

Covid-19

Safety & Well Being



Topics Covered

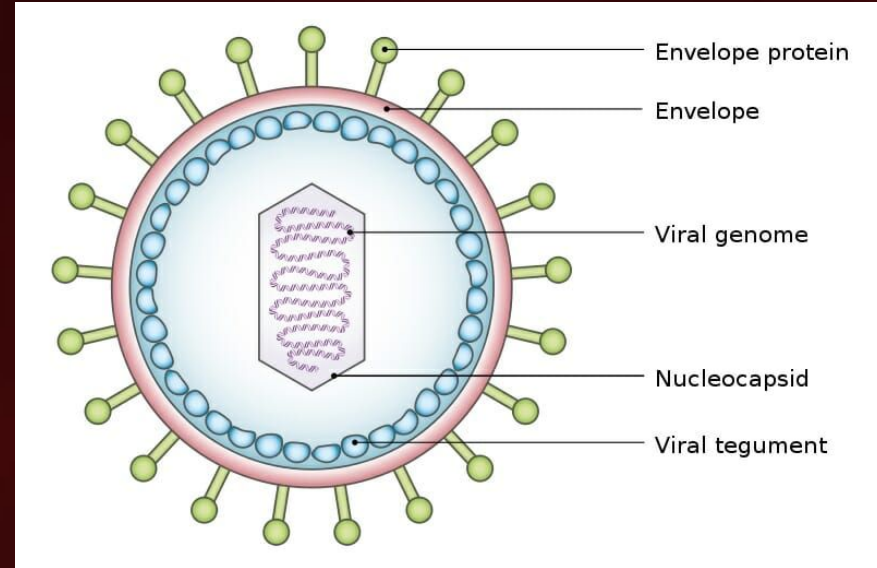
1. What is a Virus
2. What is Covid-19
3. Transmission & Symptoms
4. Precautions
5. Mental Health & Well Being
6. School Entry/Exit and Masks
7. Health & Safety
8. Disinfection Procedures



2. What is a Virus

A virus is infectious agent of small size and simple composition that can multiply only in living cells of animals, plants, or bacteria.

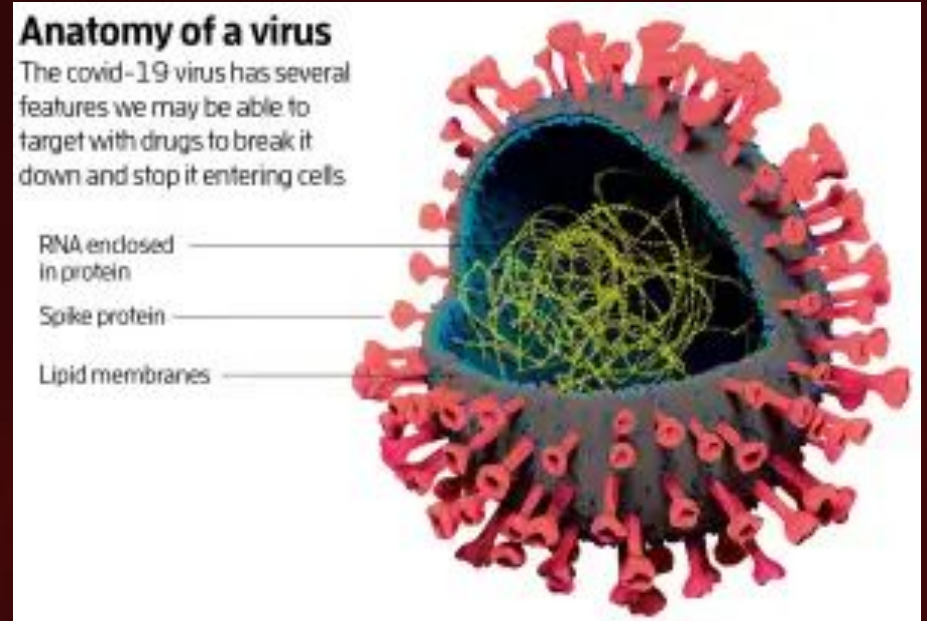
More details can be found here at LiveScience: [What Are Viruses](#)



1. What is Covid-19

COVID-19 is an infectious disease caused by the recently found virus known as SARS-CoV-2 (or coronavirus). Before the outbreak originated in Wuhan, China on December 2019, there was no information about this virus

- [Latest Canada outbreak update](#)



3. Transmission

Covid-19 is a virus that can be picked up and/or passed on to others very easily. Two major methods of transmission of this virus is through:

People

This disease can spread from person to person through small droplets from the nose or the mouth when the infected person coughs or exhales. Touch from infected people can also be transferred.

Surfaces

These small droplets land on surfaces, which means any person that touches these surfaces and then their eyes, nose or mouth can become infected.



4. Symptoms

Incubation period may be several days (up to 14 days) before showing symptoms similar to cold/flu symptoms. If sick, you should self-isolate and get tested!



HIGH FEVER

The body temperature can exceed 37.3 Celsius degrees or 99 Fahrenheit degrees



TIREDNESS

The body feels completely tired and without energy to perform normal tasks



DRY COUGH

Irritation and constant coughing without expelling any mucus

Other symptoms may include shortness of breath, chills, muscle/body aches, loss of smell/taste, headache, rash, abdominal pain, diarrhea, and/or vomiting. More details here on [Symptoms of COVID-19](#)



5. Precautions

Things you can do, to better protect yourself, and others such as:

- [Self-assessment screening for COVID-19 symptoms](#) tool
- Get the [COVID Alert](#) app
- PPE (personal protection equipment): non-medical masks
- Contact tracing - recent Identification, locations, and people



STOP COVID-19

Do you have any of the following (new or worsening):

-  Fever
-  Cough
-  Difficulty breathing
-  Sore throat, trouble swallowing
-  Runny nose or red eyes
-  Loss of taste or smell
-  Not feeling well, tired or sore muscles
-  Nausea, vomiting, diarrhea

 Have you been in close contact with someone who has confirmed COVID-19 in the past 14 days without wearing appropriate PPE?

 Have you returned from travel outside Canada in the past 14 days?

 **If you answered YES to any of these questions, go home & self-isolate right away. Call Telehealth or your health care provider, to find out if you need a test.**

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5. Precautions Cont.

- Physical distancing 6 feet or 2 meters
- Hand hygiene and respiratory etiquette
- Cleaning and disinfecting tools, equipment before & after use
- Minimize contact and people exposure - cohort, halls



6. Mental Health and Well Being

With the threat of Covid-19, people are concerned, uncertain, and most likely have some anxiety. Consider the following:

- Know what you are dealing with, transmission, & symptoms
- Take all the precautions, PPE, distancing, clean hands
- Get adequate sleep, eat properly, and get regular exercise
- Keep up with school work and your learning
- Ask for support if needed - nurse, psychologist, guidance, parents, & friends
- Be thoughtful & support your community of family, friends, and school



School - Entry and Exit 1

1. Follow Covid 19 Self Assessments protocol before coming to school
2. All people must wear an appropriate mask while in the school building
3. Enter school at designated screening entrances
4. Sign-in and disinfect hands at entry to school with hand sanitizer

HOW TO SAFELY WEAR A CLOTH MASK OR FACE COVERING

<p>1</p>  <p>Before putting on the mask, wash your hands & secure hair away from your face.</p>	<p>2</p>  <p>Place the mask snugly over your mouth & nose, making sure there are no gaps.</p>
<p>3</p>  <p>Avoid touching your face & mask while using it. Do not leave the mask on your neck, forehead or hanging from your ear.</p>	<p>4</p>  <p>Change your mask as soon as it gets damp or soiled.</p>
<p>5</p>  <p>Remove the mask without touching the outside of the mask & launder it before wearing again.</p>	<p>6</p>  <p>Wash your hands & clean any surfaces that the dirty mask touches.</p>

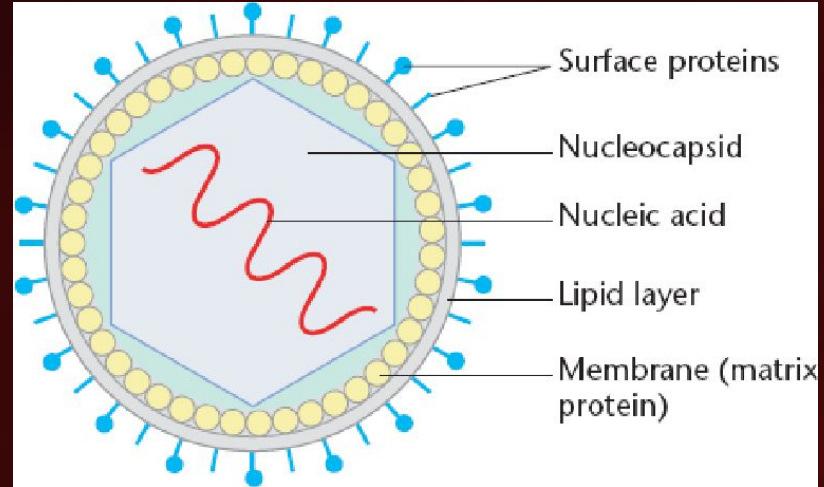
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 **TORONTO** Public Health



School - Entry and Exit 2

5. Note lockers and cafeteria/food not accessible, bring only what you need
6. Remember to physical distance 6 feet or 2 meters
7. Entry/exit of classrooms, use hand sanitizer
8. Exit school to closest exit



DO'S & DON'T'S OF WEARING A MASK

DO



Keep clean masks in a bag labelled "clean"



Clean your hands before putting on/taking off



Cover your nose, mouth & chin



Have it fit snugly, with no gaping



Wear a mask that feels comfortable



Change your mask when wet or dirty



Put used masks in a bag labelled "dirty"



Launder before wearing it again



DO'S & DON'T'S OF WEARING A MASK

DON'T



Put masks on children under 2



Wear a mask that is too loose



Touch your mask & face



Keep a wet or dirty mask on



Leave it hanging from your ear



Put it under your nose or chin



Share your mask with others



Forget to also keep 6 feet from others



A GOOD CLOTH MASK OR FACE COVERING SHOULD:

2+ layers



Be made of 2+ layers of woven fabric (e.g. cotton or linen)



Fit tightly to the head with ties or ear loops



Be easy breathing, comfortable & not require adjusting



Maintain its shape after washing & drying



Be large enough to cover the nose & mouth without gaping

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 **TORONTO** Public Health



Detailed Health and Safety 1

- Non medical mask for students required for entry into classroom
- Hand sanitizer on entry to classroom
- fresh air ventilation
- Social distancing - desks, cohort seating location and seats
- Sanitizing the desk and seat before and after use
- Lab/shop projects- hands on learning - separation



Detailed Health and Safety 2

- No outside visitors or sharing of textbooks
- One student at a time for bathroom breaks
- One student at a time in a smaller/confined area
- Students in pairs or groups- social distancing must be followed
- Students will require their own PPE such as masks, gloves, & safety glasses
- Disinfectant spray and wipes supplied in class/shop



Detailed Equipment Disinfection Protocols

- Tools to be disinfected before and after each use
- Disinfectant wipes, spray, and shop/paper towels station provided
- All cleaning solutions and products used are approved by the TDSB
- Students should wear gloves while disinfecting tools and equipment



Detailed Student Training & Responsibilities

- Cleaning and disinfecting their desks and work spaces before and after each use
- Cleaning and disinfecting tools and equipment before and after each use
- Caretakers will be responsible for high touch areas in the shop, such as door knobs and light switches



Detailed Disinfecting Wipe Procedure

- Wipe the entire outside of the item (gloves may be used)
- Do not manually dry the item, let the disinfectant dry on its own
- Replace the wipe when it no longer leaves disinfectant behind
- Avoid getting moisture in any opening of electronic items



Coronaviruses on surfaces and objects naturally die within hours to days



Summary

1. We looked at what a virus is, specifically Covid-19, as to how it is transmitted, its symptoms, and precautions to take
2. Learned about keeping good mental health & well being
3. Reviewed school entry and exit procedures
4. Masks must be used,
5. Detailed specific health & safety procedures
6. Disinfection Procedures



Main Sources

- [Canada Coronavirus disease \(COVID-19\)](#)
- [Ontario Covid-19](#)
- [Public Health Ontario Coronavirus Disease 2019 \(COVID-19\)](#)
- [TDSB Stop the Spread of COVID-19](#)
- [TDSB Experiential Learning BBT reopening and health and safety](#)
- [Self-assessment for COVID-19 symptoms](#)
- [Toronto Public Health COVID-19: Spread the Word](#)

