

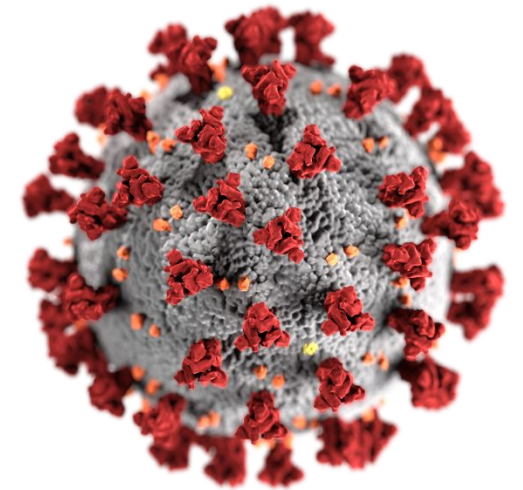


Help Keep Horizon Healthy

**Information for Students
in Grades 7-12**

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 had ever gotten sick with COVID-19 before this pandemic because it's brand new
- Experts around the world are working hard every day to learn more about this disease and ways to keep people safe



How Do People Get Sick with COVID-19?

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

These droplets can carry the virus to the other person and make that person sick.

How Do People Get Sick with COVID-19?

- When people touch a surface or object that has the virus on it and then touch their own mouth, nose or eyes.
- Spread of the virus this way is thought to happen less frequently as compared to the spread that occurs with close contact to an infected individual.

How is COVID-19 Spread?



[CLICK HERE TO WATCH A CDC VIDEO ON HOW COVID-19 SPREADS FROM PERSON TO PERSON](#)

How Can We Protect Each Other?



- *Stay 6 feet apart (social distancing)*

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



- Use hand sanitizer with at least 60% alcohol



- 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

Staying Six Feet Apart

- Physical distancing means keeping space between yourself and other people outside of your home
- Stay at least 6 feet (about 2 arms' length) from other people
- Do not get together in groups



How Are We Going to Physically Distance?

- Desks spread out as far as possible in classrooms
- Less group work
- No large school/group gatherings at this time
 - Lunch will be eaten in classrooms
 - Chapels will look different
 - Commons is closed for student/staff gathering
 - Use halls for passing, not gathering/congregating

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 the virus on it, like a surface or objects
- Blow your nose, cough or sneeze into hands and then touch other people's hands or common objects

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
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

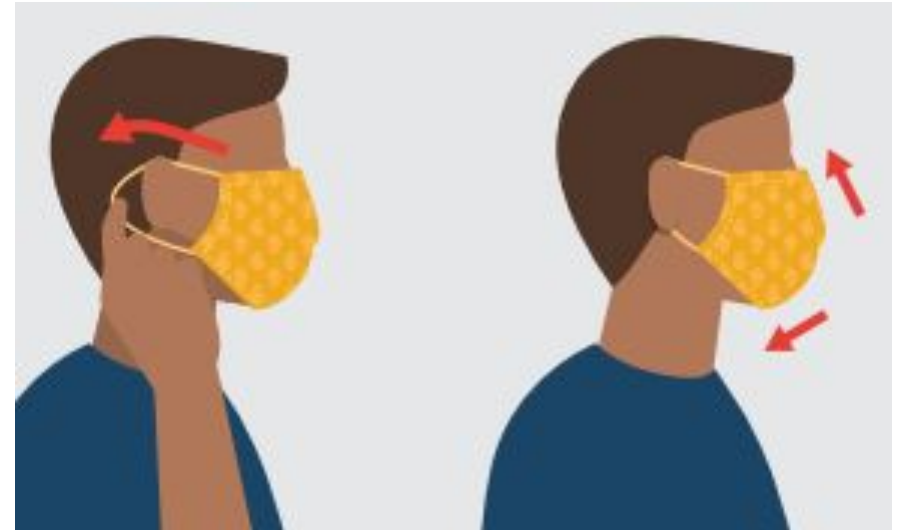


Sometimes people are infected with and spread the virus that causes COVID-19 before they show any symptoms

Wearing a mask protects others by helping to “catch” the virus particles helping to decrease the spread of any germs a person could spread when talking, coughing or sneezing.

Wearing Your Mask Correctly

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Be careful not to touch your eyes, nose, mouth or mask when wearing your face mask



Taking Off Your Mask



- Untie the strings behind your head or remove the ear loops from around your ears
- Handle your mask only by the ear loops or ties
- In between uses, store your face covering in breathable container or paper bag
- Be careful not to touch your eyes, nose or mouth when removing your mask, and wash your hands immediately after removing

What is Our Mask Policy?

- Mask on when:
 - Entering/exiting the school
 - When in hallways or any other common areas
 - When you cannot maintain a physical distance of at least 6 feet from another person (indoor or outdoor)
 - When working with a partner or in small groups if not able to maintain a physical distance of at least 6 feet from the other person
 - When instructed to do so by your teacher
- Mask off when
 - Eating/drinking
 - When seated at your desk learning/working facing forward
 - During strenuous physical activity during PE
 - When outside if able to stay 6 feet from another student(s)

What is Our Mask Policy?

- Mask worn should be:
 - 2 layers
 - An ear loop mask during school hours
 - Buffs may be worn after school hours and for athletics. Try to fold the Buff over so it is double layered, not only one layer

Your cloth face mask should get washed at the end of every day, just like your socks!

Clean Surfaces and Objects

- It is important to minimize the sharing of items such as sports equipment and electronic devices
- Supplies and equipment should be limited to one group of players/students at a time and items should be cleaned and disinfected between use
- Water fountains are **ONLY** for filling a water bottle. Please do not drink from the water fountain. Bring your own water bottle from home.

Clean Surfaces and Objects

For electronics, such as tablets, touch screens, keyboards, and remote controls:

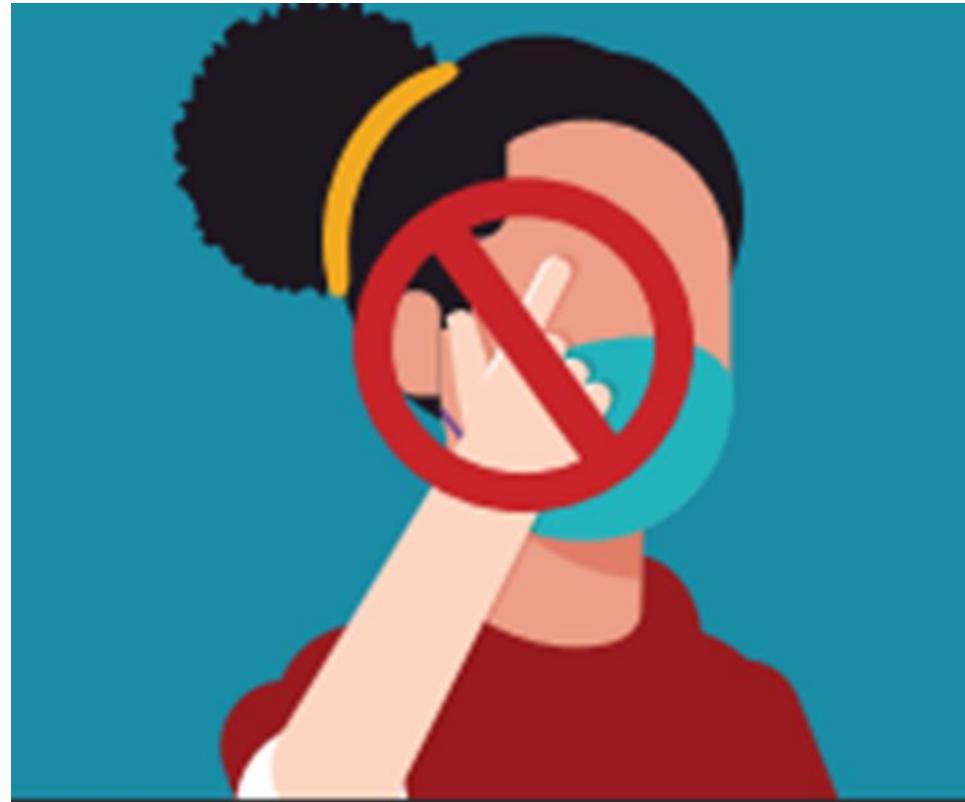
- Consider putting a wipeable cover on electronics
- Follow manufacturer's instruction for cleaning and disinfecting
- If no guidance, use alcohol-based wipes containing at least 70% alcohol
- Dry surface thoroughly

What is Your Role in Cleaning Surfaces?

- Please do not share school supplies.
- Please keep your area neat and tidy.
- You may be asked to help wipe down tables, desks or equipment in your classroom at the end of the period.
- After helping with this task, please stop in the bathroom to wash your hands well with soap and water for 20 seconds.

Avoid Touching Your Face

Avoid touching your eyes, nose, mouth or face so if germs happen to be on your hands, they are not introduced into your body by these routes.



What Are the Symptoms of COVID-19?



CONGESTION
OR RUNNY NOSE



FEVER 100.0



COUGH



SHORTNESS OF BREATH OR
DIFFICULTY BREATHING



DIARRHEA



NAUSEA



SORE THROAT



MUSCLE PAIN
AND FATIGUE



CHILLS



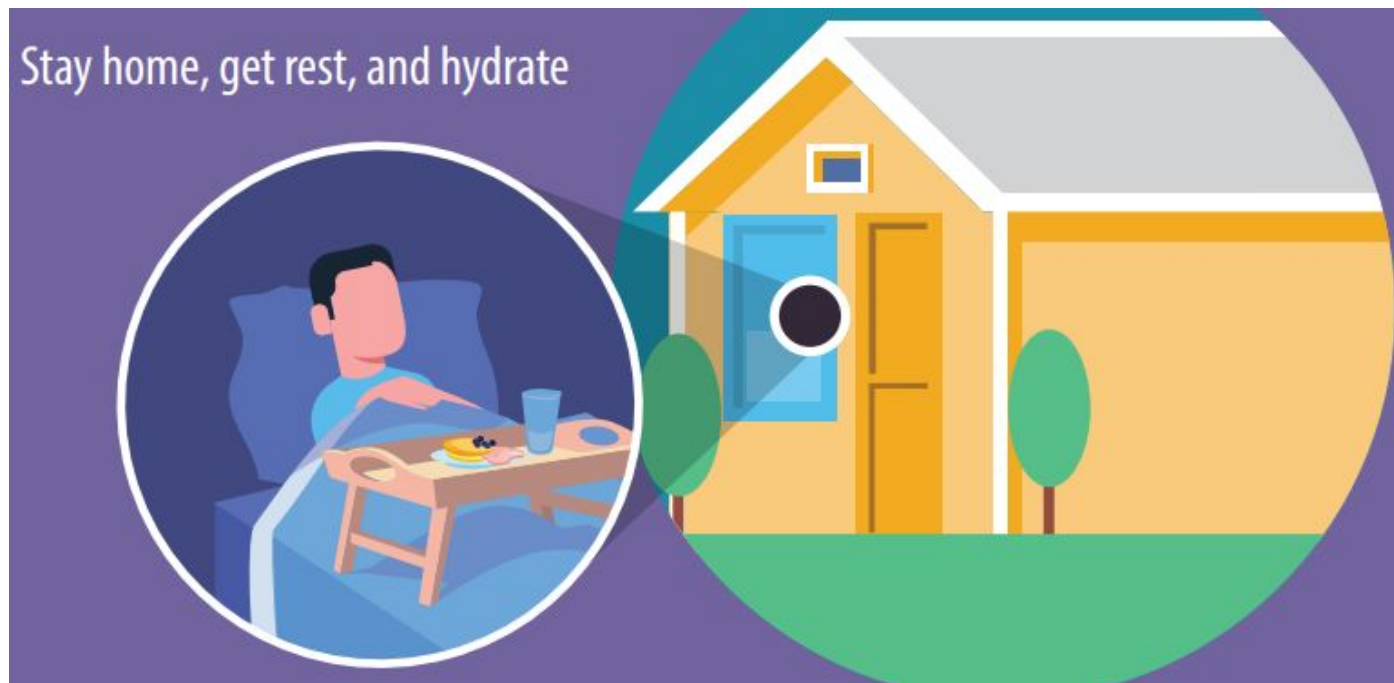
NEW LOSS OF TASTE
OR SMELL

What Are the Symptoms of COVID-19?

- Many times when a person is sick with COVID-19, they experience more than just one symptom, though sometimes only one
- By staying home if you have symptoms, you can prevent others from getting sick
- It is up to all of us to protect each other



Stay Home When You Are Sick



When you are sick, stay home, let your body rest, and drink plenty of fluids.

Coronavirus Disease 2019 (COVID-19), CDC

What Are Ways I Can Stay Healthy?



- Stay connected with family, friends and God
- Eat a well-balanced diet
- Get regular physical activity
- Get a good night's sleep
- If you are feeling anxious or concerned about COVID-19, tell someone

Tell Someone How You Are Feeling

- This may feel like a very uncertain and unstable time. It is OK if you are feeling anxious, worried or unsettled.
- Please let a trusted adult know how you are feeling. We are here and want to help you and support you! We are doing all that we can to keep you healthy and safe!

Reach out to:

- Your Parent
- Your Principal
- Your Teacher
- Discipleship
- Your Coach
- Your Youth Leader or Pastor
- Your School Nurse
- 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/>