

### Health Policies: What the Students Can Do

Updated 11.12.2020

- Stay home if you have:
  - 100.4+ fever
  - Chills
  - Sore throat
  - Headache
  - Cough
  - Muscle pain
  - Diarrhea
  - Extreme fatigue
  - Shortness of breath
  - Loss of taste or smell
- Wash your hands:
  - When you arrive in your classroom
  - When you cough or sneeze
  - Before and after you use the bathroom
  - Before and after you eat
- Cough and sneeze into a tissue or your upper shirt sleeve.
  - Throw the tissue away immediately.
  - Cover the bathroom door handle with a paper towel, then throw it away.
- Wear a mask:
  - In the parking lot
  - On the sidewalks and porch
  - In the hallways, library, and office
  - During class, if you are in kindergarten and up
- Food and Drink
  - Eat during snack and lunch time only.
  - Eat only the food and drink you bring with you.
  - Sit as far as possible from your friends when you are eating.
  - Leave your water bottle on the counter, not around the room.
- Belongings
  - Use only the pencils, pens, scissors, computers, and other items that are assigned to you.
  - Bring a change of clothes in a plastic bag.
  - Bring as few items from home as possible.
  - Do not bring toys, stuffed animals, etc... to school.
- When school is over:
  - Leave through the door you are supposed to leave through.
  - Stay with your family on the porch, on the sidewalk, and in the parking lot.