

Personal Protection from COVID 19

Personal protection from COVID-19, the novel coronavirus, includes the appropriate wearing of cloth or surgical face masks by students and anyone accessing the school buildings, buses, and grounds. Studies have shown that wearing masks can significantly decrease spreading the disease. Students will be required to wear a mask at all times, unless specifically provided a “mask break” at the direction and discretion of the instructor. In addition, students will be mask free while eating lunch.

Your child’s face mask should meet the following criteria as determined by the Center for Disease Control:

- Reach above the nose, below the chin, and completely cover the mouth and nostrils
- Fit snugly against the sides of the face
- Be made of multiple layers of fabric that you can still breathe through
- Be able to be laundered and machine dried without damaging the material or shape or be disposable.

*****Please note that bandannas, gaiters, or masks with valves have been shown in recent research to be ineffective in stopping the spread of COVID 19 so will not be allowed in school**

Creating a Mask Culture:

Parents and caregivers are critical partners for ensuring that students develop consistent mask-wearing habits in public, including at school. Families that have not been wearing masks regularly should start practicing wearing them before school starts so students can get used to them.

Transportation to and from school:

All students regardless of grade and age will be required to wear a face mask during transportation on a school bus. Physical distancing during transportation is less than 6 feet of physical distance. Students will be spaced at least 3 feet apart during transportation using the recommended pattern for assigned seats (see diagram). In order to get on the school bus, students will need to have their face mask on properly covering the nose and mouth and the face mask must remain on through the transport to school.

All students being transported to school by car, must wear a mask upon exiting the vehicle, and will need to wear the mask when exiting school until securely in the car for

dismissal. Students who are walking or biking to and from school with parent permission will need to put their mask on whenever physical distancing is less than 6 feet.

In school: All students will be required to wear face masks upon entering school and in all areas of the schools such as classrooms, entrances, hallways, rest rooms, and offices. Removal of a mask for a “mask break” will be at the discretion of the child’s teacher and only when a minimum of 6 feet of physical distance can be maintained.

In the classroom: Upon entering the classroom, students will wear their face mask and keep it on until it is safe to have a “mask break”.

Face mask breaks: Students will be provided opportunities within the school day to safely remove their face masks for breaks. These mask breaks will be determined by the supervising adult, including school administration, teachers, and teaching assistants/paraprofessionals. The mask break will only be allowed when conditions determine it is safe to do so.

Mask refusal: Some students will find it difficult to wear the mask due to disability. For this reason, some students may be asked to wear a face shield or be given more frequent mask breaks as an accommodation. In the event that a student does not have a face mask because it has been forgotten at home, the student will be provided a disposable mask for the day

For students refusing to wear a mask for reasons other than disability or where refusal is associated with personal preference, the student will be removed from class to discuss educational options.

.Personal Hygiene and Hand Sanitization

Developing consistent personal hygiene protocols for maintaining health are necessary for all students, staff, and adults entering our schools. Students will be given opportunities throughout the day to wash their hands with soap and water whenever possible and educated in the length of time necessary to eliminate exposure to germs. Wherever there is no access to water for handwashing, hand sanitizer stations will be accessible to students. The following protocols for hand sanitization, set up by the Department of Elementary and Secondary Education guidelines as a **minimum** are

- Upon arrival to school
- Before and after eating

- Before leaving school

Sanitizing or washing of hands **should also** be done:

- Before putting on or removing a face mask
- After sneezing, coughing or blowing one's nose
- Entering or leaving a new classroom.

In addition, parents should reinforce the good hygiene of students washing their hands with soap and water after using the restroom.

The Center for Disease Control has provided the following guidance for handwashing.

1. Wet your hands with clean, running water (warm or cold) and apply soap. Regular soap is preferable to antibacterial soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel and turn off the faucet with the paper towel used for drying.

How to use hand sanitizer

1. Apply the gel product to the palm of one hand (read the label to learn the correct amount).
2. Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

*******Warning!** Ingestion of alcohol based hand sanitizer can cause alcohol poisoning with only a few mouthfuls. It should be kept out of the reach of young children and used only with an adult to supervise.

Can My Child Go to School Today?

Has your child traveled outside of Massachusetts within the last two weeks (exceptions are travel to NY, NJ, ME, CT, NH, and VT

YES _____ NO _____

NEW MA REGULATIONS REQUIRE TWO WEEKS OF QUARANTINE FOR SUCH TRAVEL OR TO PRESENT WITH A NEGATIVE COVID TEST FROM A SAMPLE TAKEN LESS THAN 72 HOURS BEFORE ARRIVAL IN MA

Has my child been in contact with anyone that has tested positive for COVID 19 within the last two weeks? YES _____ NO _____

Does my child have a temperature of 100.0 F or above? YES _____ NO _____

Does my child have a cough? YES _____ NO _____

Does my child have difficulty breathing or shortness of breath? YES _____ NO _____

Does my child have a new loss of taste or smell? YES _____ NO _____

Does my child have a sore throat? YES _____ NO _____

Does my child have muscle or body aches? YES _____ NO _____

Does my child have nausea, vomiting or diarrhea? YES _____ NO _____

Does my child have any new respiratory symptoms such as a runny nose, nasal congestion (stuffy nose) or headache? YES _____ NO _____

IF YOU ANSWER YES TO ANY OF THESE QUESTIONS YOUR CHILD MUST BE KEPT HOME FROM SCHOOL AND YOU SHOULD CONSULT YOUR HEALTHCARE PROVIDER FOR ASSESSMENT, INCLUDING COVID19 TESTING AND EVALUATION. IN ADDITION PLEASE NOTIFY THE SCHOOL NURSE IN YOUR CHILD'S SCHOOL

A negative COVID-19 test resolution of symptoms, and a physician's note clearing the student will be required for return to school.

If the test is positive, then he/she may return no sooner than 10 days from onset of symptoms with resolution of fever (<100.0 F without use of anti-fever meds such as Tylenol, acetaminophen, ibuprofen, motrin, advil, aleve). In addition all other associated symptoms need to be improving.

If not tested, the student must be quarantined at home for 14 days from the onset of symptoms.

How to Help Your Child Adapt to Wearing a Mask

7 Quick Tips for Parents



Explain WHY

Use easy-to-understand language and positive phrasing.



For example, "Many people are sick right now. Wearing a mask will protect you from germs."

Practice Makes Perfect

Shape the behavior by breaking it down into smaller steps. Then practice & reinforce each step.

1. Holding the mask.
2. Putting it against his or her face.
3. Securing the elastic.



Let's Pretend

Integrate masks into your favorite pretend play schemes.

Encourage your child to dress up as a doctor, nurse, or veterinarian.



Take a Picture

Ask family members or friends to take pictures of themselves wearing masks.

You can even arrange a virtual get together so everyone can show off their masks.



Get Creative

Allow your child to decorate their mask using crayons or markers.

If you are planning to make a DIY cloth mask, allow him/her to pick the fabric color or pattern.



Start with Familiar Clothing

Choose clothing that your child already wears and turn it into a mask.

Some ideas include: a scarf, balaclava or bandana



Stuffed Animals & Dolls Need Masks Too

Put a mask on your child's favorite stuffed animal or doll as a reminder that we are all in this together!



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KIDS WEARING MASKS CLIPART BY: BUNNY ON A CLOUD