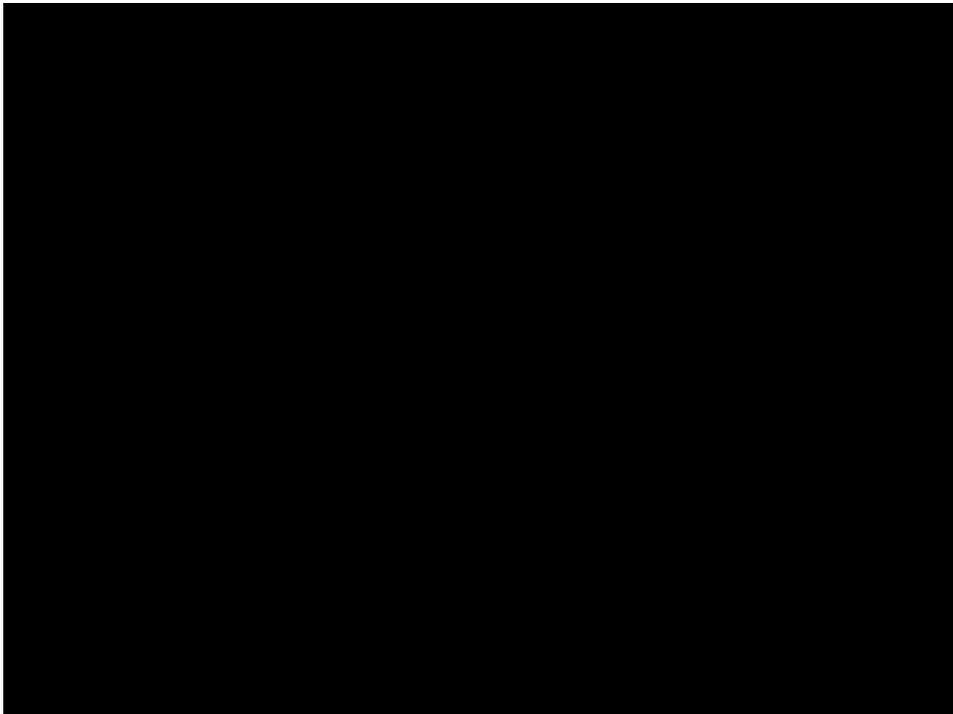
Handwashing is one of the best ways to protect yourself and your family from getting sick. Learn when and how you should wash your hands to stay healthy.



[https://drive.google.com/file/d/1MwVg\\_uElRyNKN7aXFvf3\\_E51LGOQWLv0/view?usp=sharing](https://drive.google.com/file/d/1MwVg_uElRyNKN7aXFvf3_E51LGOQWLv0/view?usp=sharing)  
<https://drive.google.com/file/d/1eFcBt-widZkORHRizjaTolkyiUFgx00a/view?usp=sharing> (Video)

It is important to wash your hands completely and for a good 20 seconds!

Sing a Song to yourself while your washing and remember to dry your hands very well too!



[Hand Wash Dance](#)

[https://drive.google.com/file/d/1LZIT\\_GKBjmfH4f6Mk0jh0vedg6U9E/view?usp=sharing](https://drive.google.com/file/d/1LZIT_GKBjmfH4f6Mk0jh0vedg6U9E/view?usp=sharing)

# What Is Isolation?

**Isolation** is used to separate people infected with SARS-CoV-2, the virus that causes COVID-19, from people who are not infected.

- People who are in isolation should stay home until it's safe for them to be around others. In the home, anyone sick or infected should separate themselves from others by staying in a specific "sick room" or area and using a separate bathroom (if available).
- People who have COVID-19
- People who have [symptoms of COVID-19](#) and are able to recover at home
- People who have no symptoms (are asymptomatic) but have tested positive for infection with SARS-CoV-2
- You can be with others after
- At least 10 days since symptoms first appeared **and**
- At least 24 hours with no fever without fever-reducing medication **and**
- Symptoms have improved
- 10 days have passed since the date you had your positive test
- If you have a [weakened immune system \(immunocompromised\)](#) due to a health condition or medication, you might need to stay home and isolate longer than 10 days. Talk to your healthcare provider for more information.

# What Is Quarantine?

**Quarantine** is used to keep someone *who might have been exposed to COVID-19* away from others. Quarantine helps prevent spread of disease that can occur before a person knows they are sick or if they are infected with the virus without feeling symptoms. People in quarantine should stay home, separate themselves from others, monitor their health, and follow directions from their state or local health department. (People who develop symptoms again within 3 months of their first bout of COVID-19 may need to be tested again if there is no other cause identified for their symptoms.)

Close Contact Is: You were within 6 feet of someone who has COVID-19 for a total of 15 minutes or more

- You provided care at home to someone who is sick with COVID-19
- You had direct physical contact with the person (hugged or kissed them)
- You shared eating or drinking utensils
- They sneezed, coughed, or somehow got respiratory droplets on you

Steps to take: Notify the School immediately and Stay home and monitor your health

- Stay home for 14 days after your last contact with a person who has COVID-19
- Watch for fever (100.4°F), cough, shortness of breath, or other symptoms of COVID-19
- If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19
- When to End Quarantine: You should stay home for 14 days after your last contact with a person who has COVID-19. Ask your school nurse or provider if you are unsure.

# When is it safe to return to school after having Covid-19?

Individuals who were confirmed positive for COVID-19, including those who are asymptomatic, are prohibited from returning to the school building until:

Option 1: If, in consultation with a healthcare provider and local public health authorities knowledgeable about locally available testing resources, it is determined an employee will not have a test to determine if they are still contagious, the employee can leave home and return to work after these three conditions have been met:

- They have been fever-free for at least 3 days without the use of fever-reducing medications
- AND
- They have improvement in respiratory symptoms (e.g. cough and shortness of breath)
- AND
- At least 10 days have passed since the date of their first symptoms

**OR**

Option 2: If, in consultation with a healthcare provider and local public health authorities knowledgeable about locally available testing resources, it is determined the employee will be tested to determine if the employee is still contagious, the employee can leave home after these three conditions have been met:

- They have been fever-free for at least 3 days without the use of fever-reducing medications
- AND
- They have improvement in respiratory symptoms (e.g. cough and shortness of breath)
- AND
- They have received at least 2 consecutive negative results more than 24 hours apart.

# PARENT/GUARDIAN COVID 19 TRAINING ACKNOWLEDGMENT FORM

## PARENT/GUARDIAN COVID 19 TRAINING ACKNOWLEDGMENT

I have reviewed the COVID 19 Student/Parent Training, and I acknowledge that we will adhere to all school, Federal, State and local health guidelines. I have explained the content of this training to my child(ren), and I have explained the importance of adhering to the health policy rules . I acknowledge and agree to the policies obtained therein, and will require my child(ren) to comply with the policies which apply to students.

I also realize during my child's enrollment at the school I will be informed from time to time, formally or informally, of various changes in school and/or Diocesan policies. I understand the school and/or Diocese reserves the right to change policies at any time with or without advance notice. I further understand it is required for both parent and student to sign this form in order to continue my child's enrollment at the school. Please Return the signed form to the office.

\_\_\_\_\_  
(Parent's Signature)

\_\_\_\_\_  
(Student's Signature)

\_\_\_\_\_  
(Printed Name)

\_\_\_\_\_  
(Printed Name)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Date)

# Thank You In Advance

If we all work together in a diligent and compassionate manner then this will hopefully provide a boundary for any possible cases from entering school unknowingly. I am very proud to be a part of this community and see the amazing cooperation between the parents and staff on a daily basis. My faith and trust in you all is rooted in a deep faith of our saviour Jesus Christ.

I am very grateful for your assistance during this extraordinary time.

Patrice Snowden RN and Angela Slater

# References:

CDC. (2020, February 11). *Coronavirus Disease 2019 (COVID-19)*. Centers for Disease Control and Prevention.

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

*COVID-19 in Virginia*. (2020). Virginia Department of Health.

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*VDOE :: prevention strategies & programs*. (n.d.). Retrieved July 13, 2020, from <http://www.doe.virginia.gov/support/prevention/index.shtml>