

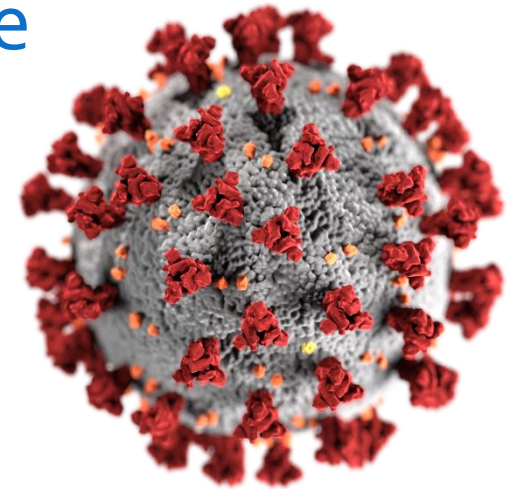


Help Keep Horizon Healthy

**Information for Students
in Grades 2-4**

What is COVID-19?

- A germ (virus) that can make a person sick
- This is a picture of what it looks like under the microscope
- No one has ever gotten sick with COVID-19 before this because it is a brand new virus
- Scientists and Doctors around the world are working hard every day to learn more about this virus and ways to keep people safe

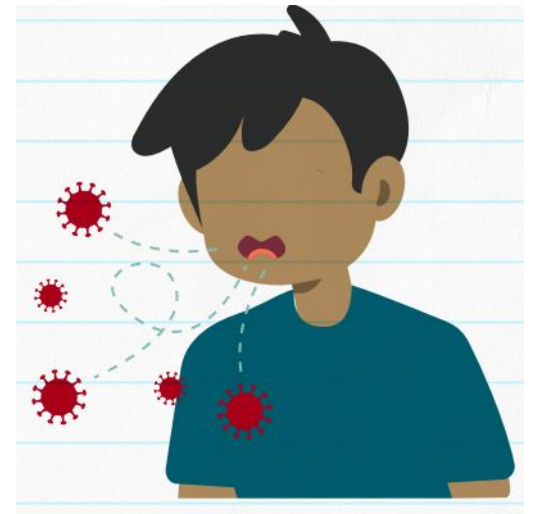


How Do People Get Sick with COVID-19?

When people are very close to one another and an infected person coughs, sneezes, or talks, they produce droplets that can land in the mouths or noses of people who are nearby.

Those droplets carry the virus and can make other people sick.

People may also get sick when they touch a surface or object that has the virus on it and then touch their own mouth, nose or eyes.



How COVID-19 and other germs can spread?



[CLICK HERE TO WATCH A VIDEO FROM CINCINNATI CHILDREN'S ABOUT HOW GERMS SPREAD](#)

How Can We Protect Each Other?



- *Stay 6 feet apart (physical distancing)*

- Wash your hands often with soap and water for at least 20 seconds



- Use hand sanitizer with at least 60% alcohol

- Sneeze or cough into the inside of your elbow



- Wear a cloth face covering in public

- Clean and disinfect things you touch a lot



- Avoid touching your eyes, nose or mouth

- Stay home when you are sick

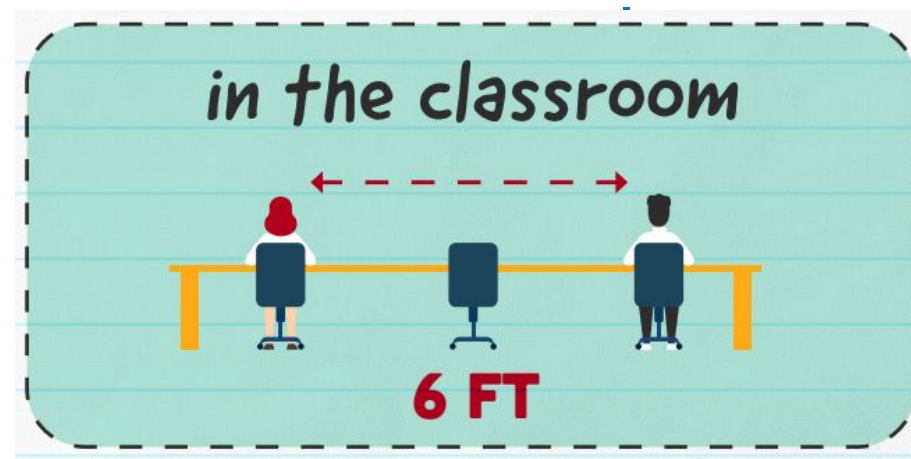
Physical Distancing = Making Some Space

- Physical distancing means keeping space between yourself and other people outside of your home
- Stay at least 6 feet (about 2 arms' length or the length of a jump rope) from other people
- Spread out - do not clump together in groups



How Are We Going to Physically Distance?

- Make some space around you – spread out
- Desks spread out as far as possible in classrooms
- We will eat our lunch in our
- Spots on floor in hallways help remind you to keep your distance
- Chapels will look different
- Stay in your own “zone” or area during recess



Washing Your Hands



Handwashing is one of the best ways to protect yourself and your family from getting sick

Washing Your Hands

Germs can spread when you:

- Touch your eyes, nose and mouth with unwashed hands
- Prepare or eat food and drinks with unwashed hands
- Touch something that has germs on it, like a surface or objects
- Blow your nose, cough or sneeze into hands and then touch other people's hands or their things

Washing Your Hands

Follow these five steps every time:

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply 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 or hum the “Happy Birthday” song from beginning to end twice or sing your ABC’s once
4. **Rinse** your hands well under clean, running water
5. **Dry** your hands using a clean towel or air dry them

Handwashing Video



[CLICK HERE TO WATCH A CDC VIDEO ABOUT HANDWASHING](#)

Hand Sanitizer

- If you are not able to use soap and water to clean your hands, use hand sanitizer with at least 60% alcohol
- Hand Sanitizer is located by the door to every classroom and also in some spots throughout the hallways



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 your hands together
3. Rub the gel over all the surfaces of your hands and fingers until your hands are dry - around 20 seconds

All About Masks

Your mask helps protect others.
Their mask helps protect you.



All About masks



[CLICK HERE TO WATCH A VIDEO ABOUT MASKS FROM CINCINNATI CHILDREN'S HOSPITAL](#)

When do I wear a mask?



- Wear a mask when:
 - You go in and out of the school
 - When you leave your classroom and go in the hallway
 - When you cannot stay at least 6 feet from another person (indoor or outdoor)
 - When working with a partner or in small groups if not able to stay at least 6 feet from the other person
 - When instructed to do so by your teacher
- You can take your mask off when:
 - Eating/drinking
 - When seated at your desk learning/working and facing forward
 - During physical activity like during PE
 - At recess when you can spread out and stay 6 feet away from other students

Keeping Your School Supplies & Classroom Clean

- Your parents and teachers always say to share - but things are a little different right now. Use your own school supplies and do not share unless your teacher tells you it is OK to do so.
- Keep your desk neat and clean. Help to wipe it off if asked to do so by a teacher.
- Water fountains may be used ONLY to fill a water bottle – please do not drink from them. Bring your own water bottle from home.

Avoid Touching Your Face



Avoid touching your eyes, nose, mouth or face so if germs happen to be on your hands, they are not able to make you sick.

**If you don't feel well,
Stay home when you are sick**

Tell your mom, dad, or caregiver
before you come to school.

Tell your teacher or an adult if you
feel sick at school.

Stay home when you feel sick



cough



Shortness of breath
or problem breathing



chills



sore throat



loss of taste
or smell



muscle pain

Stay home when you feel sick

**OTHER SYMPTOMS
INCLUDE:**

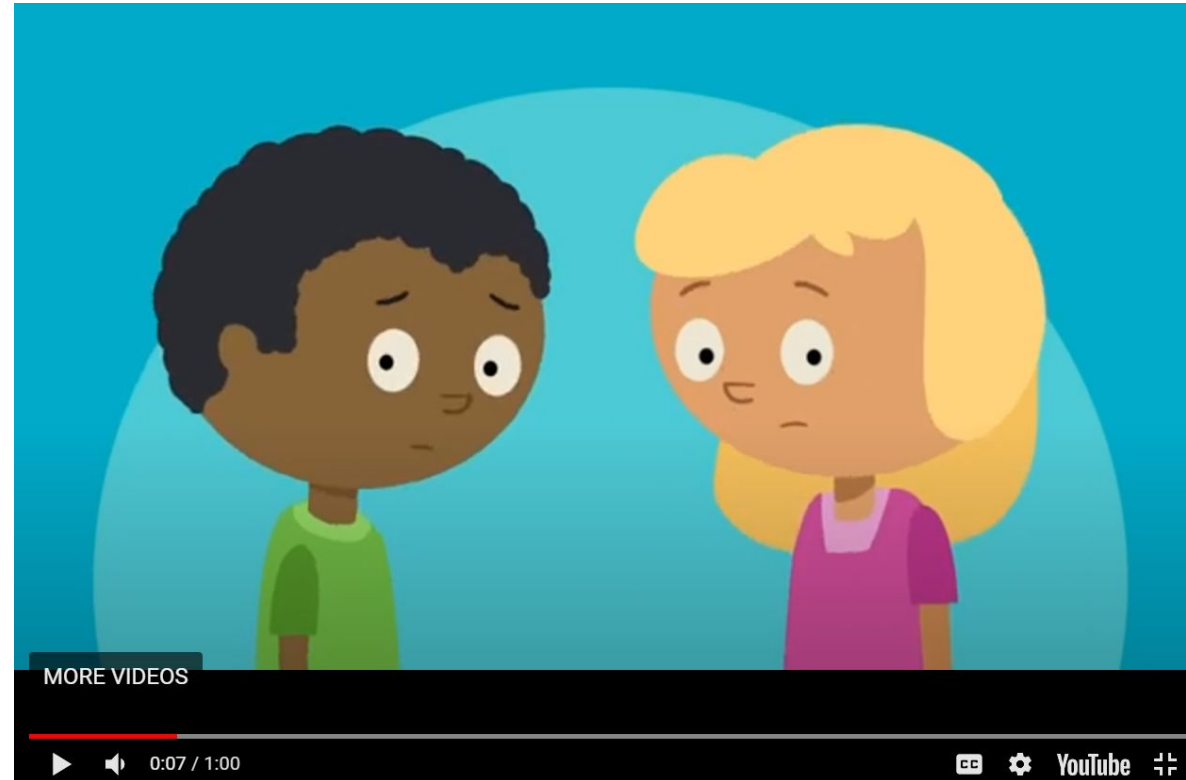
*fever, runny nose, diarrhea, feeling nauseous
or vomiting, feeling tired, headache,
and poor appetite*

What Are Ways I Can Stay Healthy?



- Eat healthy foods
- Drink water
- Get regular physical activity – play outside and exercise!
- Get a good night's sleep

Tell an adult how you are feeling



[CLICK HERE TO WATCH A VIDEO FROM CINCINATTI
CHILDREN'S HOSPITAL](#)

Tell an adult how you are feeling

- This may feel like a very scary time. It is OK if you are feeling worried or sad or like things are just not right. Please let a trusted adult know how you are feeling.
- We are here and want to help you and support you! We are doing everything we can to keep you healthy and safe!

If you feel worried or sad please tell one of these people:

- Your Parent
- Your Principal
- Your Teacher
- Your School Nurse
- Your Coach
- Your Babysitter
- Your Grandparent

References

Centers for Disease Control and Prevention Website

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

Indiana State Department of Health Website

<https://www.coronavirus.in.gov/>

Cincinnati Children's Hospital – COVID-19 Information

<https://www.cincinnatichildrens.org/patients/coronavirus-information/videos-for-kids-parents>