

CORONAVIRUS DISEASE (COVID-19)

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

The best way to prevent and slow down the transmission is be well informed about the COVID-19 virus, the disease it causes, and how it spreads. Protect yourself and others from infection by **washing your hands or using an alcohol-based rub frequently and not touching your face.**

The COVID-19 virus spreads primarily through droplets of saliva or discharge from the nose when an infected person coughs or sneezes, so it is important that you also practice respiratory etiquette (for example, by coughing into a flexed elbow).

At this time, there are no vaccines or treatments available in Jamaica for COVID-19.

These common symptoms may appear **2-14 days after exposure.** These symptoms are common to but not limited to

- Fever
- Cough
- Shortness of Breath
- Fatigue
- Loss of smell or taste
- Headache
- Diarrhoea
- Runny nose
- Sore Throat
- Rash

COVID-19 PROTOCOLS (MANDATORY)*

STUDENTS WILL NOT BE ALLOWED TO ATTEND LABS IF THEY HAVE A FEVER, COUGH, SHORTNESS OF BREATH, RUNNY NOSE, RASH, HEADACHE, SORE THROAT OR SHOW SIGNS OF FLU OR COMMON COLD LIKE SYMPTOMS OR GENERAL ILLNESS.

*Students must have an emergency contact (that is reliable) on file. If there is a change in contact information, the office must be notified.

Students must

- Wear a mask that covers your nose and mouth at all times while on the compound
- Wear a face shield that covers the entire face for science and computer lab sessions
- Have their temperature taken before entering classrooms, office, labs and conference room
- Sanitize hands before entering classrooms, office, labs and conference room.
- Avoid all close contact with each other and the staff
- Remain at least 6 feet (2 arm length) away from each other.
Not hug or hold hands with other students or staff
- Follow the signs limiting the number of persons allowed in the office at the same time
- Always practice social distancing.

*Students will not be allowed to attend class if the thermometer registers a temperature reading of 37.5 degree Celsius / 99.5 degree Fahrenheit. **No exceptions.**

If students need to remove their face mask because of stuffiness or just need a break, they may exit the classroom and do so outside in an open space while practicing social distancing. Student must endeavour to return to the classroom in a timely manner.

All precautions implemented for Covid-19 **must be** strictly followed to prevent the spread of the disease among the school population. Failure to follow the school's COVID-19 protocols will attract severe consequences, which may include:

1. Student's removal from the school population
2. Student being sent home
3. Self-isolation at home for two (2) weeks (student will be unable to return to school for two (2) weeks for classes or to conduct any business in the office).
4. Student must submit a negative Covid-19 test result upon their return to school.
5. Repeated breaches of the schools' Covid-19 policies may result in permanent removal from the school population. ***During quarantine period student will only be able to attend classes online.**

Students **must** remain at home if they feel ill and submit a doctor's certificate when returning to class. Students who remain home or is sent home because of illness **must** submit a doctor's certificate before they will be allowed to return to class.

- Every effort must be made to avoid the sharing of resources, which cannot be easily sanitized. Students should have their own but not limited to, textbooks, pens, rulers.
- Students should utilize their own personal items such as headphones, cell phones and hand sanitizers.
- Students are advised to have their own personal kit that contains hand sanitizer, wet wipes, tissue, extra face mask and drinking water.
- If at any time during the school day a child feels ill, the student monitor or a member of the administrative staff must be notified immediately. Arrangements will be made to place the student in a safe area while parents are notified to collect student. Arrangements must be made to collect the student without delay..
- Students must arrive at school no early than **five minutes** before the start of class and must leave the compound **immediately** upon completion of class, **no exceptions**.

****Personal items must not be shared.***

It now becomes especially important that students purchase the necessary textbooks on the booklist provided, as students will no longer be able to share or borrow textbooks.

Wash hands often



- **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.
- If soap and water are not readily available, **use a hand sanitizer that contains at least 62% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- **Avoid touching your eyes, nose, and mouth** with unwashed hands.

Cover coughs and sneezes



- **Cover:** Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- **Dispose:** Throw used tissues in a lined trash can.
- **Wash hands:** Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 62% alcohol.



- Social distancing, also called “physical distancing,” means keeping a safe space between yourself and other people who are not from your household.
- To practice social or physical distancing, stay at least 6 feet (about 2 arms’ length) from other people who are not from your household in both indoor and outdoor spaces.
- Social distancing should be practiced in combination with other [everyday preventive actions](#) to reduce the spread of COVID-19, including [wearing masks](#), avoiding touching your face with unwashed hands, and frequently washing your hands with soap and water for at least 20 seconds.

