

NAVIGATING THE ROAD BACK TO UHS



The health office staff and extensions

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The Four W's

1. Wear Masks
2. Wash Hands
3. Watch Distancing
4. When not feeling well
stay home

Know your Ws!



WEAR a cloth mask
over your nose and mouth.



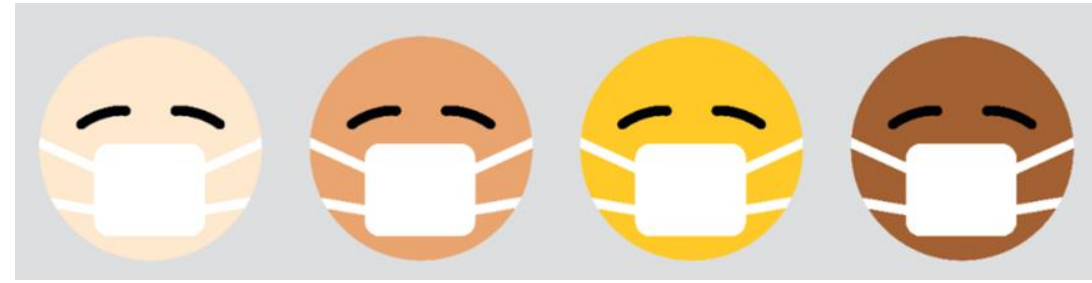
WAIT 6 feet apart.
Avoid close contact.



WASH your hands or
use hand sanitizer.



Masks and Face Coverings...



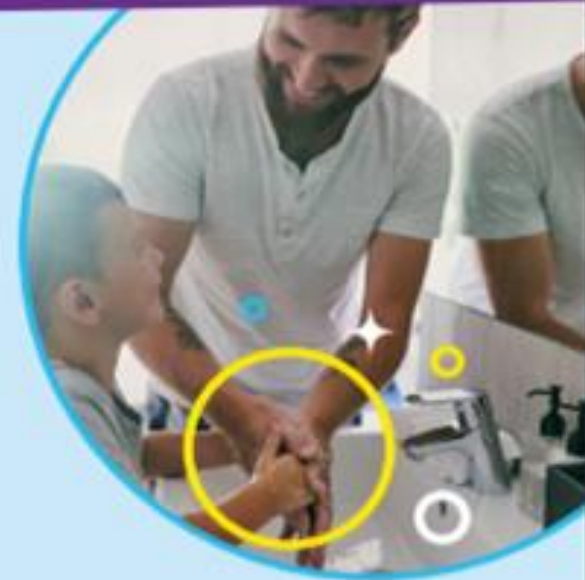
- Do not replace social distancing
- Should be at least 2-Ply
- Need to be replaced and washed after use or if become wet or dirty
- Student/Staff should have spare mask available
- Clear Face shield Does NOT replace mask/face-covering

WASH HANDS

Stop Germs! Wash Your Hands.

When?

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage



How?



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.



Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy.

LIFE IS BETTER WITH

CLEAN HANDS



www.cdc.gov/handwashing



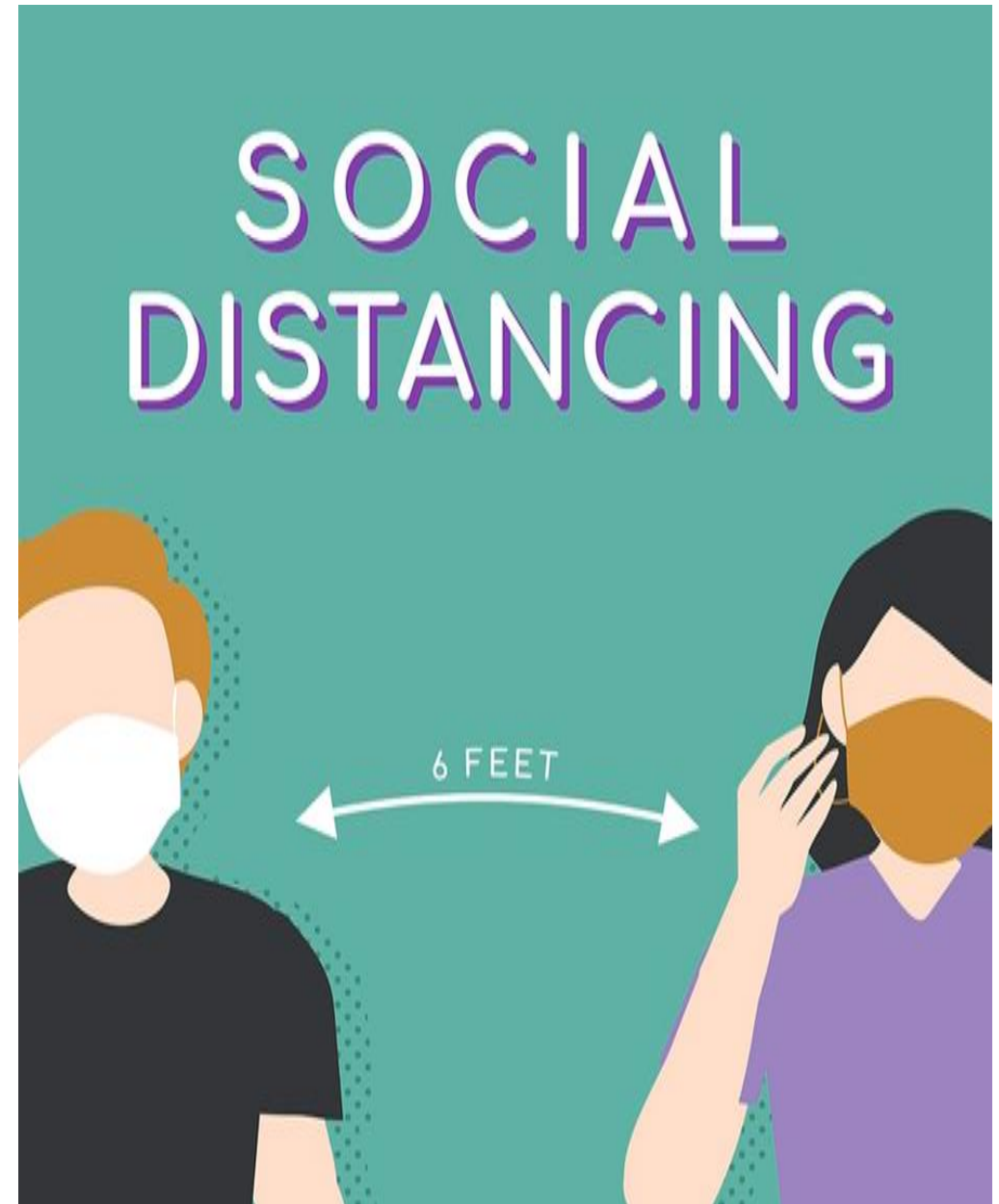
Social Distancing Guidelines

Virus is spread in two ways:

Primary-Face to face via respiratory droplets.

Secondary-Contact with those droplets and then touching mouth/nose/eyes.

Mask wearing and six feet distance prevents primary spread.



Secondary Spread

Droplets land on surfaces and are picked up on our hands and spread when we touch our face (mouth, nose, eyes) before cleaning hands.

Washing hands and cleaning our areas prevents secondary spread.



Isolation Room

If students/Staff Has ONE of...

- Cough
- Shortness of Breath
- Difficulty Breathing
- New Loss Taste
- New Loss Smell
- Fever

If students/Staff Has TWO of...

- chills
- shivers
- muscle aches
- headache
- sore throat
- nausea/vomiting/diarrhea

→ EXCLUDE AND ISOLATE ←

COVID-19 Exclusion Criteria

Ill individuals with suspected or known COVID-19 should:

- stay home until at least 10 days have passed since symptom onset, and
- at least 24 hours have passed after resolution of fever without fever reducing medications, and
- improvement in symptoms

Confidentiality

Please be mindful that personal health information can **not** be shared

The nurse is *always* here for you and please feel free to contact us with any questions or concerns

