

---

# HEALTH & SAFETY PLAN



Christ the King Catholic Montessori School  
2020-2021

---

**“Cast your cares on Him, for He cares for you.”**  
**1 Peter 5:7**

Christ the King School Board Approved  
August 3, 2020

---



Dear Christ the King Catholic Montessori School Families,

There are so many things I'd like to say yet I am having such a hard time expressing my thoughts. I would have never imagined that I would be writing a "Safety Plan" in order to address how CTK intends to educate during a world pandemic. I am guessing you never imagined you would be reading a letter like this either. Unfortunately, there is no handy guidebook for how to reopen a Catholic Montessori school during a pandemic. However, Christ the King has been through thick and thin over the past 60+ years and we need to have faith that Christ, the King of all Kings, will continue to guide and shepherd us through this next year.

There are some very strong opinions about what this school year should look like. In fact, there are probably as many opinions as there are number of families at the school. And rightly so. You are entrusting the most important people in your life, your babies, into CTK's care. I want to ensure you that your children's teachers and I care deeply about your children. We want the best for them and would never intend any harm to come to them or their families. I am absolutely humbled at the amount of trust you put into us here at CTK. We will take each and every day as it comes and do our very best to keep each other safe and healthy.

Our role at Christ the King Catholic Montessori School is to offer a quality Catholic, Montessori education. This safety plan was created to shed light on how we intend to put into practice the hopes, concerns, and questions we have heard from an overwhelming majority of our parents. Though it may be necessary to distant learn at some point this school year, and though there may even be a need to transition back and forth multiple times, we are going to do all we can to provide a quality, safe, Catholic, Montessori education, in person. Yet, the health and safety of our students, families, employees, and community continues to be a priority.

Each and every CTK family has a very diverse situation. What one family needs and desires is very different from the next. There is not a single way to write this plan and be able to satisfy all. And that might be what is so difficult for me. We need your families at CTK if we want to continue to build the unbelievable program that has thrived here over the past few years. Please read through our plan with an open mind and know that we have the best intentions for all of our students and families at CTK.

As I think and pray about the year ahead, I can't escape the many fond memories I have of the past several years. It is so rewarding to see the growth of our students, not only academically, but social-emotionally, and spiritually. At times, I have been tempted to become overwhelmed and afraid by the thought that our small, private school may be negatively affected because of coronavirus. However, I am reminded that Christ is the reason for our school. The road ahead may look uncertain and scary, but one thing we can count on is that God has guided us through so much already and He will continue to remain our rock and our foundation.

We will more than likely have additional challenges that we have not yet faced as the pandemic progresses, and we may need to adapt our plans. Our goal is to remain open and flexible, with the expectation that safety precautions and preparedness will be part of our way moving forward.

In Christ,

Mr. Derrick Nagel, Principal

Johnathan Marohl, School Board President

Fr. Fred Harvey, Christ the King Pastor

### Christ the King School believes:

- Ensuring the safety and well-being of all students and employees is a priority, focusing on both social-emotional and physical health.
- By working together with educators, staff, health care professionals, parents, students, and community members we can face and deal with any challenges that may arise.
- Our school will make decisions based on the most current guidance from local, diocesan, state, and national leaders and health care officials.
- Our School Board will ensure our plan meets the needs of our students, educators, staff and community.

### Our Planning Team:

The Christ the King School's Restart Plan information was gathered by various means to allow for a wide range of input, and was crafted and reviewed by a team consisting of the following:

- Fr. Nick Schneider
- Fr. Fred Harvey
- Mr. Derrick Nagel, Principal
- CTK School Board Members
- CTK Educators
- Mrs. Kim Nutsch, Secretary
- Mr. Tim Ziegler and Mr. Nic Keller, Custodial Staff
- Custer Health and NDDoH
- CTK Parents

### COVID19 Building Coordinator:

Mr. Nagel will act as the COVID-19 Coordinator, responsible for the health and safety preparedness and response planning. Mr. Nagel will be available to the NDDoH 24 hours a day / 7 days a week to respond to phone calls from public health. This will assist public health in identifying and notifying close contacts in the school setting. Any cases of COVID-19 found in the school setting will be immediately reported to health officials.



If the coordinator is unable to be reached the secondary contacts will be Fr. Fred Harvey or Mrs. Kim Nutsch.

## Phases and Instructional Models:

The following phases will be used to define the community risk level associated with COVID-19. These phases align with the color-coded guidance in the ND Smart Restart Plan. Each level is reported to schools by the NDDoH after rigorous testing and assessment of cases in the community. [ND Smart Restart Plan](#)

### Blue/Green

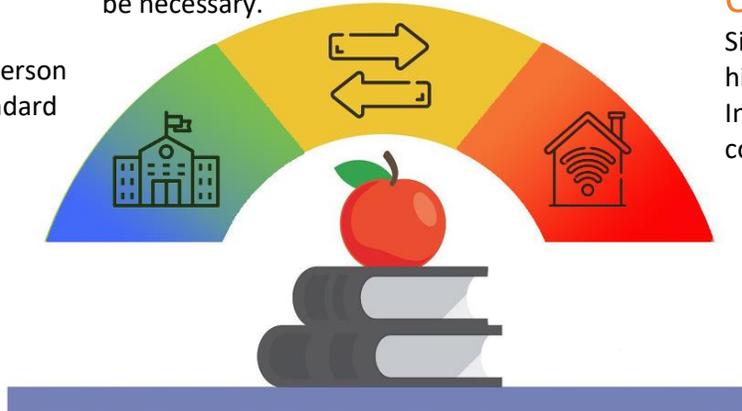
New normal. Full day in-person instruction. Maintain standard precautions.

### Yellow

Heightened exposure risk. Transmission is controlled. Instruction may be Full day in-person with enhanced precautions such as stricter social distancing and masks required to varying degrees. Online instruction may be necessary.

### Orange/Red

Significant transmission and high risk of exposure. Instruction will be moved to completely online.



The instructional model used will be guided, in part, by the risk level of COVID-19 in the community as defined within the phases above. This is a guide as instructional models could be altered based on other factors, such as occupancy levels, age of children, and abilities to move certain curriculum areas online. CTK will make determinations on a classroom, grade-level, or building closure in partnership with Custer Health.



#### **In-person Learning**

All instruction is delivered in-person with some building and group modifications. Teachers and students maintain a normal daily schedule. Safety precautions are implemented to enhance staff and student safety.



#### **Blended Learning**

Majority of students report to school for in-person learning. Those who are ill, immune-compromised\* or have a family member, within the primary residence, who is immune-compromised, and those determined to have to isolate or quarantine due to close contact, exposure or a positive COVID-19 test will have a distance learning platform for learning.

*\*Immune-compromised must fall under the Identifying High Risk Populations guidelines by the CDC and requires an ADA doctor note.*



#### **Distance Learning**

All instruction is provided off-campus through the use of distance learning resources, suited to the unique needs of the student.

## Health and Safety Guidance:

CTK is committed to providing a healthy and safe environment for all who occupy our school. The following guidelines are intended to provide a framework for our response to COVID-19.

### Resources

- ND Department of Public Instruction - <https://www.nd.gov/dpi/parentscommunity/nddpi-updates-and-guidance-covid-19>
- ND Department of Health - <https://www.health.nd.gov/diseases-conditions/coronavirus>
- Center for Disease Control and Prevention - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>
- ND Smart Restart - <https://www.ndresponse.gov/covid-19-resources>

### Protect Yourself and Others

Despite taking every reasonable precaution, there is no guarantee that our school will be without risk as it relates to COVID-19. In certain situations, social distancing is not possible in a school setting. Our actions, as outlined in this plan, will help but may not prevent any student or staff member from being in contact with the virus.

#### *Wash your hands often*



- Wash with soap and water for at least 20 seconds especially after blowing your nose, coughing, or sneezing.
- If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Students and staff are encouraged to wash their hands often throughout the day.

#### *Avoid close contact*



- Keep social distance from others especially important for people who are at a higher risk of getting sick.
- Alternate or modified schedules, adjustments to use of common areas, use of outdoor spaces and other actions that increase physical separation may be considered.
- The sharing of instructional materials should be limited as much as possible.
- Visitors and guests will be limited and health screened upon entrance into the school.

#### *Cover coughs and sneezes*



- Always cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of your elbow.
- Throw tissues away and wash hands or use hand sanitizer to prevent spread.

#### *Clean and disinfect*



- School staff should clean and disinfect frequently touched surfaces daily.
- Shared materials should be cleaned and disinfected frequently.
- Classrooms will be cleaned on a daily basis by assistants and custodial staff.

## Monitor your health daily



- Be alert for symptoms. Watch for a fever, cough, or shortness of breath.
- Parents are asked to screen their children each day before sending them to school. Use the screening guidance provided (see appendix).
- Staff and students who are sick must stay home.
- Temperature checks will be conducted for students and staff. Random temperature checks throughout the day may occur.
- Do not give your student fever-reducing medicine and send them to school.
- Symptomatic students will be isolated, and their guardians contacted.

## Mouth and nose coverings



- Any student or staff may wear a face mask or shield at any time.
- Educators will teach students how to properly wear a face covering so they are prepared to use them when in unexpected close proximity with others.
  - Resources from NDDPI will be provided to teachers.
  - [CDC Guidance](#)
- In specific instances the wearing of a face covering (mask) may be strongly encouraged or required. These are explained in the table below.
- Students will be asked to provide a face covering at the beginning of the school year to be readily available for unexpected close contact during the school day.
- Masks should be cleaned regularly.

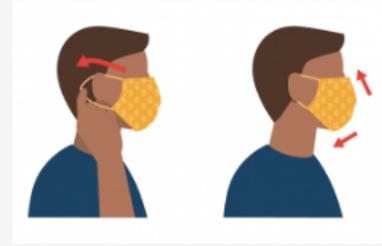
## Christ the King COVID-19 PPE Guidance



Phase	STAFF	Personal Protective Equipment
Green	<i>All staff (other than those outlined)</i>	May wear cloth face coverings at their discretion. Must have covering readily available for unexpected close contact, etc.
	<i>All Students</i>	May wear cloth face coverings at their discretion. Must have covering readily available for unexpected close contact, etc.
	<i>Staff caring for / instructing a student in a small space – small group – for more than 15 minutes. (i.e. SPED, EL, PT, Counselor, Educator)</i>	Building administration in consultation with educator will determine if face coverings or face shield are required. This may be influenced by instructional and learning needs of the student and health considerations of all occupants in the room.
	<i>Visitors (limited)</i>	Face coverings or face shield are required beyond the office.
Yellow	<i>All staff</i>	Face covering recommended. Required to wear a face covering when social distancing is not possible.
	<i>All Students</i>	Required to wear a face covering when social distancing is not possible. Students will be provided breaks and allowed to remove their mask when outside or in spaces that can accommodate social distancing.
	<i>Visitors (essential only)</i>	Face coverings or face shield are required beyond the office.
Red	<i>All Students</i>	Distance Learning

## Wear your Face Covering Correctly

- Wash your hands before putting on your face covering
- 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



### Student & Staff Health & Safety:

Monitoring the health of students and staff will be an important component of a safe and healthy educational environment. CTK School will take the following measures for students and staff:

#### *Screen and Monitor for the following Symptoms*

- Fever (100.4° Fahrenheit or higher), chills, or shaking chills
- Cough (not due to other known cause, such as chronic cough)
- Difficulty breathing or shortness of breath
- New loss of taste or smell
- Sore throat
- Headache when in combination with other symptoms
- Muscle aches or body aches
- Nausea, vomiting, or diarrhea
- Fatigue, when in combination with other symptoms
- Nasal congestion or runny nose (not due to other known causes, such as allergies) when in combination with other symptoms

#### *Identifying Students & Staff at Higher Risk*

- Parents shall be provided the “Before School” checklist to assist them in determining if their child is well enough to attend school each day.
- Back to School and enrollment processes will include questions asking families to identify if their child is at-risk, based on a health professionals’ diagnosis. This information will be provided to the building principal (COVID-19 Coordinator) who will contact the family and discuss instructional model options.
- The Office will inquire of all employees if they are at-risk, based on a health professionals’ diagnosis. The office will work in partnership with the building principal/director and the employee to coordinate adjustments to the work schedule or workplace.
- When the NDDoH or Custer Health inform the district of a student or staff member that is COVID-19 positive that information will be passed on to HR or the COVID-19 Coordinator as allowable within district policy and law.

## *Isolation & Quarantine*

CTK School will follow isolation and quarantine guidelines and directives as set by NDDoH and Custer Health.

- Isolation – For people who are already sick from the virus. A prevention strategy used to separate people who are sick with the virus from healthy people.
- Quarantine – For people who are not sick but have been exposed to the virus. A prevention strategy used to monitor people who were exposed for a period of time.

## *Process for Isolation and Quarantine*

- Positive COVID-19 case – isolate and quarantine at home until 10 days have passed since symptoms began and fever free (<100.4°F) for 72 hours without fever reducing medications and symptoms are improving.
- Close contact to a COVID-19 case – monitor health daily for up to 14 days because you were determined by NDDoH to have been exposed to Covid-19. If you become sick and are positive, see above. Monitoring includes taking your temperature 2 times per day. If you have a fever (100.4°F or higher), cough, shortness of breath, loss of taste/smell, chills, sore throat, body aches, headache, diarrhea or nausea/vomiting, contact the NDDoH.
  - If a student experiences these symptoms, Most recent guidelines from the CDC and NDDoH for when person may return to school: (NDDoH revision coming soon)

## *If a student or staff member becomes sick at school (or school event)*

### **Student**

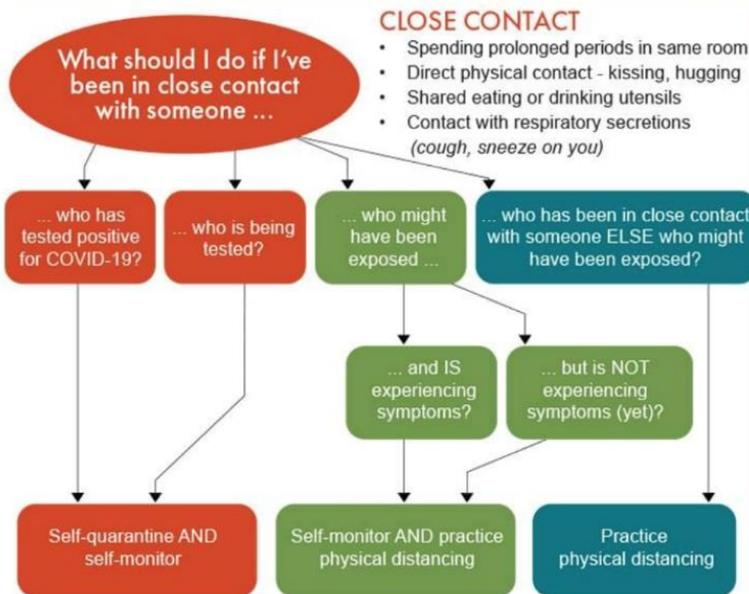
- Student will be directed to the office where temperature will be taken.
- The child shall be provided a facial covering and isolated in/near the office.

Regardless of the disease, NDDoH recommends that children should be excluded from school if they meet any of the following exclusion criteria:

1. The staff determines the child is unwilling or unable to participate in activities due to illness.
2. The staff determines that they cannot care for the sick child without compromising their ability to care for the health and safety of the other children in the group.
3. The child has a fever (oral temperature above 100.4°F, axillary temperature above 100°F) along with difficulty breathing, changes in behavior, lethargy, irritability, or persistent crying.
4. The child experiences vomiting two or more times in the preceding 24 hours, unless determined to be caused by a non-communicable condition and the child is able to remain hydrated and participate in activities.
5. The individual has diarrhea and cannot self-contain stool.
  - Follow the Child Care and School Infectious Disease Exclusion Guidance - [https://www.health.nd.gov/sites/www/files/documents/Files/MSS/Immunizations/School\\_Childcare/ChildCareandSchoolExclusionGuide.pdf](https://www.health.nd.gov/sites/www/files/documents/Files/MSS/Immunizations/School_Childcare/ChildCareandSchoolExclusionGuide.pdf)
  - Parent/guardian will be contacted to pick up their child.

### **Staff**

- Inform your supervisor immediately and wear a face mask / shield until they can be replaced if supervising students at that time.
- Leave the school building/grounds and consult a health care professional.



**WHAT IF I HAVE SYMPTOMS?** Call your health care provider.

**HOW DO I ...**

**Self-Quarantine**

- Stay home for 14 days.
- Avoid contact with other people.
- Don't share household items.

**Self-Monitor**

- Be alert for symptoms of COVID-19, especially a dry cough or shortness of breath.
- Take your temperature every morning and night and write it down.
- Call your doctor if you have trouble breathing or a fever (100.4°F/38°C).
- Don't seek medical treatment without calling first!

**Practice Physical Distancing**

- Stay home as much as possible.
- Don't physically get close to people.
- Try to stay 6 feet away.
- Don't hug or shake hands.
- Avoid groups of people.

## Existing Benefits of CTK:

- Small School community
  - Caring teachers, dedicated to ensuring the well-being of their students, academically, physically, spiritually, and socio-emotionally.
- Large campus and classrooms
  - Most classrooms are double the traditional classroom size but with half the amount of students typically taught in the same amount of space.
  - The free flow and open space of our large Montessori environments allow for easier social distancing.
  - Each class may have another assigned area for their sole use (ex. PLC, cafeteria, gym, stage, art room, etc.)
  - Beautiful outdoor campus with several areas that can be used by students for learning and instruction.
- Lunch and Snack offered in each environment
- Students are accustomed to staying with their own class community within their environment for lunch, eliminating the shared cafeteria space.
- Music/Orchestra
  - Instrumental music offerings at Christ the King includes string instruments, which eliminates the concern for hygiene and precautions need for wind instruments.
  - Mass choir is kept small, allowing students to maintain a proper distance.
- Young/healthy staff population
- Support and direction from Bishop Kagan, the Diocese of Bismarck, and the Catholic Church

## Additional Precautions:

The following accommodations will promote a more safe and healthy environment for our students and staff.

### *School Arrival and Dismissal*

- Students not making use of before or after school care (wrap around) will not be allowed into the school building until 8:15 am. Students will not be allowed to congregate inside the entrance of the school.
  - Alternate doors may be required for arrival.
  - Temperature checks may be taken upon staff and students' entrance into the school building or environment.
  - Parents/drivers and students are encouraged to wait in vehicles to eliminate large crowds and close contacts. When necessary, students may wait outside the school entrance, socially distanced, for their temp. to be taken.
  - As per normal fever policy, students with an elevated temp. (100.4 degrees or greater) will be asked to return home.
  - Temp. checks may also be taken at random times as needed
  - NDDoH recommends that students with two or more of the following symptoms be asked to stay home: fatigue, headache, muscle/body aches, chills, cough, shortness of breath, sore throat, congestion/runny nose, nausea, vomiting, diarrhea, abdominal pain OR loss of taste and/or smell.

- Parents are asked to thoroughly screen and monitor the health of their children before children are sent to school.
- As taking temperatures becomes routine, parents and many students will notice abnormal temps.
- Staff will also have temperatures taken routinely.
- Alternate doors may be required for dismissal.
  - Assigned dismissal groups to limit close contact.
  - Dismissal times may be staggered.

### *Modified Layouts*

- Space workspaces 6 feet apart when feasible.
- Use of alternate spaces on campus, ex. gym, PLC, outdoors.
- When two entrances are available to a room, one may be used as an entrance and one an exit.
- Students will be asked to distance as much as possible during circle times or whole group lessons.
  - Shortened lessons/time and/or masks may be required if adequate distancing isn't possible.
  - Larger group lessons are to be presented in a location where adequate distancing is possible.

### *Communal Spaces*

- Limit occupancy of communal spaces, such as lunchrooms and gymnasiums, with modified or staggered schedules.
- Students will move around the building in cohort groups and try to eliminate exposure to other groups.
- Schedules may be altered to eliminate cohorts passing in common areas.
- Increase time between groups in shared spaces such as atrium and music room to allow for surface cleaning.
- Bathroom use limited to one or two children at a time. Shared bathroom passes will be eliminated.
- CH Rest Time
  - Students will provide their own items, which are to be disinfected regularly.
  - Students will be spaced apart and face opposite directions if possible.
- Water fountains are to be shut off or taped off. Encourage staff and students to bring their own water and fill bottles from automatic filler.

### *Recess/Phy. Ed.*

- Recesses and time outdoors will be encouraged.
- Scheduled recess time may be split into smaller amounts of time to eliminate or decrease the mixing of groups.
- Students may also have the opportunity to make use of alternate recess locations to limit the mixing of groups. (One group may use the courtyard, while another stays near the sand, etc.)
- Students will be required to wash hands before and after recess.
- Students will be asked to avoid close contact sports or games and avoid high-touch recess equipment.

### *Food/Meal Prep/Cleanup*

- Snack/Lunch
  - Individually portioned to eliminate shared utensils.
  - Plates and utensils will be sent to kitchen for cleaning and sanitizing as usual.
- Meal prep

- All tables and chairs will be sanitized before being used for a meal, especially chairs or tables that are moved by other children.
- Meals will be served by one individual who will be masked and gloved.
- Cleanup
  - Students will still be asked to scrape own plate and throw food chunks.
  - Student dishwashing will be suspended. Dishes will be sent to the kitchen for cleaning and sanitization.

## *Hygiene and Cleaning*

### Protocols for cleaning, sanitizing & disinfecting

- Handwashing or sanitizing:
  - Will be required of all students and staff at entry into environment and before exiting.
  - Morning greeting will take place at/near the sink or other non-physical forms of greeting may be used.
  - Students and staff will be asked to wash or sanitize before and after using Montessori materials.
  - Hand sanitizer will be available for student and teacher use in each environment.
  - Families may be asked to provide personal-sized sanitizer bottle that can be worn on a lanyard or kept in students' possession for easy access.
  - Students and staff will be required to wash hands before eating food.
- Cleaning/Disinfecting supplies will be readily available in all environments:
  - Buildings routinely cleaned and disinfected according to CDC guidelines. Special focus on high touch/traffic areas.
  - Disposable gloves available for student use during the day or during cleaning.
  - Multi-use disinfecting wipes conveniently available for use by students.
  - Teachers will have disinfectant spray on hand for regular cleaning of high-touch surfaces, tables, chairs, sinks, etc.
  - Floors will also be regularly cleaned and disinfected by custodians.
  - In the event of a school closing or necessary disinfecting, electrostatic mister may be used for deep cleaning and disinfecting of materials, bathrooms, environments, recess equipment.
  - Students sanitize personal surfaces upon arrival which may include locker, cubby, tabletops, and/or chairs.
  - Children may help make a list of materials used to be fully disinfected by teacher as well or place items in designated locations for later disinfecting.
  - Students may be asked to provide mats/pillow cases/towels to eliminate sharing of work rugs.
  - Students may be given their own supplies, such as writing utensils, etc.

## *Face Coverings*

- In the green phase, all students and staff may wear a face covering at their discretion. Families will be asked to provide a covering for their student(s) to be used in situations where students may not be able to maintain distance from another student.
  - The school will have masks in the case that a student forgets to bring their mask to school.
  - The color and design of student masks should be least distracting as possible.
  - In the green phase, masks not being worn can be kept in close proximity, in lockers, in pocket, etc.
  - In yellow phase, masks not being worn must be stored in pocket, under chin, etc.

- In the yellow phase, staff may be required to wear a face covering, students may wear masks at their discretion. All students and staff will be asked to wear a mask when adequate distancing is not possible or an unexpected situation arises.

### *Additional Safety Measures*

- Ensure students and staff who are symptomatic stay at home.
- Lessons to be taught on first day of school:
  - How to wear/store a mask
  - How to cough/sneeze into your shirt/sleeve
  - How to clean a mask
  - How to sanitize/disinfect materials
  - How to sanitize hands
  - How to respond when others are coughing/sneezing or wearing a mask
- School windows and doors must be open as much as possible to encourage fresh air and ventilation.
- Protocols for attending Mass in accordance with Diocesan regulations
- Protocols for identifying and restricting non-essential visitors and volunteers
  - All visitors will be required to wear masks.
  - Volunteers will be scheduled via a scheduling program and limited numbers will be allowed.
  - Outside agencies (Red Door, Pediatric Therapies, MPS SPED employees, etc.) – will be required to follow visitor protocols, including temperature and health screen questions.
- All field trips are suspended until further notice.

***\*The Christ the King Health and Safety Plan has been updated on 7/31/2020 and is subject to revision based on our CTK school board, city, county, diocesan, state, or national recommendations.***



A collection of green virus-like icons with spikes and dots, scattered around the title.

# BEFORE SCHOOL!

Parents: Review this daily health checklist by answering these questions before sending your child to school.  
(Do not need to send this questionnaire to school)

---

Has your child had close contact with a confirmed case of COVID-19 in the past 14 days?  
Yes \_\_\_ No \_\_\_

Does your child have a new or worsening shortness of breath?  
Yes \_\_\_ No \_\_\_

Does your child have new or worsening cough?  
Yes \_\_\_ No \_\_\_

Does your child have a fever of 100.4 or greater?  
Yes \_\_\_ No \_\_\_

Does your child have chills?  
Yes \_\_\_ No \_\_\_

Does your child have a sore throat?  
Yes \_\_\_ No \_\_\_

Does your child have a new loss of taste or smell?  
Yes \_\_\_ No \_\_\_



If **YES** to any of the questions **STOP!**

**Do not send your child to school. Contact your healthcare provider. Contact your child's school to inform them of your child's absence.**



If you are able to answer **NO** to all questions, go to school.

## COVID-19: What's the Difference Between Physical Distancing, Quarantine and Isolation?

	<b>PHYSICAL DISTANCING</b>	<b>QUARANTINE</b>	<b>ISOLATION</b>
<b>Who is it for?</b>	People who haven't been exposed to the virus or are not aware of exposure to the virus.	People who don't currently have symptoms of the virus but were exposed to the virus.	People who are already sick from the virus.
<b>What is it?</b>	A precautionary measure used to help prevent the spread of the virus.	A prevention strategy used to monitor people who were exposed to the virus for a period of time to see if they become ill.	A prevention strategy used to separate people who are sick with the virus from healthy people.
<b>Where does it take place?</b>	Takes place outside the home in public places like grocery stores and work environments.	Takes place in a home setting.	Can take place in a home when medical attention is not required. Takes place in a hospital when medical care is required.
<b>When do I use it?</b>	At all times until further directed by the ND Department of Health.	If you have recently traveled internationally or have known exposure to the virus.	If you have tested positive or have symptoms and have not yet obtained a test.
<b>How long is it for?</b>	At all times until further directed by the ND Department of Health.	14 days after your last exposure. Once your quarantine period has ended, if you do not have symptoms, you may return to your normal routine.	A minimum of 10 days from the beginning of symptoms and 24 hours after your fever is gone without the use of fever-reducing medicine and other symptoms have significantly improved.
<b>What does this mean for my daily life?</b>	<ul style="list-style-type: none"> <li>• Avoid large gatherings.</li> <li>• Stay 6-feet away from people.</li> <li>• If you are unable to stay 6-feet away from other people, wear a cloth face covering.</li> <li>• Call or video-chat with friends or loved ones, particularly those that are elderly or have underlying health conditions that places them at high-risk.</li> <li>• If possible, work from home.</li> <li>• Practice good hygiene and avoid shaking hands or touching your face.</li> <li>• If you become ill and need medical attention, call your health care provider.</li> </ul>	<ul style="list-style-type: none"> <li>• Stay at home and avoid close contact with others.</li> <li>• Do not attend school, work or any other setting where you cannot maintain a 6-foot distance from other people.</li> <li>• Call or video-chat loved ones.</li> <li>• For food, medication and other necessities, obtain through friends or family, or use a contactless delivery service.</li> <li>• Practice standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often.</li> <li>• Monitor your symptoms. If you become ill and need medical attention, call your health care provider.</li> </ul>	<ul style="list-style-type: none"> <li>• Do not leave your home unless it is in an emergency. If you are in a home with others, stay in a "sick" room by yourself and, if possible, do not share a bathroom.</li> <li>• If you have a pet and live with others, do not touch your pet.</li> <li>• For food, medication and other necessities, obtain through friends or family, or use a contactless delivery service. Try to stock up for the duration of the isolation.</li> <li>• Practice standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often.</li> <li>• If a caregiver cleans your room or bathroom, they should wear a mask and wait as long as possible after you've used the bathroom.</li> <li>• Contact your health care provider immediately if you experience severe symptoms.</li> </ul>

