



SOUTHAMPTON
UNION FREE SCHOOL DISTRICT

Reopening Plan

Southampton Union Free School District
July 2020



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Introduction

Southampton School District, in partnership with our diverse community, will educate students in a safe, supportive environment and equip them with the knowledge, values and skills to become responsible citizens in a dynamic global society.

In keeping with our mission, Southampton Union Free School District has taken the initiative to proactively plan for a safe Re-Entry for the upcoming 2020-2021 school year in September. Please note that we have created a Re-Entry Task Force composed of leadership throughout the district that represents the instructional, health, safety, transportation, facilities and nutritional needs of our students. To ensure the inclusion of key stakeholders in the district, five additional work groups have been created - each made up of administrators, teachers, students, parents, board members and other support staff.

We have created this plan to aid in navigating the reestablishment of our school where employees, students, and families feel safe and to reduce the impact of COVID-19 conditions upon returning to the district. The guidelines referenced in this plan are based on guidance from the Centers for Disease Control and Prevention (CDC) and N.Y.S. Department of Health (D.O.H.) and the N.Y.S. Education Dept. (NYSED). Updates may be made to this plan on a periodic basis based on information provided by the CDC, WHO, and applicable federal, state and local agencies.

Guiding Principles

- Maintaining student, staff and visitor safety in our buildings, on our buses and on our property
- Promoting continuity of instruction
- Granting equity and access for all of our students and families
- Focusing on the social and emotional needs of our students
- Providing regular and consistent communication to all involved
- Creating a program that remains within our community approved 2020-2021 school budget.



Development of Reopening Plan

The Southampton District Re-Entry Task Force was convened to advise and provide feedback during the development of the reopening plan and provide recommendations of operational activity outlined in this Plan document.

The Southampton District Re-Entry Task Force is comprised of the following five task force work groups:

Work Group I: Instruction	
Member	Position
<i>Nancy Wicker</i>	<i>Facilitator, Coordinator of Instructional Practices and Staff Development</i>
<i>Brian Zahn</i>	<i>SHS Principal</i>
<i>Justin Cobis</i>	<i>SIS Principal</i>
<i>Jeremy Garritano</i>	<i>SES Assistant Principal</i>
<i>Erin Frankenbach</i>	<i>Clerical</i>
<i>Debra Robinson</i>	<i>Clerical</i>
<i>Anastasia Gavalas</i>	<i>BOE Trustee</i>
<i>Janelle Lugo</i>	<i>Teacher</i>
<i>Melissa Rogge</i>	<i>Teacher</i>
<i>Matt Obert</i>	<i>Teacher</i>
<i>Tara Coady</i>	<i>Parent</i>
<i>Nicole Fischette</i>	<i>Parent</i>
<i>Brian Davis</i>	<i>Parent</i>
<i>Dulce Vasquez</i>	<i>Student</i>
<i>Alexander Stipanov</i>	<i>Administrative Intern</i>
<i>Kristen Rea</i>	<i>Administrative Intern</i>
<i>Peter Rea</i>	<i>Administrative Intern</i>
<i>David Riley</i>	<i>Teacher</i>
<i>Robert Herrmann</i>	<i>Parent</i>

Tasked with researching & preparing for the following at each building level:

- Lessons
- Grading
- Professional Development
- Attendance



Work Group II: Special Concerns Group	
Member	Position
<i>Brian Tenety</i>	<i>Facilitator, Teacher</i>
<i>Darren Phillips</i>	<i>Director of Athletics</i>
<i>Ana Martinez</i>	<i>Coordinator of ENL and Dual Language</i>
<i>Tricia Desiderio</i>	<i>Assistant Superintendent for Student Services</i>
<i>Tim Schrech</i>	<i>Teacher</i>
<i>Juni Wingfield</i>	<i>Community Liaison</i>
<i>Jola Carter</i>	<i>Teacher</i>
<i>Kristen Churchill</i>	<i>Teacher</i>
<i>Kim Stengel</i>	<i>Parent</i>
<i>Helen Arnold</i>	<i>Teaching Assistant/Parent</i>
<i>Tamara LeGuen</i>	<i>Parent</i>

Tasked with researching & preparing for the following at each building level:

- ENL Student Concerns
- Special Education Student Concerns
- Extracurricular
- Athletics
- Communication

Work Group III: Health & Safety	
Member	Position
<i>Sara Smith</i>	<i>Facilitator, SHS Assistant Principal</i>
<i>Franklin Trent</i>	<i>Director of Security/School Safety</i>
<i>Mark Hannan</i>	<i>Community Member/Former Director of Security</i>
<i>Samantha Saw</i>	<i>Director of Transportation</i>
<i>Colby Salzano</i>	<i>School Nurse</i>
<i>Tom Stengel</i>	<i>Technology</i>
<i>Jacqueline Robinson</i>	<i>BOE President</i>
<i>Diane Guida</i>	<i>Teacher</i>
<i>Robert Colavito</i>	<i>Teacher</i>
<i>Peter Rea</i>	<i>Administrative Intern</i>
<i>Kristen Rea</i>	<i>Administrative Intern</i>
<i>Alex Stipanov</i>	<i>Administrative Intern</i>
<i>David Riley</i>	<i>Administrative Intern</i>
<i>David Almodovar</i>	<i>Technology</i>
<i>RoseAnn Gentile</i>	<i>Clerical</i>
<i>Jessica Swaiitocha</i>	<i>Parent</i>
<i>Andrea Taylor</i>	<i>Parent</i>
<i>Kathy Cervone</i>	<i>Parent</i>
<i>Patty Mattingly</i>	<i>Cafeteria Aide/Parent</i>
<i>Allison Dubin</i>	<i>Parent</i>
<i>Johan Arias</i>	<i>SHS Student</i>

Tasked with researching & preparing for the following at each building level:

- Health & Safety
- Security
- Drills (Fire & Lockdown)
- Transportation
- Technology

Work Group IV: Infrastructure & Space	
Member	Position
<i>Marcus DaSilva</i>	<i>Facilitator, Director of Facilities</i>
<i>Jaime Bottcher</i>	<i>SES Principal</i>
<i>Polis Walker</i>	<i>SES Head Custodian</i>
<i>André Clairborne</i>	<i>SIS Head Custodian</i>
<i>Harold Turner</i>	<i>SHS Head Custodian</i>
<i>Isabela Sepulveda-Scanlon</i>	<i>Community Liaison</i>
<i>RoseAnn Gentile</i>	<i>Clerical</i>
<i>Joanna Jannotta</i>	<i>Technology</i>
<i>Jacqueline Robinson</i>	<i>BOE President</i>
<i>Molly Bishop</i>	<i>Parent</i>
<i>Peter Wolter</i>	<i>Network System</i>
<i>Marissa Dublar</i>	<i>Teacher</i>
<i>Ken Sisco</i>	<i>Teacher</i>
<i>Frank Amitrano</i>	<i>Teacher</i>
<i>Anastasia Karloutsos</i>	<i>Parent</i>

Tasked with researching & preparing for the following at each building level:

- Classroom & Special Needs
- Pre K - 4th Space
- Community Locations
- Infrastructure



Work Group V: Hybrid Options	
Member	Position
<i>Julianne Purcell</i>	<i>Facilitator, Executive Director of Technology</i>
<i>Wendy Zapata</i>	<i>Clerical</i>
<i>Regan Kiembock</i>	<i>Director of Food Services</i>
<i>Kim Rodriguez</i>	<i>Director of College & Career Counseling</i>
<i>Sandra Dumas</i>	<i>Technology</i>
<i>SunHe Sherwood-Dudley</i>	<i>BOE Vice-President</i>
<i>Jess Phillips</i>	<i>Teacher</i>
<i>Jessica Zukosky</i>	<i>Teacher</i>
<i>Elizabeth Godfrey</i>	<i>Teacher</i>
<i>Sean Zay</i>	<i>Teacher</i>
<i>Allison Beyer-Clausen</i>	<i>Parent</i>
<i>Michele Sacconaghi</i>	<i>Parent</i>
<i>Gwen Arnzen</i>	<i>Parent</i>
<i>Jacqueline Gluck</i>	<i>Student</i>
<i>Elizabeth Gluck</i>	<i>Student</i>
<i>Kiera Gill</i>	<i>Student</i>

Tasked with researching & preparing for the following at each building level:

- Remote Instruction
- A/B Group Schedule 7th - 12
- Meals & Nutrition



Re-Entry Task Force Meeting Timeline	
Thursday, July 9th, 2020	Initial Task Force Meeting to organize Work Groups
July 10th - July 15th	Work Groups met to coordinate research
Wednesday, July 15th, 2020	Task Force Meeting to review research
July 15th - July 21st	Work Groups to revisit and refine research
Tuesday, July 21st, 2020	Task Force Meeting to refine details
July 21st - July 30th	Work Groups met to draft guidelines
Thursday, July 30th, 2020	Final Task Force Meeting
Friday, July 31st, 2020	Submit Re-Entry Plans to NYSED
Ongoing meetings throughout the 2020-21 School Year	Continuous reflection and revision

Capacity Assessment

The top priority during the planning process was to maintain the health and safety of the entire school community. The development of the plan considered the number of students and staff allowed to return in person. The following factors were considered by the Re-Entry Task Force:

- 1) Ability to maintain appropriate social distance
(recommended 6 feet of distance when not otherwise utilizing sufficient PPE)
 - a. Square footage of current buildings and usable square footage of current classroom configurations were calculated throughout all three buildings by reviewing building blueprints and through inspection of space by building principals and head custodians. The



purpose was to redesign the existing space into alternative instructional space available to be utilized in each building and reduce the number of students in each class.

- a. Grades Pre-K – Kindergarten
 - i. ½ Day In-School Programs with class size reduction (to at or about 50%) and increase in classroom spaces utilized
- b. Grades 1-6
 - i. Full Day In-School Program:
 - 1. Original Classroom Number approximately 20
 - 2. New Classroom Allocations approximately 40
 - a. All usable classroom
 - 3. Student enrollment/class reduced to at or about 50% to insure adequate space pursuant to NYS guidelines
- c. Grades 7-12
 - i. Hybrid (In-School/Remote) Program
 - ii. Class Size Reduction to at or about 50% to maintain safe space

b. Human resources available to instruct and/or supervise and/or provide required services to students. Labor shortages may be the result of teachers unable to return to in-person and shortage of qualified substitute teachers, availability of bus drivers and bus monitors, and teacher aides. The district also considered expected higher absentee rates for faculty and staff including teachers, paraprofessionals, cleaners, food service workers.

2) PPE and cloth face mask availability

3) Availability of safe transportation – number of buses, drivers, monitors

The District, in partnership with the Southampton COVID-19 Task Force and the Stony Brook Southampton Hospital Community Advisory Board, considered local hospital capacity. Capacity of local hospital was not considered a barrier in the operations reopening plan.

Face Coverings

Southampton will adopt protocols and procedures for all individuals to ensure appropriate personal protective equipment (PPE) is used to protect against the transmission of the COVID-19 virus when on school grounds and in school facilities. Specifically, appropriate PPE means, at least, an acceptable face covering, which is strongly recommended to be worn by all individuals at all times but is *required to be worn any time or place that individuals cannot maintain appropriate social distancing*.

Acceptable face coverings include but are not limited to cloth-based face coverings (e.g., homemade sewn, quick cut, purchased and provided), and surgical masks that cover both the mouth and nose. Bandanas of any color will not be allowed.

Individuals will be required to wear a cloth face covering at all times, unless otherwise inadvisable.



- During instruction, students will be permitted to take mask breaks, at teacher’s discretion, provided 6 feet of social distancing is maintained. A face shield is to be worn during mask breaks.
- Students will be permitted to remove masks to eat their lunch, provided 6 feet of social distancing is maintained.
- While in the building, cloth face coverings must be worn any time individuals are standing or otherwise unable to maintain 6 feet of social distancing.
- While outside of the building, unless on a bus, individuals may take mask breaks of any duration provided 6 feet of social distancing is maintained.

Southampton will provide face coverings and face shields to employees (and students if they forget their own) and will have an adequate supply in case of need for replacement per Executive Order 202.16. Southampton will allow employees to wear their own acceptable face covering but may not require they supply their own face coverings. Employees with healthcare provider documentation stating they are not medically able to tolerate face covering *may not be required to do so and/or accommodations will be considered by the district-appointed physician.*

Face coverings may be challenging for students (especially younger students) to wear in all-day settings such as school, so scheduling mask breaks is important. Additional PPE will be provided to any faculty/staff member working with a student who is medically unable to wear a mask.

Southampton will instruct students, parents/guardians and staff, contractors and vendors on:

- The proper way to wear face coverings;
- Washing hands before putting on and after removing their face covering;
- Proper way to discard disposable face coverings

Information and resources to assist schools in instructing on the proper use and cleaning of facemasks are on the [CDC webpage](#) on cloth face coverings.

Health and Safety

The health and safety of the children and adults in our district is paramount. Health and safety considerations always come first in every decision made and every action taken by our district. Whether instruction is provided in-person, remotely, or through some combination of the two, Southampton has an important role to play in educating and communicating with school communities about the everyday preventive actions they can take to prevent the spread of COVID-19.

Prevention is accomplished by following the recommendations of health authorities in the following areas:

Health Checks

- Attestation for all individuals prior to entering any school building or boarding district transportation
- Temperature screening of all students prior to entering any school building
- All faculty/staff will be educated on recognizing the signs/symptoms of COVID-19



- Periodic temperature screenings will be conducted by the school nurse on individuals displaying signs/symptoms of COVID-19 during the day

Healthy Hygiene Practices

- Signage will be provided in all buildings with best practices on hand hygiene and respiratory hygiene
- On-going demonstration and education will be conducted on best practices on hand hygiene and respiratory hygiene
- Hand sanitizing stations will be placed in high-traffic areas (see Cleaning and Protocols section)

Social Distancing

- Signage will be provided in all buildings to support and maintain social distance, including but not limited to signs clearly delineating movement throughout each building, hallways, staircases and any other common areas
- Classroom capacity arrangements to maintain 6' social distancing guidelines
- Floor decal signs will direct individuals to maintain 6' social distancing and flow of traffic
- Practice Social Distancing Signs will be displayed throughout buildings

Personal Protective Equipment (PPE) and Face Coverings

- Individuals will be required to wear a cloth face covering at all times, unless otherwise inadvisable.
- During instruction, students will be permitted to take mask breaks, at teacher's discretion, provided 6 feet of social distancing is maintained. Face shields are to be worn during mask breaks.
- Students will be permitted to remove masks to eat their lunch, provided 6 feet of social distancing is maintained.
- While in the building, cloth face coverings must be worn any time individuals are standing or otherwise unable to maintain 6 feet of social distancing.
- While outside of the building, unless on a bus, individuals may take mask breaks of any duration provided 6 feet of social distancing is maintained.

Health Screenings

Southampton will implement the following mandatory health screenings:

- Attestation for all individuals prior to entering any school building or boarding district transportation
- Temperature screening of all students prior to entering any school building
- All faculty/staff will be educated on recognizing the signs/symptoms of COVID-19
- Periodic temperature screenings will be conducted by the school nurse on individuals developing signs/symptoms of COVID-19 during the day



If a student presents a temperature of greater than 100.0°F or if an individual responds affirmatively to any one or more of the questions on the attestation questionnaire, he/she will be denied entry into the facility and/or be sent directly to a dedicated isolation area prior to being picked up or otherwise sent home. Thermometer strips will be issued to families who request them.

Isolation Area

Should a member of the school community become ill in the building, they will immediately report to the health office for assessment by the school nurse. There is a screened isolation area in each building where the employee or student will remain and be observed until it is determined if they need to leave the building. As per Education Law § 906, “whenever a student in the public schools shows symptoms of any communicable or infectious disease reportable under the public health law that imposes a significant risk of infection of others in the school, he or she shall be excluded from the school and sent home immediately, in a safe and proper conveyance.”

If a student or staff member displays symptoms at school, the following measures will be implemented as recommended by the CDC and NYSDOH:

- Clean and disinfect areas used by the sick person
- Increase air circulation by opening windows

A doctor’s note or a negative COVID-19 test may be required in order for the staff member or the student to return to school, depending on the situation. The DOH’s guidance states that “[i]f an employee is symptomatic upon arrival to work or becomes sick with COVID-19 symptoms while at the workplace, absent close or proximate contact with a person with COVID-19, the employee must be separated and sent home immediately and may return to work upon completing at least 10 days of isolation from the onset of symptoms OR upon receipt of a negative COVID-19 test result.”

If any student, faculty, or staff member reports that they are positive for COVID-19, communication will occur with individual families that are immediately affected or as directed by the Suffolk County Department of Health. All FERPA regulations will be strictly followed.

Focused on preventive actions, Southampton will perform health checks and screenings, per DOH guidance, and recognize signs and symptoms of illness in students and staff; develop plans to maximize social distancing; develop plans to manage and isolate ill persons until they can be sent home; instruct students and staff in proper hand and respiratory hygiene; require wearing appropriate face coverings; and develop cleaning and disinfection procedures for the school in accordance with CDC and DOH guidance.

COVID-19 Testing Protocol

COVID-19 Testing if a student or staff member appears ill

Students and staff with symptoms of illness must report to the nurse’s office. The school nurse will assess individuals for chronic conditions such as asthma and allergies or chronic gastrointestinal conditions which may present the same symptoms as COVID-19 but are neither contagious nor pose a public health threat.



If students or staff become ill with symptoms of COVID-19 at school, the school will follow Education Law § 906. The school nurse and/or school social worker/counselor will assist the parent of the student, or the staff member, to make an appointment at the testing center of Southampton Hospital. If an appointment is not available within 48 hours, the school nurse and/or school social worker will assist with setting up an emergency room visit at Southampton Hospital.

If the school nurse is not available, the principal will isolate and dismiss any student or staff member who has a fever or other symptoms of COVID-19 that are not explained by a chronic health condition for follow up with a health care provider. In such cases, the school social worker or designee will assist parents in making an appointment with a healthcare provider.

Protocol for Return to School after Illness

If a person is not diagnosed by a healthcare provider (physician, nurse practitioner, or physician assistant) with COVID-19 he/she can return to school

- Once there is no fever, without the use of fever reducing medicines, and they have felt well for 24 hours.
- If he/she has been diagnosed with another condition and have a healthcare provider written note stating that he/she is cleared to return to school.

If a person is diagnosed with COVID-19 by a healthcare provider based on a test or their symptoms or does not get a COVID-19 test but has had symptoms, he/she should not be at school and should stay home until:

- It has been at least ten school days since the individual first had symptoms
- It has been at least three days since the individual has had a fever (without using fever reducing medicine)
- It has been at least three days since the individual's symptoms improved, including cough and shortness of breath
- The CDC provides specific guidance for individuals who are on home isolation regarding when the isolation may end

COVID-19 Contact Tracing Protocol

Contract Tracing if a student or staff member appears ill

Students and staff with symptoms of illness must report to the nurse's office. The school nurse will assess individuals for chronic conditions such as asthma and allergies or chronic conditions which may present the same symptoms as COVID-19 but are neither contagious nor pose a public health threat. If a school nurse is unavailable, the principal will isolate and dismiss any student or staff member who has a fever or other symptoms of COVID-19 that are not explained by a chronic health condition for follow up with a healthcare provider. In such cases, the school counselor or social worker will assist parents in making an appointment with a healthcare provider.



If students or staff become ill with symptoms of COVID-19 at school, the school will follow Education Law § 906.

- Whenever a student in the public schools shows symptoms of any communicable or infectious disease reportable under the public health law that imposes a significant risk of infection of others in the school, he or she shall be excluded from the school and sent home immediately, in a safe and proper conveyance.
- The nurse will immediately notify the Suffolk County Department of Health.
- The New York State Department of Health considers a close contact to be someone who was within 6 feet of an infected person for at least 10 minutes starting from 48 hours before illness onset until the time the person was isolated.
- The school nurse will question the symptomatic individual and list the names the individual has come in contact with, and the areas they have visited in the building. The school nurse will provide information to the public health department to assist them with their contact tracing protocols.

Contract Tracing if there is a confirmed case of COVID-19 in the school

If a student or staff member reports having tested positive for COVID-19, the school administrator or his/her designee (the school nurse) will notify the Suffolk County Department of Health to determine what steps are needed for the school community. The school nurse will meet with students and adults to determine who the individual with a confirmed case came in contact with and where the individual has traveled in the building as per Department of Health guidelines below:

- The New York State Department of Health considers a close contact to be someone who was within 6 feet of an infected person for at least 10 minutes starting from 48 hours before illness onset until the time the person was isolated.

Scheduling

COVID-19 required Southampton UFSD to make critical adjustments to our instructional model in March 2020 with little or no time to plan. As we devised our re-opening plans for the 2020-21 school year, our plan addresses resuming in-person instruction as much as possible. Consideration was given to the needs of students, families, and staff as well as the realities of available space and student enrollment in each unique school within Southampton. Southampton UFSD has restructured our programs using flexible scheduling models— taking advantage of in-person, remote, and/or hybrid learning models— and to provide synchronous and/or asynchronous instruction. Per the New York State Department of Health guidance, our plans address a combination of in-person instruction and remote learning to facilitate a multi-tiered approach, which may be necessary at various times throughout the 2020-2021 school year. Southampton UFSD collaborated with stakeholders including, but not limited to, teachers, staff members, parents, and community groups when considering alternate schedules. Plans include how schedules will be shared and made available to the school community. We will share scheduling plans with students, families, and staff as soon as possible before the start of the school year and



anytime a change is required in order to allow families to plan childcare and work arrangements via the district website, connect ed, and other means of communication in both Spanish and English. As we begin to implement in-person and hybrid learning models, we must also be prepared to shift back to fully remote learning models should circumstances change and school buildings are required to close. Regardless of the instructional model implemented, equity and access are the priority for all students including, but not limited to, students with disabilities, English language learners, and students experiencing homelessness. All instruction is aligned with New York State Learning Standards and best practices. Each classroom has been configured to maximize social distance between students and cohorts where applicable throughout each building.

Student Groupings

Due to space limitations and building capacities, students in grades Pre-K, K, 7, 8, 9, 10, and 12 will be placed in groups that will determine the time that they will receive instruction in school while we are in the hybrid instructional model. The groups are determined by the district in a manner that addresses class capacities, instructional/scheduling needs and consistency for families. Students will not be allowed to choose their groups or change groups once they are assigned.

Pre-K and K: There will be two groups: Mini Mariners and Mini Anchors. During the hybrid instructional model, Mini Mariners will attend school from 9 am to 11:30 am each school day and Mini Anchors will attend school from 1 pm to 3:30 pm each school day.

Grades 1-6: Students will be placed in smaller instructional cohorts and will have live in-person instruction daily.

7 through 12: There will be two groups: Mariners and Anchors. During the hybrid instructional model, each group will attend school for live instruction following a 1:2:2 model – Mondays are remote for instructional support and SEL check in. Mariner and Anchor groups will be live for 2 days per week and remote for an additional 2 days per week. All groups will follow the new lesson design.

During the remote model, all students will receive remote instruction daily.

Southampton Elementary School				
Grades	Live	Google Classroom	Classroom Capacity	Students
PreK & Kindergarten	½ day program (Mini Mariners 9:00 – 11:30 am and Mini Anchors 1:00 – 3:30 pm)	Integrated instruction utilized via Google Classroom	On or about 50%	All Daily
Grades 1-4	8:55 am – 3:30 pm	Integrated instruction utilized via Google Classroom	On or about 50% with increase of classrooms	All Daily



Southampton Intermediate School – Grades 5-6				
Grades	Live	Google Classroom	Classroom Capacity	Students
Grades 5-6	7:30 am – 2:07 pm	Integrated instruction utilized via Google Classroom	On or about 50% with increase of classrooms	All Daily

<u>Grades 7-8 Hybrid Instructional Model</u>				
Monday	Tuesday	Wednesday	Thursday	Friday
Remote for All Students in Grades 7-8	Mariners Live in School		Anchors Live in School	

<u>Grades 9-12 Hybrid Instructional Model</u>				
Monday	Tuesday	Wednesday	Thursday	Friday
Remote for All Students in Grades 9-12	Mariners Live in School		Anchors Live in School	



<u>Grades 1-5 Remote Model</u>				
Monday	Tuesday	Wednesday	Thursday	Friday
Morning Check-In & Attendance	Morning Check-In & Attendance	Morning Check-In & Attendance	Morning Check-In & Attendance	Morning Check-In & Attendance
ELA	ELA	ELA	ELA	ELA
Mathematics	Mathematics	Mathematics	Mathematics	Mathematics
Daily Encore	Daily Encore	Daily Encore	Daily Encore	Daily Encore
Student Work Session Students work on Assignments for the Day. Teachers are Available for support.	Student Work Session Students work on Assignments for the Day. Teachers are Available for support.	Student Work Session Students work on Assignments for the Day. Teachers are Available for support.	Student Work Session Students work on Assignments for the Day. Teachers are Available for support.	Student Work Session Students work on Assignments for the Day. Teachers are Available for support.
Science or Social Studies (Google Classroom Assignment)	Science or Social Studies (Google Classroom Assignment)	Science or Social Studies (Google Classroom Assignment)	Science or Social Studies (Google Classroom Assignment)	Science or Social Studies (Google Classroom Assignment)
HLA/ENL (if applicable)	HLA/ENL (if applicable)	HLA/ENL (if applicable)	HLA/ENL (if applicable)	HLA/ENL (if applicable)
Afternoon Check-in & Wrap Up	Afternoon Check-in & Wrap Up	Afternoon Check-in & Wrap Up	Afternoon Check-in & Wrap Up	Afternoon Check-in & Wrap Up

<u>Grade 6 Remote Model</u>				
Monday	Tuesday	Wednesday	Thursday	Friday
Every day following period schedule				

<u>Grade 7-12 Remote Model</u>				
Monday	Tuesday	Wednesday	Thursday	Friday
Support Day for All Students	Mariners & Anchors Each day following period schedule			



Mondays in 1:2:2 Model

Synchronous Instruction In:

- Social-Emotional “Live” Check-In
- ENL Support Synchronous Instruction
- Special Ed Skills/Resource Room Synchronous Instruction
- Remedial Reading Synchronous Instruction
- Various Individual/Group Therapies (when possible)
- Music Lessons (when possible)

The district realizes the importance of flexibility as we approach the uncertainty of the 20/21 school year. In our planning on the Prek-6 Grade levels we have allowed for integration of Google Classroom to our “live” day so that should we return to a fully remote setting we will already have established parameters and supports in place for the transition.

Due to larger sections of students, scheduling requirements and other indicators outside our control students in grades 7-12 will participate in a hybrid program that will incorporate both live and remote learning in September. There will be rotations for each “cohort” of students so that parents and guardians as well as students can better acclimate to this transition between learning environments. We are continuing to work on student specific schedules that reflect this.

Teaching and Learning

Mandatory teaching and learning requirements include providing clear opportunities for equitable instruction for all students; ensuring continuity of learning regardless of the instructional model used; providing standards-based instruction; ensuring substantive daily interaction between teachers and students; and clearly communicating information about instructional plans with parents and guardians.

- All instruction aligned with NYS Learning Standards
- All instruction ensures clear opportunity for instruction for all students
- Live instruction is in-person in a school building
- Hybrid instruction is part-time in-person in a school building, part-time remote
- Remote instruction is 100% distance instruction utilizing Google Classroom platform

Early Learning

Our Prekindergarten and Kindergarten programs are included in the above-mentioned plan for providing continuity of instruction for in-person, remote, and hybrid learning models.

Special Education

Students with disabilities were particularly impacted by the closing of schools in spring 2020. In many cases, these students were unable to engage in meaningful connections in order to fully



process the instruction and/or access the programs and services they needed to progress academically, particularly those programs and services that are best delivered in person.

Southampton took into consideration the special needs and requirements of students with disabilities and designed in-person programming, on a daily basis, for our students whose needs require explicit instruction with adult supports and related services, in order to build their capacity with the life skills they need for independent living as well as building their capacity to transition with post-secondary skills that will support their expansion of options for them to consider.

The students in the Integrated Co-Teaching environments, and those in small class academic settings such as a 15:1 option, will participate in the mainstream set up, and align with whatever grade level they are in.

If remote instruction is required, take home supply kits, with manipulatives for students to use during remote instruction, will be sent home. This will be done Every Friday, with students taking home materials that may be needed, so they are best prepared with these manipulatives, if school closes for remote instruction.

Students who need practice and refinement with handwriting and fine motor skills will be provided a stylus or white board so they can continue to work on handwriting if we are remote. If remote, these students will be involved in daily interactions and a combination of whole and individual/small group. Pre-recorded short lessons/videos will also be provided that can be watched repeatedly and support repetition. If safety and assurances can be supported, during time if/when a section of the building or program may require a partial shutdown, we will seek to provide our life skill students with 1:1 support at another location, if possible, and with having the same health/safety checks apply as when building is open. This will be a truncated day - up to 3 hours, and only if it is safe and feasible. Decisions will be made if/as needed, and together with all involved

Students with attention difficulties, benefit from movement breaks, Southampton will have the Occupational Therapist(s), design sensory breaks for classrooms and help model how best to implement. There will be no shared materials. All related service providers will go to the classroom versus pulling students to a different setting.

All staff will receive training with proper use of PPE. Southampton will make sure there is a sufficient amount available. Outdoor tents will be set up to allow access for movement and fresh air.

IEP goals will not be minimized because of remote instruction, rather carefully assessed so we continue to address expectations and monitor the on-going needs during and after this pandemic.

Referrals to special education will continue to be supported with timely evaluations and Committee On Special education meetings to review findings together. Separate locations will



be arranged for these evaluations to take place. Referrals may be from staff and/or families. If identified, all services and supports will be arranged to meet their needs. After school programming and extended school year programming may require expansion to address any regression resulting from this situation.

ENL/Bilingual Education

Our reopening plans address the learning loss experienced by many English Language Learners (ELLs), in both their English language development and their mastery of content area knowledge. The Task Force has identified the following requirements and considerations that will allow schools to provide ELL services that address the impact of last year's school closures and prepare them for potential challenges in the coming year. Southampton will:

- Provide all communications to parents/guardians of ELLs in their preferred language and mode of communication to ensure that they have equitable access to critical information about their children's education;
- Ensure that all ELLs receive appropriate instruction that supports their college, career, and civic readiness, by providing them the required instructional Units of Study in their English as a New Language or Bilingual Education program based on their most recently measured English language proficiency level;
- Conduct ELL identification for all students who enrolled during COVID-related school closures in 2019-20, during the summer of 2020, and during the first 20 days of the 2020-21 school year within 30 days of the start of the school year;
- Recognize that all teachers are teachers of ELLs and provide professional learning opportunities related to the instruction and support of ELLs to all educators, as required by Part 154 of the Commissioner's regulations.

Southampton will:

- Align their policies to the Blueprint for English language learner/Multilingual learner (ELL/MLL) Success;
- Continue to progress monitor utilizing tools to measure ELL proficiency;
- Provide social-emotional learning supports to ELLs in their home language;
- Continue utilizing technology in ELL instruction;
- Support Students with Interrupted/Inconsistent Formal Education (SIFE) and other vulnerable populations;
- Support completion of the NYS Seal of Biliteracy.

Social-Emotional Needs

Southampton is facing unprecedented challenges as we respond to the compounded difficulties of a global pandemic, an economic recession, and civic unrest in response to structural racism. But these challenges also offer unprecedented opportunities to re-envision and renew the capacity of our schools and communities to be welcoming, supportive, inclusive, and equitable environments. To meet these challenges, we must start with the inner work of healing their own hearts and minds, finding the capacity within ourselves to support healing for students, families, peers, and communities.



While Southampton UFSD cannot solve every problem, collectively they are a powerful force in improving the well-being of themselves and those around them. As Southampton adapts to environments that result in substantially reduced time spent interacting in-person, ensuring intentional and meaningful inclusion of social emotional learning (SEL) across all aspects of operating strategies is critical to supporting the well-being and success of our students, staff, and families.

We have made social emotional learning, and support systems a critical component to all that we do for our students and families. Southampton will arrange for and provide:

- Advisory Groups
- Counseling Interventions with all guidance, LCSW, and building psychologists
- Pro-active counseling supports
- Weekly check-ins
- Classroom embedded SEL instruction
- Facilitated SEL conversations
- SEL professional development for staff and families
- Continuous well-being outreach
- Coordinated efforts with outside agencies
- Creating venues as much as possible, where students are interacting with others

Southampton will continue to meet students where they are, regardless of the circumstances in which they find themselves. We will implement SEL for our staff, all staff, in order to build capacity around student and family engagement, trauma-responsive practices, social emotional learning, restorative practices, and fostering relationships, within both in-person and virtual environments.

Grading and Assessment

Southampton Union Free School District will return to the pre-COVID-19 numerical and standards based grading and assessment practice with the start of the 20-21 school year. Teachers will assess students and record grades for participation, class work and assessments in PowerSchool. Any modifications to the grading practice will be reviewed by the District Policy Committee and approved by the Board of Education.

April 5, 2021 Update

At the secondary level, New York State has announced that it will only hold four Regents Exams in the month of June: Algebra I, Living Environment, Earth Science, and English Language Arts.

For the 2020-2021 school year, the score on the NYS Regents Exam will not be averaged into the final course grade. The score on the Regents Exam will be listed on the student transcript as an “E” for COVID exemption. During July and August 2021, students & parents can request that a numerical Regents Exam grade is displayed on the transcript instead of the “E” by contacting the high school counseling office.

Students currently enrolled in courses that culminate in a NYS Regents exams not offered this school year will receive an “E” for the corresponding Regents Exam if he/she successfully passes the course of study. Students who do not pass the corresponding course are not eligible for the Regents Exam exemption.



Grading for all full year courses, inclusive of those that culminate in a local final exam or a NYS Regents Exam, will no longer include a 15% weighting for local final or Regents Exams. All full year courses will be graded as follows:

Q1=25% Q2=25% Q3=25% Q4=25%

There will be no change to the grading of semester based courses.

Attendance

The district recognizes that consistent school attendance, academic success and school completion have a positive correlation. The Re-Entry task force has developed a variety of mechanisms to collect and report daily teacher student engagement or attendance. It is our hope by closely monitoring trends in attendance we can promote:

- Increasing school completion for all students
- Raising student achievement and close gaps in student performance
- Identifying attendance patterns in order to design attendance improvement efforts
- Knowing the whereabouts of every student, whether in person or remote for safety and other reasons
- Verifying that individual students are complying with education laws relating to compulsory attendance
- Determining the District's average daily attendance for State aid purposes

Southampton will:

- Utilize PowerSchool, the District's student information system, to record attendance on a daily basis, whether face to face or remote.
- When learning is hybrid/remote, this may include systems which record student participation in asynchronous learning situations by completion of assigned tasks (via Google Classroom or other submission application) and/or attendance in Zoom Sessions throughout the day as established by the classroom teacher.
- Clear expectations have been established for participation in each of the learning environments. Communicate and continually reinforce to both parents and students the importance of attendance in school regardless of setting.

We, as a district, realize that there must be flexibility when monitoring attendance in a remote model. Parent schedules, availability of technology or other barriers may preclude students from connecting with teachers at a certain time and we are allowing submissions on a daily basis to be counted regardless of time frame throughout the day.

Proactive strategies will be implemented to reach out to students that are not attending school whether virtually or live. Strategies for contact include but are not limited to:

- Phone calls to families
- Texting
- Emails



- Seeking out adults in the school who have established rapport with the student
- Outreach to families and students by mental health staff such as counselors, social workers, psychologists, and community liaisons
- Home visits by school personnel
- Zoom meetings with families to address attendance concerns

Southampton Union Free School District Attendance Policy & COVID-19

COVID-19 has led to a dramatic increase in the number of students who are absent on a typical school day. In addition, COVID-19 has deepened the equal educational opportunity for students, particularly for Black, Hispanic, Native American and students from low-income families. In April 2011, the Southampton Union Free School District adopted a Board of Education attendance policy and building regulations based on conditions inclusive of all students learning brick and mortar. Because the COVID-19 pandemic, measuring attendance and noticing which students are facing difficulties in showing up for learning has proven to be more essential than ever. It has also uncovered an extraordinary amount of difficulties and struggles that families are facing on a daily basis. Therefore, the following adjustments to student attendance will be implemented for the 2020-2021 school year:

- Student attendance-taking procedures will be updated throughout the school year to comply with NYSED guidance and regulations.
- Minimum attendance requirements needed to remain eligible for course credit may be waived upon review by the building Principal or his/her designee.
- Course credit will be determined based on the final grade awarded in a given course. Students will remain credit eligible if the final grade is passing yet minimum seat time was not fulfilled in accordance with Policy 5100-R.
- In addition to attendance letter distribution as stated in Policy 5100-R, Southampton Schools will actively communicate with students and parents/guardians through ongoing proactive strategies as defined above if a pattern of non-attendance exists. Our main goal is to re-engage students and families.
- Southampton Schools will extend existing intervention programs and strategies to assist non-attending students with recovering learning missed through excessive absenteeism.

Classroom Configurations

The following parameters and protocols will be adopted for classroom configurations:

- Teachers/staff to arrange all instructional and non-instructional rooms in a school to comply with social distancing standards to the maximum extent practicable.
- Face coverings are recommended at all times and required whenever individuals cannot maintain a six-foot distance from other individuals who are not from the same household.
- Maintenance to have soap, hand sanitizer and tissue readily available
- Administrators to restrict the use of classrooms and other places where students, faculty, and staff gather (e.g., lockers, cubbies, entryways, hallways), so that individuals can be socially distanced.
- Administrators will not assign lockers for the 2020-21 school year
- Teachers, in partnership with custodial staff, to keep each child's belongings separated from others'



- Teachers encouraged to open windows when possible to air out the rooms
- Because student may be unmasked while socially distanced and seated in the classroom, the use of fans or other non-district regulated HVAC equipment is prohibited.
- Maintenance to ensure unit ventilators are optimally operating, if applicable
- Teachers to adopt classroom protocols so commonly used items that can be considered “shared classroom supplies” such as pencils, paper, books, pencil sharpeners, and other commonly shared items to have procedures developed and explained to students regarding their use. If unable to restrict sharing of supplies, the communal use of shared items should be limited with all shared items cleaned and disinfected after each use
- Teachers may clean/disinfect (utilizing approved cleaning products) between classes including desks if they so desire but are not required to do so.

Classroom Areas

- Teachers and custodial staff to remove all items with soft covered surfaces, including items that are shared frequently and cannot be cleaned/disinfected properly (carpets, upholstered couches/chairs, stuffed animals, toys etc.)
- Teachers and custodial staff to limit desks and arrange desks to meet social distancing requirements.
- Options include using physical barriers between desks and turning desks to face the same direction (rather than facing each other) or having students sit on only one side of the table, spaced apart.
- Post signage in each classroom that educates on the need for personal protection that includes the use of Personal Protective Equipment (PPE) and promotes and reinforces healthy hygiene practices.
- Use visual clues to promote social distancing - decals, tape on floor, signs, etc.
- Post signage in each classroom educating occupants of Face coverings/masks - When to wear them, how to appropriately put them on and take them off, how to clean cloth face coverings when soiled, and disposal of the face covering when necessary
- Custodial to include signage in each classroom educating occupants of Hand washing - Demonstrate frequently how to properly wash hands
- All individuals will be encouraged to wash hands for at least 20 seconds at regular intervals, including before eating, after using the bathroom, and after blowing their nose/coughing/sneezing while in-person instruction is taking place
- All students should be supervised if using an alcohol-based hand sanitizer. All PPE equipment and/or cleaning products electively purchased by teachers or staff for a classroom should be approved by the District to ensure compliance with fire code and other NYSED standards.

Corridors

All corridors will have floor directional marking and signage promoting socially distancing and mask wearing.

Cafeteria/Cafetorium

The District will utilize building information modeling to ensure that seating configurations in cafeteria/cafetorium is socially distanced in compliance with the DOH guidance.



For grades 7-12 cafeterias will be designated as eating space. Capacity limits will be set for each area and monitored by security. Seating will be socially distanced. Library Media Specialists will oversee proper services (i.e. push-in, socially distanced seating, materials) utilizing CDC guidelines. Whenever possible, virtual resources should be assigned by teachers. Administrators will stagger playground use limiting multiple classes to play together. We will also limit other activities where multiple groups interact (unless social distancing can be maintained). All individuals will encourage students to wash hands before and after touching play structures and to maintain 6-foot social distance from others.

Technology and Connectivity

Whether exclusively remote, fully face to face or offering hybrid learning experiences, technology will be an important tool to proceed with the learning process. We are a one-to-one district and all individuals have their own devices. During the spring COVID closure, faculty and staff learned to use many technology tools to deliver instruction to district students. Plans have been made to integrate Google Classroom into instruction. Professional development to support this initiative has been implemented and will be ongoing. Students who do not have adequate internet access at home, in the case of remote or hybrid learning, will be issued a district owned hot spot.

Southampton will provide instruction on using technology and IT support for students, teachers and families and provide professional development for teachers and leaders on designing effective online/remote learning experiences.

Teacher and Principal Evaluations

Southampton will coordinate with the Southampton Teachers' Association and the Southampton Administration Association to provide appropriate and agreeable accommodations in accordance with the existing APPR Plan and current pandemic implications.

Staffing

Southampton will ensure all students are taught by NYS Certified teachers and ensure that no teacher will teach more than ten hours each week outside of his/her certification area.

Transportation

The school bus is an extension of the classroom and services should be provided to all students with consistency and equity. Southampton will perform regular school bus disinfection measures; train students and school bus staff regarding social distancing on the bus, at stops, and at unloading times; and train students and staff regarding the wearing of masks. Both students and drivers will wear masks and social distance on the bus. Districts will continue to provide transportation to homeless students, students in foster care, those who attend religious, independent or charter schools – and those with disabilities – just as they always have.



Transportation Staff

- Transportation staff will be trained on signs/symptoms of COVID-19 and the use of proper PPE
- Any transportation staff member who comes into direct contact with a student will wear provided gloves

Students

- Parents/guardians will be required to ensure their child/children are not experiencing any signs/symptoms of COVID-19 by filling out the required attestation prior to boarding bus (see attestation form)
- Students must wear a face mask while on a school bus if physically able as defined by state guidance.
- Students who do not have a mask will be provided one by the district
- Capacity has been reduced to on or about 50%
- Windows and hatches will be open, weather permitting
- Assigned seating will be utilized as necessary

Routing and routing times will be modified as needed to accommodate transportation needs.

Arrival and dismissal procedures

At each building, designated entrance and exit points and will be utilized to maintain necessary social distancing. Signage will be posted to direct traffic flow into and out of each building. Health screening protocols will be followed as previously described upon entrance.

Visitation of school buildings

Visitation to school buildings will be extremely limited. Unless mandated, visits with/by parents will be conducted remotely whenever possible. Visitors will not be allowed to enter any school building unless pre-approved by building administration. Visitors will be required to complete the health screening attestation and a temperature screening before entering any school building. All individuals will wear a face mask and maintain 6-foot social distance. District faculty/staff will not accept any materials dropped off to the school buildings unless the materials are medically necessary for a student.

Food services

- Students in Pre-K through grade 6 will be served meals in their classrooms. Students in grades 7-12 will utilize cafeterias following the 6-foot social distancing guidelines.
- Students will be able wash their hands before and after meals, when that is not the case hand sanitizer will be available.
- Signage will be placed in accordance with DOH guidelines. All staff will encourage and educate on safe hygiene and food sharing practices.
- Cafeteria will be disinfected before and after students' mealtime.



- Sanitizers will be placed in key areas throughout the school. IE vending machines, etc. Food allergies will be known, and signage posted in areas other than cafeteria where meals will take place. IE classroom.
- Classrooms will be disinfected after mealtime.
- On remote learning days meals will be distributed via parent pick-up or via bus runs where transportation is an issue.
- During hybrid days meals will be sent home with students.
- Southampton will prohibit sharing of food and beverages (e.g., buffet style meals, snacks), unless individuals are members of the same household.
- Adequate space should be reserved for students, faculty, and staff to observe social distancing while eating meals.
- Meals will be provided utilizing primarily grab-and-go distribution
- Pre-payment via the MySchoolBucks will be encouraged

School Safety Drills

Education Law § 807 requires that schools conduct 8 evacuation and 4 lockdown drills each school year. When planning drills, consideration should be given to how a school may modify their drill procedures to minimize risk of spreading infection. Conducting drills is an important part of keeping students and staff safe in an emergency, however, steps should be taken to minimize the risk of spreading infection while conducting drills. As such, it may be necessary for schools to conduct drills in the 2020-21 school year using protocols that are different than they are used to. Regardless of the modification used when conducting a drill, students should be instructed that if it was an actual emergency that required evacuation or lockdown, the most imminent concern is to get to safety; maintaining social distancing in an actual emergency that requires evacuation or lockdown may not be possible and should not be the first priority.

Modifications to evacuation drill protocols may include, but are not limited to:

- Conducting drills on a “staggered” schedule, where classrooms evacuate separately rather than all at once, and appropriate distance is kept between students to the evacuation site. Staggering by classroom, minimizes contact of students in hallways, stairwells, and at the evacuation site. If conducting drills using a modified procedure, it is required that the drill be conducted with all students in the school building on that school day, it may be necessary to do so during a class period that is extended for this purpose; and
- If schools re-open with a “hybrid” in-person model, such as one where students attend school alternate school weeks to reduce the occupancy of the school building, schools must be certain that all students are receiving instruction in emergency procedures, and participating in drills while they are in attendance in-person.

Modifications to Lockdown Drills may include, but are not limited to:

- Conduct lockdown drill in classroom setting while maintaining social distancing and using masks;
- Conducting lockdown drills on a “staggered” schedule with smaller numbers of students present to maintain social distancing, however schools must be certain that all students are receiving instruction in emergency procedures and participating in drills while they are in attendance in-person; and



- Conduct lockdown drill in classroom without “hiding”/ “sheltering” but provide an overview of how to shelter or hide in the classroom.

Cleaning protocols and procedures

The CDC provides Reopening Guidance for Cleaning and Disinfection with specific guidance for schools along with the Cleaning and Disinfection Decision Tool to aid in determining what level of cleaning and/or disinfection is necessary. School wide cleaning will include **classrooms, restrooms, cafeterias, libraries, playgrounds, and busses**. Please Refer to DOH correspondence, [Interim Cleaning and Disinfection Guidance for Primary and Secondary Schools for Covid-19](#), and the [Guidance for Cleaning and Disinfecting CDC](#), for further information. Southampton will adhere to all of these guidelines as well as taking proactive steps with the following additions to the facilities capacity and capability:

- Utilize Merv 13 filters being added to all building rooftop air units
- Increase of filter schedule changes at each building to monthly
- Karcher BP Mister units ordered for the districtwide and bus garage (disinfect) vital-oxide
- Karcher Dual mister bus garage

Routine Cleaning will proceed as always in each of the three buildings. In New York State, all primary and secondary schools are required to use approved cleaning products.

Routine cleaning of school settings shall include:

- Cleaning high contact surfaces that are touched by many different people, such as light switches, handrails and doorknobs/handles.
- Dust- and wet-mopping or auto-scrubbing floors.
- Vacuuming of entryways and high traffic areas.
- Removing trash.
- Cleaning restrooms.
- Wiping heat and air conditioner vents.
- Spot cleaning walls.
- Spot cleaning carpets.
- Dusting horizontal surfaces and light fixtures.
- Cleaning spills.

Specific high-risk locations within a school warrant cleaning and disinfection before a confirmed case of COVID-19 occurs in the school.

Examples of frequently touched areas in schools:

- Classroom desks and chairs;
- Lunchroom tables and chairs;
- Door handles and push plates;
- Handrails;
- Kitchen and bathroom faucets;
- Light switches;
- Handles on equipment (e.g., athletic equipment);



- Buttons on vending machines and elevators;
- Shared telephones;
- Shared desktops;
- Shared computer keyboards and mice; and
- Bus seats and handrails.

Cleanliness and Disinfection Standards

Classroom, Restrooms and Locker Rooms, Common Areas (Hallways), Nurse Offices, Clerical/Admin Offices and all other instructional spaces not otherwise mentioned will adhere to the following protocols:

- Clean and disinfect high touch surfaces (but not limited to):
 - Classroom desks and chairs
 - Door handles and push plates
 - Bathroom faucets
 - Light switches
 - Shared telephones
 - Shared desktops
 - Shared computer keyboards and mice
 - Drinking Fountains
 - Door handles and push plates
 - Light switches
 - Handrails
- All trash receptacles emptied, and trash removed from the room
- Floors swept and dust mopped
- Floors spot mopped or full mopped
- Wipe clean: Tables, furniture and counter tops
- Window in the classroom door is cleaned at minimum once per week
- Walls are spot cleaned
- Carpets are spot cleaned
- Make sure all windows are locked
- Clean/Disinfect classroom sink and toilet area (if applicable)
- Vacuum carpet daily if applicable
- Re-stock all paper and soap products
- Clean Baseboards - Weekly
- Clean Light Fixtures - Weekly
- Replace Lights (Notify Custodian or Maintenance)
- Clean and disinfect toilets, sinks and shower areas
- Clean and disinfect high touch surfaces (but not limited to):

Bus Cleaning and Disinfecting Protocol

- All buses will be cleaned and disinfected at the end of each day
- All buses will be cleaned and disinfected between runs within each of the three buildings (am and pm)
- **1 Karcher BP Mister unit will be located at the bus garage (disinfect) vital-oxide**
- All buses will be supplied with appropriate cleaning/disinfectant supplies
- All buses will have windows and hatches open (weather permitting)



Before/After School Activities

Before and after school activities will be considered. However, school buildings will not hold any live activities in order to provide adequate time for cleaning and disinfection each night. Those activities that can be offered remotely or outdoors may be offered.

Confirmed COVID-19 Diagnosis

Should any individual who attends or works within our school receive a positive diagnosis of COVID-19, the following protocol will be followed:

- The school nurse or designee will contact the Suffolk County Department of Health and explain the situation.
- If an individual who has been in the school is lab-confirmed to have COVID-19, the school must notify the local health department in accordance with federal, state, and local regulations including confidentiality and FERPA.
- All areas will be closed, cleaned, and disinfected.
- Members of the custodial staff will close off any areas that the student or staff member were working within until non-porous surfaces in such areas are able to be disinfected, unless more than 3 days have passed.
- Alert notifications will be sent out.
- Consistent with legal confidentiality requirements, schools must notify teachers, staff, and families of all students if there is a lab-confirmed case of COVID-19 in the building.
- If any student, faculty, or staff member reports that they are positive for COVID-19, communication will occur with individual families that are immediately affected or as directed by the Suffolk County Department of Health. All FERPA regulations will be strictly followed.
- When the district receives lab confirmation that a student or staff member has tested COVID-19 positive, the COVID-19 positive individual must stay home throughout the infection period and may not return to school until they meet the following criteria:
 - At least 10 days since symptoms first appeared and 24 hours fever free without the use of fever-reducing medication;
 - Respiratory symptoms have improved (coughing, shortness of breath); and
 - The school nurse consults with the Suffolk County Department of Health and determines it is safe for the employee/student to return to the building
 - A doctor's note is provided indicating that it is safe for the person to return to school

Closure Considerations

Southampton will collaborate with our local health department to determine the parameters, conditions or metrics (e.g., increased absenteeism or increased illness in school community) that will serve as early warning signs that positive COVID-19 cases may be increasing beyond an acceptable level. School administrators will consider closing school if absentee rates impact the ability of the school to operate safely. We may choose to modify operations prior to closing to help mitigate a rise in cases. We will consult our school physician and/or the local department of health when making such decisions.



Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



cdc.gov/coronavirus

316475-8 07/21/2020

Síntomas del coronavirus (COVID-19)

Conozca los síntomas del COVID-19, que pueden incluir:



Los síntomas pueden ser de leves a graves, y aparecer de 2 a 14 días después de la exposición al virus que causa el COVID-19.

Busque atención médica de inmediato si alguien tiene signos de advertencia de una emergencia del COVID-19

- Dificultad para respirar
- Dolor o presión persistentes en el pecho
- Estado de confusión de aparición reciente
- No puede despertarse o permanecer despierta
- Labios o cara azulados

Esta lista no incluye todos los síntomas posibles. Llame a su proveedor de atención médica si tiene cualquier otro síntoma que sea grave o que le preocupe.



Centers for Disease Control and Prevention
National Center for Emerging and Zoonotic Infectious Diseases

cdc.gov/coronavirus-es

CS-317142-G

Appendix C: Daily Screening Attestation

7/31/2020

COVID-19 Daily Survey



COVID-19 Screening Attestation

The safety of the employees, students, families, clients, partners and visitors remains our top priority. As the COVID-19 outbreak continues, we will closely monitor the situation and will periodically update our guidance based on current recommendations from New York State.

Based on currently available information and clinical expertise, older adults and people of any age who have serious underlying medical conditions (e.g. serious heart disease, chronic lung disease or asthma, immunocompromised, severe liver disease, etc.) might be at higher risk for severe illness from COVID-19. If you are concerned about underlying medical conditions, please consult with your personal medical health care provider.

To prevent the spread of COVID-19 and reduce the potential risk of exposure to our workforce, we are conducting a simple screening. Your participation is important to help us take precautionary measures to protect you and everyone in this facility. We request you complete this screening everyday prior to entering a facility. Based on your response, you will be informed if you should report to work or if you can enter our facilities.

Screening Questions

Location

Select a location

Role

Select a role

1. Since your last day of work, or last visit here, have you had any of these symptoms?

- Fever (temperature of greater than 100.0° F in the last 14 days)
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Repeated shaking with chills
- Muscle pain
- Headache
- Sore throat
- New loss of taste or smell
- Gastrointestinal Tract Symptoms (primarily affecting children only)

Note: Answer "yes" if the symptoms you have experienced in the last 14 days are of greater intensity or frequency than what you normally experience.

2. Have you had a positive COVID-19 test within the last 14 days?

3. Have you had close contact with a confirmed or suspected case of COVID-19 case within 14 days?

4. Have you traveled internationally or from a state with widespread community transmission of COVID-19 per the New York State Travel Advisory in the past 14 days?

NO to all questions

YES to any one (or more) of the questions

[Privacy - Terms](#)

<https://entry.aeric.org/southamptonufsd>

1/2



7/31/2020

COVID-19 Daily Survey

- Employees:* I am doing my part to keep myself and others safe and I am following the practices outlined in our COVID-19 safety protocols.
Guests and students: I am doing my part to keep myself and others safe and am following the practices outlined in New York State's safety protocols.

First name

Last name

Email



Checklist: Planning for In-Person Classes

Actions to take and points to consider	Notes
<ul style="list-style-type: none"> <input type="checkbox"/> Check in with your child each morning for signs of illness. If your child has a temperature of 100.4 degrees or higher, they should not go to school. <input type="checkbox"/> Make sure your child does not have a sore throat or other signs of illness, like a cough, diarrhea, severe headache, vomiting, or body aches. <input type="checkbox"/> If your child has had close contact to a COVID-19 case, they should not go to school. Follow guidance on what to do when someone has known exposure. 	
<ul style="list-style-type: none"> <input type="checkbox"/> Identify your school point person(s) to contact if your child gets sick. 	<p><i>Name of school point person(s):</i></p> <p><i>Contact information:</i></p>
<ul style="list-style-type: none"> <input type="checkbox"/> Be familiar with local COVID-19 testing sites in the event you or your child develops symptoms. These may include sites with free testing available. 	<p><i>My local testing options:</i></p>
<ul style="list-style-type: none"> <input type="checkbox"/> Make sure your child is up-to-date with all recommended vaccines, including for flu. All school-aged children should get an influenza flu vaccine every season, with rare exceptions. This is especially important this year because we do not yet know if being sick with COVID-19 at the same time as the flu will result in more severe illness. 	<p><i>Date of flu vaccination:</i></p>
<ul style="list-style-type: none"> <input type="checkbox"/> Review and practice proper hand washing techniques at home, especially before and after eating, sneezing, coughing, and adjusting a face cover. Make hand washing fun and explain to your child why it's important. 	
<ul style="list-style-type: none"> <input type="checkbox"/> Be familiar with how your school will make water available during the day. Consider packing a water bottle. 	
<ul style="list-style-type: none"> <input type="checkbox"/> Develop daily routines before and after school—for example, things to pack for school in the morning (like hand sanitizer and an additional (back up) cloth face covering) and things to do when you return home (like washing hands immediately and washing worn cloth face coverings). 	



cdc.gov/coronavirus

<input type="checkbox"/> Talk to your child about precautions to take at school. Children may be advised to: <ul style="list-style-type: none"> ◦ Wash and sanitize their hands more often. ◦ Keep physical distance from other students. ◦ Wear a cloth face covering. ◦ Avoid sharing objects with other students, including water bottles, devices, writing instruments, and books. ◦ Use hand sanitizer (that contains at least 60% alcohol.) Make sure you're using a safe product. FDA recalled products that contain toxic methanol. Monitor how they feel and tell an adult if they are not feeling well. 	
<input type="checkbox"/> Develop a plan as a family to protect household members who are at increased risk for severe illness .	
<input type="checkbox"/> Make sure your information is current at school, including emergency contacts and individuals authorized to pick up your child(ren) from school. If that list includes anyone who is at increased risk for severe illness from COVID-19, consider identifying an alternate person.	
<input type="checkbox"/> Be familiar with your school's plan for how they will communicate with families when a positive case or exposure to someone with COVID-19 is identified and ensure student privacy is upheld.	
<input type="checkbox"/> Plan for possible school closures or periods of quarantine. If transmission is increasing in your community or if multiple children or staff test positive for COVID-19, the school building might close. Similarly, if a close contact of your child (within or outside of school) tests positive for COVID-19, your child may need to stay home for a 2-week quarantine period. You may need to consider the feasibility of teleworking, taking leave from work, or identifying someone who can supervise your child in the event of school building closures or quarantine.	
<input type="checkbox"/> Plan for transportation: <ul style="list-style-type: none"> ◦ If your child rides a bus, plan for your child to wear a cloth face covering on the bus and talk to your child about the importance of following bus rules and any spaced seating rules. ◦ If carpooling, plan on every child in the carpool and the driver wearing cloth face coverings for the entire trip. If your school uses the cohort model, consider finding families within your child's group/cohort at school to be part of the carpool. 	
<input type="checkbox"/> If your child has an Individualized Education Program (IEP) or 504 Plan or receives other learning support (e.g., tutoring), ask your school how these services will continue.	
<input type="checkbox"/> If your child receives speech, occupational or physical therapy or other related services from the school, ask your school how these services will continue.	
<input type="checkbox"/> If your child receives mental health or behavioral services (e.g., social skills training, counseling), ask your school how these services will continue.	



<input type="checkbox"/> If your school uses a cohorting model, consider limiting your child's in-person out-of-school interactions to children in the same cohort or to activities where physical distancing can be maintained.	
<input type="checkbox"/> Reinforce the concept of physical distancing with your child.	
<input type="checkbox"/> Talk to your school administrators and teachers about their plans for physical education and physical activity (e.g., recess). <i>Safer options include being outdoors when possible, reducing the number of people in an indoor space, and encouraging students to stay at least 6 ft apart.</i>	
<input type="checkbox"/> Ask how your school plans to help ensure that students are following practices to reduce the spread of COVID-19.	

Cloth Face Coverings

If your school is requiring or encouraging cloth face coverings

Actions to take and points to consider	Notes
<input type="checkbox"/> Have multiple cloth face coverings, so you can wash them daily and have back-ups ready. Choose cloth face coverings that <ul style="list-style-type: none"> ◦ Fit snugly but comfortably against the side of the face ◦ Completely cover the nose and mouth ◦ Are secured with ties or ear loops ◦ Include multiple layers of fabric ◦ Allow for breathing without restriction ◦ Can be washed and machine dried without damage or change to shape 	
<input type="checkbox"/> Label your child's cloth face coverings clearly in a permanent marker so that they are not confused with those of other children.	
<input type="checkbox"/> Practice with your child putting on and taking off cloth face coverings without touching the cloth.	
<input type="checkbox"/> Explain the importance of wearing a cloth face covering and how it protects other people from getting sick.	
<input type="checkbox"/> Consider talking to your child about other people who may not be able to wear cloth face coverings for medical reasons (e.g., asthma).	
<input type="checkbox"/> As a family, model wearing cloth face coverings, especially when you are in situations where physical distancing is difficult to maintain or impossible.	
<input type="checkbox"/> If you have a young child, help build their comfort wearing a cloth face covering and become comfortable seeing others in face covers. <ul style="list-style-type: none"> ◦ Praise your child for wearing a cloth face covering correctly. ◦ Put a cloth face covering on stuffed animals. ◦ Draw a cloth face covering on a favorite book character. ◦ Show images of other children wearing cloth face coverings. ◦ Allow your child to choose their cloth face covering that meets any dress requirements your school may have. ◦ Suggestions from the American Academy of Pediatrics 	

- | | |
|--|--|
| <input type="checkbox"/> Consider providing your child with a container (e.g., labeled resealable bag) to bring to school to store their cloth face coverings when not wearing it (e.g., when eating). | |
|--|--|

Mental Health & Social-Emotional Wellbeing Considerations

Actions to take and points to consider	Notes
<input type="checkbox"/> Talk with your child about how school will look different (e.g., desks far apart from each other, teachers maintaining physical distance, possibility of staying in the classroom for lunch).	
<input type="checkbox"/> Talk with your child about how school is going and about interactions with classmates and teachers. Find out how your child is feeling and communicate that what they may be feeling is normal.	
<input type="checkbox"/> Anticipate behavior changes in your child. Watch for changes like excessive crying or irritation, excessive worry or sadness, unhealthy eating or sleeping habits, difficulty concentrating, which may be signs of your child struggling with stress and anxiety .	
<input type="checkbox"/> Try to attend school activities and meetings. Schools may offer more of these virtually. As a parent, staying informed and connected may reduce your feelings of anxiety and provide a way for you to express any concerns you may have about your child's school.	
<input type="checkbox"/> Ask your school about any plans to reduce potential stigma related to having or being suspected of having COVID-19.	
<input type="checkbox"/> Check if your school has any systems in place to identify and provide mental health services to students in need of support. If so, identify a point of contact for these services at your school.	<i>Name of school point person:</i> <i>Contact information:</i>
<input type="checkbox"/> Check if your school has a plan to help students adjust to being back in school. Students might need help adjusting to how COVID-19 has disrupted their daily life. Support may include school counseling and psychological services (including grief counseling), social-emotional learning (SEL)-focused programs and curricula, and peer/social support groups.	
<input type="checkbox"/> Check if your school will provide training for students in mindfulness, incorporating SEL into classroom curriculum (either virtually or in-person), or support a child's ability to cope with stress and anxiety. If not, consider asking about ways to add this to your child's at-home learning.	
<input type="checkbox"/> You can be a role model for your child by practicing self-care: <ul style="list-style-type: none"> ◦ Take breaks ◦ Get plenty of sleep ◦ Exercise ◦ Eat well ◦ Stay socially connected 	

Cover Coughs and Sneezes

Stop the spread of germs
that can make you and others sick!



Cover your
mouth and nose
with a **tissue**
when you
sneeze or cough.



If you don't
have a tissue,
use your
elbow.



Wash hands
often, **especially**
after coughing
or sneezing.



CS 316683-E 05/06/2020

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Stop the Spread of Germs

Help prevent the spread of respiratory diseases like COVID-19.



Stay at least 6 feet
(about 2 arms' length)
from other people.



Cover your cough or sneeze with a
tissue, then throw the tissue in the
trash and wash your hands.



When in public, wear a
cloth face covering over
your nose and mouth.



Do not touch your
eyes, nose, and mouth.



Clean and disinfect
frequently touched
objects and surfaces.



Stay home when you are sick,
except to get medical care.



Wash your hands often with soap
and water for at least 20 seconds.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

316917-A May 13, 2020 11:00 AM

Detenga la propagación de gérmenes

Ayude a prevenir la transmisión de enfermedades respiratorias como el COVID-19.



Mantenga al menos 6 pies (aproximadamente la longitud de 2 brazos) de distancia de otras personas.



Cúbrase con un pañuelo desechable la nariz y la boca al toser o estornudar, luego bótelo en la basura y lávese las manos.



Cuando esté en un lugar público, use una cubierta de tela para la cara sobre su nariz y boca.



Evite tocarse los ojos, la nariz y la boca.



Limpie y desinfecte los objetos y superficies que se tocan con frecuencia.



Quédese en casa cuando esté enfermo, excepto para recibir atención médica.



Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.



cdc.gov/coronavirus-es

MP316917-A 13 de mayo, 2020 11:00 a.m.

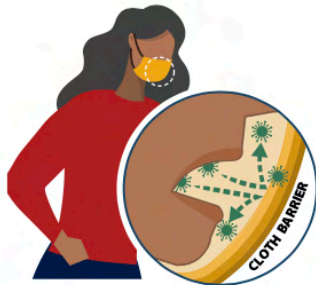
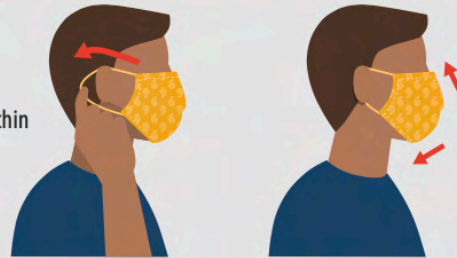
Appendix G: How to Safely Wear and Take Off a Cloth Face Covering

How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

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
- Do not place a mask on a child younger than 2



USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear cloth face coverings in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



CS 316488A 07/06/2020

Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Appendix G: Cómo usar y quitarse una cubierta de tela para la cara de manera segura

Cómo usar y quitarse una cubierta de tela para la cara de manera segura

Accesible: <https://espanol.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

USE SU CUBIERTA DE TELA PARA LA CARA CORRECTAMENTE

- Lávese las manos antes de ponérsela
- Póngasela de manera que le cubra la nariz y la boca y quede sujeta debajo del mentón
- Trate de que se ajuste bien contra los lados de la cara
- Asegúrese de que pueda respirar fácilmente
- No le ponga una mascarilla a un niño menor de 2 años



USE LA CUBIERTA DE TELA PARA LA CARA PARA AYUDAR A PROTEGER A LOS DEMÁS

- Use una cubierta de tela para la cara para ayudar a proteger a los demás en caso de que usted esté infectado, pero no tenga síntomas
- Déjesela puesta todo el tiempo que esté en un lugar público
- No se la cuelgue del cuello ni se la deje sobre la frente
- No se la toque y, si lo hace, límpiese las manos

PRACTIQUE HÁBITOS DE SALUD COTIDIANOS

- Manténgase al menos a 6 pies de los demás
- Evite el contacto con las personas que estén enfermas
- Lávese frecuentemente las manos con agua y jabón por al menos 20 segundos cada vez
- Use un desinfectante de manos si no hay agua y jabón disponibles



QUÍTESE LA CUBIERTA DE TELA PARA LA CARA CON CUIDADO, CUANDO ESTÉ EN CASA

- Quítesela desatando las tiras que se atan detrás de la cabeza o estirando las bandas elásticas que se ponen en las orejas
- Solo toque las tiras o bandas elásticas
- Doble la cubierta de tela para la cara juntando las esquinas exteriores
- Meta la cubierta en la lavadora de ropa
- Lávese las manos con agua y jabón



CS 316488A 06/10/2020

Las cubiertas de tela para la cara no son mascarillas quirúrgicas ni respiradores N-95, los cuales se deben reservar para los trabajadores de atención médica y demás personal médico de respuesta a emergencias.

Para ver instrucciones sobre cómo hacer una cubierta de tela para la cara, consulte:

cdc.gov/coronavirus-es

Prevent the spread of COVID-19 if you are sick

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to care for yourself and to help protect other people in your home and community.

Stay home except to get medical care.

- **Stay home.** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated. Take over-the-counter medicines, such as acetaminophen, to help you feel better.
- **Stay in touch with your doctor.** Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- **Avoid public transportation, ride-sharing, or taxis.**



Separate yourself from other people and pets in your home.

- **As much as possible, stay in a specific room** and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
- See **COVID-19 and Animals if you have questions about pets:** <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>
- Additional guidance is available for those **living in close quarters.** (<https://www.cdc.gov/coronavirus/2019-hj-ncov/daily-life-coping/living-in-close-quarters.html>) and **shared housing** (<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/shared-housing/index.html>).



Monitor your symptoms.

- **Symptoms of COVID-19 include fever, cough, and shortness of breath but other symptoms may be present as well.**
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities will give instructions on checking your symptoms and reporting information.



When to Seek Emergency Medical Attention

Look for **emergency warning signs*** for COVID-19. If someone is showing any of these signs, **seek emergency medical care immediately:**

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Bluish lips or face
- Inability to wake or stay awake

*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

Call 911 or call ahead to your local emergency facility:

Notify the operator that you are seeking care for someone who has or may have COVID-19.

Call ahead before visiting your doctor.

- **Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- **If you have a medical appointment that cannot be postponed, call your doctor's office,** and tell them you have or may have COVID-19.



If you are sick, wear a cloth covering over your nose and mouth.

- **You should wear a cloth face covering over your nose and mouth** if you must be around other people or animals, including pets (even at home).
- You don't need to wear the cloth face covering if you are alone. If you can't put on a cloth face covering (because of trouble breathing for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.
- Cloth face coverings should not be placed on young children under age 2 years, anyone who has trouble breathing, or anyone who is not able to remove the covering without help.



Note: During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana.



CS 316120-A 06/11/2020

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Cover your coughs and sneezes.

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Throw used tissues** in a lined trash can.
- **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 60% alcohol.



Clean your hands often.

- **Wash your hands often** with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Use hand sanitizer** if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water are the best option**, especially if your hands are visibly dirty.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal household items.

- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash these items thoroughly after using them** with soap and water or put them in the dishwasher.



Clean all "high-touch" surfaces everyday.

- **Clean and disinfect** high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
- **If a caregiver or other person needs to clean and disinfect** a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a cloth face covering and wait as long as possible after the sick person has used the bathroom.



High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**

- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then use a household disinfectant.

- Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.

- Most EPA-registered household disinfectants should be effective.

When you can be around others after you had or likely had COVID-19

When you can be around others (end home isolation) depends on different factors for different situations.



- **I think or know I had COVID-19, and I had symptoms**

- You can be with others after

- 3 days with no fever

AND

- symptoms improved

AND

- 10 days since symptoms first appeared

- Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others when you have no fever, symptoms have improved, and you receive two negative test results in a row, at least 24 hours apart.

- **I tested positive for COVID-19 but had no symptoms**

- If you continue to have no symptoms, you can be with others after:

- 10 days have passed since test

- Depending on your healthcare provider's advice and availability of testing, you might get tested to see if you still have COVID-19. If you will be tested, you can be around others after you receive two negative test results in a row, at least 24 hours apart.

- If you develop symptoms after testing positive, follow the guidance above for "I think or know I had COVID, and I had symptoms."

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Si está enfermo, prevenga la propagación del COVID-19

Versión accesible: <https://espanol.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

Si está enfermo con el COVID-19 o cree que podría tener el COVID-19, tome las siguientes medidas para cuidarse y para ayudar a proteger a otras personas en su casa y comunidad.

Quédese en casa, excepto para conseguir atención médica.

- **Quédese en casa.** La mayoría de las personas con COVID-19 tienen un caso leve de la enfermedad y se pueden recuperar en casa sin atención médica. No salga de casa, excepto para conseguir atención médica. No visite áreas públicas.
- **Cuidese.** Descanse y manténgase hidratado. Tome medicamentos de venta libre, como acetaminofeno, para ayudar a sentirse mejor.
- **Manténgase en contacto con su médico.** Llame antes de conseguir atención médica. Asegúrese de conseguir atención médica si tiene dificultad para respirar o si tiene algún otro signo de advertencia de una emergencia, o si cree que es una emergencia.
- **Evite el servicio de transporte público,** vehículos compartidos o taxis.



Manténgase alejado de otras personas y de las mascotas en su casa.

- **En la medida de lo posible, permanezca en una habitación específica** y lejos de las otras personas y mascotas en su casa. Además, debería usar un baño aparte, de ser posible. Si es necesario que esté cerca de otras personas o animales dentro o fuera de la casa, use una cubierta de tela para la cara.
 - Si tiene preguntas sobre las mascotas, vea **el COVID-19 y los animales:** <https://espanol.cdc.gov/coronavirus/2019-ncov/faq.html#COVID-19-and-Animals>
 - Hay guías adicionales disponibles para las personas que **vivan en espacios reducidos** (<https://espanol.cdc.gov/coronavirus/2019-ncov/daily-life-coping/living-in-close-quarters.html>) y **viviendas compartidas** (<https://espanol.cdc.gov/coronavirus/2019-ncov/daily-life-coping/shared-housing/index.html>).



Vigile sus síntomas.

- **Los síntomas del COVID-19 incluyen fiebre, tos y dificultad para respirar, pero también puede haber otros síntomas.**
- **Siga las instrucciones sobre cuidados que le den su proveedor de atención médica y departamento de salud local.** Las autoridades de salud locales le darán instrucciones sobre cómo vigilar sus síntomas y notificar la información.



Cuándo buscar atención médica de emergencia

Esté atento a **los signos de advertencia de una emergencia*** del COVID-19. Si una persona está mostrando alguno de estos signos, **busque atención médica de inmediato:**

- Dificultad para respirar
- Dolor o presión persistentes en el pecho
- Confusión reciente
- Labios o cara azulados
- Incapacidad para despertar o permanecer despierto

* Esta lista no incluye todos los síntomas posibles. Llame a su proveedor de atención médica si tiene cualquier otro síntoma que sea grave o que le preocupe.

Llame al 911 o llame antes al establecimiento de emergencia local: avísele al operador que está buscando atención médica para una persona que tiene o podría tener COVID-19.

Llame antes de ir al médico.

- **Llame antes.** Muchas visitas médicas para cuidados de rutina están posponiéndose o realizándose por teléfono o telemedicina.
- **Si tiene una cita médica que no puede ser pospuesta, llame al consultorio médico** y dígame que usted tiene o podría tener el COVID-19.



Si está enfermo, póngase una cubierta de tela que le cubra la nariz y la boca.

- **Debe usar una cubierta de tela para la cara que le cubra la nariz y la boca** si tiene que estar alrededor de otras personas o animales, como las mascotas (incluso en su casa).
- Si está solo, no es necesario que use la cubierta de tela para la cara. Si no puede usar una cubierta de tela para la cara (debido a que tiene dificultad para respirar, por ejemplo), cúbrase la nariz y la boca de alguna otra forma al toser y estornudar. Trate de mantenerse al menos a 6 pies de distancia de otras personas. Esto ayudará a proteger a las personas que estén a su alrededor.
- No se les debe poner una cubierta de tela para la cara a los niños menores de 2 años, ni a cualquier persona que tenga dificultad para respirar o que no se la pueda quitar sin ayuda.



Nota: Durante la pandemia del COVID-19, las mascarillas de grado médico se reservan para los trabajadores de la salud y algunos miembros del personal de respuesta a emergencias. Es posible que usted tenga que hacer una cubierta de tela para la cara con una bufanda o una *bandana* o pañuelo.



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Cúbrase la nariz y la boca cuando tosa y estornude.

- **Cúbrase la nariz y la boca** con un pañuelo desechable al toser o estornudar.
- **Bote los pañuelos desechables usados** a un bote de basura con una bolsa de plástico adentro.
- **Lávese las manos de inmediato** con agua y jabón por al menos 20 segundos. Si no hay agua y jabón disponibles, límpiese las manos con un desinfectante de manos a base de alcohol que contenga al menos un 60 % de alcohol.



Límpiese las manos con frecuencia.

- **Lávese frecuentemente las manos** con agua y jabón por al menos 20 segundos. Esto es especialmente importante después de sonarse la nariz, toser o estornudar, ir al baño, y antes de comer o preparar alimentos.
- **Use un desinfectante de manos** si no hay agua y jabón disponibles. Use un desinfectante de manos a base de alcohol que contenga al menos un 60 % de alcohol, cubra todas las superficies de las manos y fróteselas hasta que sienta que se secan.
- **El agua y jabón son la mejor opción**, en especial si las manos están visiblemente sucias.
- **Evite tocarse** los ojos, la nariz y la boca con las manos sin lavar.



Evite compartir artículos del hogar de uso personal.

- **No comparta** platos, vasos, tazas, cubiertos, toallas o ropa de cama con otras personas que estén en su casa.
- **Lave bien con agua y jabón estos artículos después de usarlos** o póngalos en la lavadora automática de platos.



Limpie todos los días todas las superficies de contacto frecuente.

- **Limpie y desinfecte** las superficies de contacto frecuente en su "habitación para el enfermo" y el baño. Deje que otra persona limpie y desinfecte las superficies en las áreas comunes, pero no su habitación ni su baño.
- **Si un cuidador u otra persona necesitan limpiar y desinfectar** la habitación o el baño del enfermo, deben hacerlo solamente según sea necesario. El cuidador o la otra persona deben usar una cubierta de tela para la cara y esperar tanto como sea posible después de que el enfermo haya usado el baño.



Las superficies de contacto frecuente incluyen los teléfonos, los controles remotos, los mesones, las mesas, las manijas de las puertas, las llaves y los grifos del baño, los inodoros, los teclados, las tabletas y las mesas de cama.

- **Limpie y desinfecte las áreas que puedan tener sangre, heces o líquidos corporales.**
- **Use productos de limpieza y desinfectantes para el hogar.** Si están sucios, limpie el área o el artículo con agua y jabón u otro detergente. Luego use un desinfectante de uso doméstico.
 - Asegúrese de seguir las instrucciones de la etiqueta para garantizar que el producto se use de manera segura y eficaz. Muchos productos recomiendan mantener la superficie húmeda durante varios minutos para asegurarse de que se eliminen los microbios. Muchos también recomiendan tomar medidas de precaución, como usar guantes y asegurarse de tener buena ventilación durante el uso del producto.
 - La mayoría de los desinfectantes de uso doméstico registrados en la EPA deberían ser eficaces.

Cuándo puede estar cerca de otras personas después de que tuvo o probablemente tuvo el COVID-19.

Cuándo pueda usted estar cerca de otras personas (ponerle fin al aislamiento en casa) dependerá de factores diferentes en situaciones diferentes.



- **Creo o sé que tuve el COVID-19 y tuve síntomas**
 - Puede estar con otras personas después de
 - 3 días sin fiebre
Y
 - que los síntomas hayan mejorado
Y
 - 10 días después de la aparición de los síntomas
 - Dependiendo de la recomendación de su proveedor de atención médica y de la disponibilidad de pruebas, es posible que le hagan una prueba para determinar si todavía tiene el COVID-19. Si le van a hacer la prueba, usted puede estar cerca de otras personas cuando no tenga fiebre, los síntomas hayan mejorado y reciba dos resultados de la prueba negativos seguidos, con una separación de al menos 24 horas.
- **Tuve un resultado positivo en la prueba del COVID-19, pero no tuve síntomas**
 - Si usted sigue sin presentar síntomas, puede estar cerca de otras personas después de que:
 - Hayan pasado 10 días desde que se hizo la prueba
 - Dependiendo de la recomendación de su proveedor de atención médica y de la disponibilidad de pruebas, es posible que le hagan una prueba para determinar si todavía tiene el COVID-19. Si le van a hacer la prueba, usted puede estar cerca de otras personas después de que reciba dos resultados de la prueba negativos seguidos, con una separación de al menos 24 horas.
 - Si empieza a tener síntomas después de un resultado positivo en la prueba, siga las directrices detalladas arriba para "Creo o sé que tuve el COVID-19 y tuve síntomas".

[cdc.gov/coronavirus-es](https://www.cdc.gov/coronavirus-es)

8. Wash your hands immediately when you return home.

9. Maintain a physical distance between you and those at higher risk in your household.

For example, avoid hugging, kissing, or sharing food or drinks.

You can find more information about running essential errands at www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html.

How to protect members of the household who are at higher risk for severe illness

Adults 65 or older and people who have serious underlying medical conditions are at highest risk of severe illness from COVID-19. **If your household includes people in these groups, then all family members should act as if they, themselves, are at higher risk.**



Here are seven ways to protect your household members.

1. Stay home as much as possible.

2. Wash your hands often, especially after you have been in a public place or after blowing your nose, coughing, or sneezing. Information on when and how to wash hands can be found here: www.cdc.gov/handwashing/when-how-handwashing.html.



3. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if you can't wash with soap and water.

» Place a dime-sized amount in your palm and rub your hands together, covering all parts of your hand, fingers, and nails until they feel dry.

4. Don't touch your eyes, nose, and mouth with unwashed hands.

5. Cover your coughs and sneezes.

- » If you cough or sneeze, cover your mouth and nose with a tissue or use the inside of your elbow.
- » Throw used tissues in the trash.
- » Immediately wash your hands.



6. Clean and then disinfect your home.

- » Wear disposable gloves, if available.
- » Clean frequently touched surfaces daily with soap and water or other detergents. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- » Then, use an EPA-registered disinfectant that is appropriate for the surface. Follow the instructions on the label for safe and effective use of the cleaning product. Disinfectants are chemicals that kill germs on surfaces.



EPA-registered disinfectants are listed here: www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2.

More about cleaning and disinfecting can be found here: www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html

7. Don't have visitors unless they need to be in your home.

You can find more information at www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html.

How to protect children and others from getting sick

Adults 65 years and older and people who have serious medical conditions should avoid caring for the children in their household, if possible. If people at higher risk must care for the children in their household, the children in their care should not have contact with individuals outside the household.

Follow these five tips to help protect children and others from getting sick.

- 1. Teach children the same things everyone should do to stay healthy.** Children and other people can spread the virus even if they don't show symptoms. Learn more at www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html.
- 2. Don't let children have in-person playdates with children from other households.**
- 3. Teach children who are playing outside to stay 6 feet away from anyone who is not in their own household.**
- 4. Help children stay connected to their friends through video chats and phone calls.**
- 5. Teach children to wash their hands.** Explain that hand washing can keep them healthy and stop the virus from spreading to others.
 - » **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. Lather the backs of your hands, between your fingers, and under your nails.
 - » **Scrub** your hands for at least 20 seconds.
 - » **Rinse** your hands well under clean, running water.
 - » **Dry** your hands using a clean towel or air dry them.



You can find more information about caring for children at www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html.

How to care for a household member who is sick

Most people who get sick with COVID-19 will have only mild illness and should stay at home to recover. Care at home can help stop the spread of COVID-19 and help protect people who are at risk for getting seriously ill from COVID-19.

If you are caring for someone who is sick at home, follow these six tips:

- 1. Have the person stay in one room, away from other people, including yourself, as much as possible.**
- 2. Have them use a separate bathroom, if possible.**
- 3. Look for emergency warning signs* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:**

- » Trouble breathing
- » Persistent pain or pressure in the chest
- » New confusion
- » Inability to wake or stay awake
- » Bluish lips or face

* This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



4. Make sure the person with COVID-19 does the following:

- » Drinks a lot of fluids to stay hydrated
- » Rests at home
- » Uses over-the-counter medicines to help with symptoms (after talking to their doctor)

For most people, symptoms last a few days and they get better after a week.

5. Have their doctor's phone number on hand, and call their doctor if the person with COVID-19 gets sicker.

If English is your second language, a household member should know how to ask for an interpreter.

6. Call 911 for medical emergencies. Tell the 911 operator that the patient has or is suspected to have COVID-19.

If English is your second language, a household member should know how to ask for an interpreter.

You can find more information about caring for someone who is sick at www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html.



How to isolate a sick household member when household space is limited

If you cannot provide a separate room and bathroom for a person who is sick with COVID-19, try to separate them from other household members. Try to create adequate separation within your household to protect everyone, especially those people at higher risk (those over 65 years and those who have medical conditions).

Follow these ten tips when isolating a household member who is sick:

1. **Keep 6 feet between the person who is sick and other household members.**
2. **Cover coughs and sneezes; wash hands often; and don't touch your eyes, nose, and mouth.**
3. **Have the sick household member wear a cloth face covering when they are around other people at home and out (including before they enter a doctor's office).**

The cloth face covering can be a scarf or bandana. But they should not be placed on children under age 2, anyone who has trouble breathing, or anyone who is not able to remove the covering without help. You can find more about cloth face coverings at www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html.

4. **Keep people at higher risk separated from anyone who is sick.**
5. **Have only one person in the household take care of the person who is sick.**

This caregiver should be someone who is not at higher risk for severe illness.

- » The caregiver should clean where the sick person has been, as well as their bedding and laundry.
- » The caregiver should minimize contact with other people in the household, especially those who are at higher risk for severe illness.
- » Have a caregiver for the person who is sick and a different caregiver for other members of the household who require help with cleaning, bathing, or other daily tasks.



6. **Clean and disinfect surfaces, doorknobs, and other commonly touched surfaces** with EPA-registered disinfectants daily. Find a list here: www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2.

7. Limit visitors to those with an essential need to be in the home.

8. Don't share personal items like phones, dishes, bedding, or toys.

9. Try to do the following if you need to share a bedroom with someone who is sick:

- » Make sure the room has good air flow. Open a window and turn on a fan to bring in fresh air.
- » Place beds at least 6 feet apart, if possible.
- » Sleep head to toe.
- » Put a curtain around or place another physical divider to separate the bed of the person who is sick from other beds. For example, you might use a shower curtain, room screen divider, large cardboard poster board, quilt, or large bedspread.



10. Have the person who is sick clean and disinfect frequently touched surfaces in a shared bathroom.

If this is not possible, others who share the bathroom should wait as long as possible after the sick person uses the bathroom before entering it to clean and disinfect or to use the bathroom. Make sure the room has good air flow. Open a window and turn on a fan (if possible) to bring in and circulate fresh air.

How to eat meals together and feed a household member who is sick

If possible, make a plate for the sick household member to eat in the separate area they are staying in. If they cannot eat in the separate area they are staying in, they should stay at least 6 feet away from other members of the household during meals. Or, they should eat at a different time than others in the household.

Also, follow these seven tips:

1. Don't help prepare food if you are sick.

2. Wash your hands for at least 20 seconds with soap and water before eating.

This includes everyone in the household!

3. Use clean utensils when placing food on every household member's plate.

4. Don't eat from the same dishes or use the same utensils as someone else in the household.

5. Wear gloves to handle dishes, drinking glasses, and utensils (food service items), if possible. Also, wash these non-disposable items with hot water and soap or in a dishwasher after you use them.

6. Have only one person bring food to the sick person and clean-up the sick person's food service items. This should be someone who is not at higher risk for severe illness.

7. Wash your hands after handling used food service items.



Guía para las familias grandes o extendidas que viven en el mismo hogar

Los adultos mayores y las personas de cualquier edad con afecciones subyacentes graves tienen mayor riesgo de enfermarse gravemente por la enfermedad del coronavirus 2019 (COVID-19). **Si en su hogar hay personas que pertenecen a estos grupos, entonces todos los miembros de la familia deberían actuar como si ellos mismos estuvieran en mayor riesgo.** Esto puede ser difícil si el espacio en el que vive la familia grande o extendida es limitado. La siguiente información podría ayudarlo a proteger a las personas más vulnerables de su hogar.

Este documento le explica cómo hacer lo siguiente:

- Proteger el hogar cuando salga a hacer diligencias.
- Proteger a los miembros del hogar que tengan un riesgo alto de enfermarse gravemente.
- Proteger a los niños y a los demás para que no se enfermen.
- Cuidar a un miembro del hogar que esté enfermo.
- Aislar a un miembro del hogar que esté enfermo.
- Comer juntos y alimentar a un miembro del hogar que esté enfermo.

Cómo proteger el hogar cuando deba salir de la casa

¡No salga de la casa a menos que sea absolutamente necesario!

Por ejemplo, salga solamente si debe ir a trabajar, a la tienda de comestibles, la farmacia o a citas médicas que no se puedan posponer (como las de bebés y personas con afecciones graves). Elija una o dos personas que no estén en mayor riesgo de enfermarse gravemente de COVID-19 para hacer las diligencias. **Si debe salir de la casa, siga estos nueve consejos:**



1. Evite los lugares con muchas personas, incluidas las reuniones sociales de cualquier tamaño.
2. Manténgase a una distancia de al menos 6 pies de las otras personas.
3. Lávese las manos con frecuencia.
4. No toque las superficies que se tocan con frecuencia en los lugares públicos, como los botones del ascensor o las barandas.
5. No use transporte público, como el tren o el bus, de ser posible. Si debe tomar un medio de transporte público:
 - » Manténgase a una distancia de 6 pies de los otros pasajeros lo más posible.
 - » Evite tocar las superficies que se tocan frecuentemente, como las barandas.
 - » Lávese las manos o use un desinfectante de manos lo antes posible después de usar el transporte público.
6. No vaya en auto con los miembros de otro hogar.
7. Use una cubierta de tela para la cara para ayudar a desacelerar la propagación del COVID-19.
 - » Las cubiertas de tela para la cara elaboradas con artículos de uso doméstico o hechas en casa con materiales comunes de bajo costo pueden usarse como una medida de salud pública voluntaria adicional. Hay información disponible sobre el uso de cubiertas de tela para la cara en <https://espanol.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.
8. Lávese las manos de inmediato cuando regrese a casa.
9. Mantenga una distancia física entre usted y las personas en su hogar que estén en mayor riesgo.



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Por ejemplo, evite darle abrazos o besos, o compartir alimentos o bebidas. Puede encontrar más información sobre cómo hacer las diligencias esenciales en <https://espanol.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html>.




cdc.gov/coronavirus-es

Cómo proteger a los miembros del hogar que tengan mayor riesgo de enfermarse gravemente.

Los adultos de 65 años o mayores y las personas con afecciones subyacentes graves tienen el mayor riesgo de enfermarse gravemente por el COVID-19. **Si en su hogar hay personas que pertenecen a estos grupos, entonces todos los miembros de la familia deberían actuar como si ellos mismos estuvieran en mayor riesgo.**



Estas son siete maneras de proteger a los miembros de su hogar.

- 1. Quéedese en casa lo más posible.**
- 2. Lávese las manos con frecuencia**, especialmente después de haber estado en un lugar público o después de sonarse la nariz, toser o estornudar. Puede encontrar información sobre cómo lavarse las manos en <https://www.cdc.gov/handwashing/esp/when-how-handwashing.html>.
- 3. Use un desinfectante de manos que contenga al menos un 60 % de alcohol si no puede lavarse las manos con agua y jabón.**
 - » Póngase en la palma una cantidad del tamaño de una moneda de 10 centavos y frótese las manos cubriéndose todas las partes de las manos, los dedos y las uñas hasta que sienta que están secas.
- 4. No se toque los ojos, la nariz y la boca con las manos sin lavar.**
- 5. Cúbrase la nariz y la boca cuando tosa y estornude.**
 - » Si tose o estornuda, cúbrase la nariz y la boca con un pañuelo desechable o use la parte interna del codo.
 - » Bote los pañuelos desechables usados a la basura.
 - » Lávese las manos de inmediato.
- 6. Limpie y después desinfecte su casa.**
 - » Use guantes desechables si tiene.
 - » Limpie todos los días las superficies que se tocan frecuentemente con agua y jabón u otros detergentes. Esto incluye mesas, manijas de las puertas, interruptores de luz, mesones, barandas, escritorios, teléfonos, teclados, inodoros, grifos, lavamanos y lavaplatos.
 - » Después, use un desinfectante que esté registrado en la EPA adecuado para la superficie. Siga las instrucciones de la etiqueta para usar el producto de limpieza de manera segura y eficaz. Los desinfectantes son sustancias químicas que matan microbios en las superficies.

La lista de desinfectantes registrados en la EPA se encuentra en www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2.

Puede encontrar más información sobre la limpieza y desinfección en <https://espanol.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>

- 7. No reciba a visitantes a menos que necesiten estar en la casa.**

Puede encontrar más información en <https://espanol.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html>.

Cómo proteger a los niños y a los demás para que no se enfermen.

Los adultos de 65 años o mayores y las personas con afecciones graves deben evitar cuidar a los niños del hogar si es posible. Si es necesario que lo hagan, los niños que cuiden no deben tener contacto con otras personas fuera del hogar.

Siga estos cinco consejos para proteger a los niños y a los demás para que no se enfermen.

- 1. Enséñeles a los niños las mismas cosas que todos deben hacer para mantenerse sanos.** Tanto los niños como otras personas pueden propagar el virus aunque no muestren síntomas. Obtenga más información en <https://espanol.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html>.
- 2. No permita que los niños jueguen en persona con niños de otros hogares.**
- 3. En el caso de los que juegan afuera, enséñeles a mantenerse a 6 pies de distancia de cualquier persona que no sea de su hogar.**
- 4. Ayude a los niños a mantenerse conectados con sus amigos mediante chats por video o por teléfono.**
- 5. Enséñeles a lavarse las manos.** Explíqueles que el lavado de manos puede mantenerlos sanos y detener la propagación del virus a otras personas.
 - » **Mojarse** las manos con agua corriente limpia (tibia o fría), cerrar el grifo y enjabonarse las manos.
 - » **Frotarse** las manos con el jabón hasta que haga espuma. Frotarse la espuma por la parte de atrás de las manos, entre los dedos y debajo de las uñas.
 - » **Restregarse** las manos durante al menos 20 segundos.
 - » **Enjuagarse** bien las manos con agua corriente limpia.
 - » **Secárselas** con una toalla limpia o al aire.



Puede encontrar más información sobre el cuidado de los niños en <https://espanol.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html>.

Cómo cuidar a un miembro del hogar que esté enfermo.

La mayoría de las personas que se enferman de COVID-19 solo presentan un caso leve y deberían quedarse en casa para recuperarse. El cuidado en la casa puede ayudar a detener la propagación del COVID-19 y proteger a las personas con riesgo de enfermarse gravemente por el COVID-19.



Si usted está cuidando a alguien enfermo en su casa, siga estos seis consejos:

- 1. Separe a la persona en otra habitación, alejada de los demás, incluido usted, tanto como sea posible.**
- 2. Pídale que use un baño separado, si es posible.**
- 3. Vigile si presenta signos de advertencia de una emergencia y busque atención médica de inmediato si presenta alguno de los siguientes:**
 - » Dificultad para respirar
 - » Dolor o presión persistentes en el pecho
 - » Confusión que no haya tenido antes o incapacidad para despertarse
 - » Labios o cara azulados
 - » Cualquier otro síntoma que sea grave o preocupante
- 4. Asegúrese de que la persona con COVID-19 haga lo siguiente:**
 - » Beba abundante líquido para mantenerse hidratada
 - » Descanse en casa
 - » Tome medicamentos de venta sin receta para ayudar con los síntomas (después de consultar con su médico)

En la mayoría de los casos, los síntomas duran unos días y mejoran después de una semana.

5. Tenga el número de teléfono del médico a mano y llámelo si la persona con COVID-19 empeora.

Si inglés es su segundo idioma, un miembro del hogar debería saber cómo solicitar un intérprete.

6. Llame al 911 para las emergencias médicas. Dígame al operador del 911 que el paciente tiene COVID-19 o se sospecha que lo tiene.

Si inglés es su segundo idioma, un miembro del hogar debería saber cómo solicitar un intérprete.

Puede encontrar más información sobre cómo cuidar a alguien enfermo en <https://espanol.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>.



Cómo aislar a un miembro del hogar que esté enfermo cuando el espacio en el hogar es limitado

Si no puede proveerle una habitación y un baño separados a la persona enferma de COVID-19, intente separarla de los otros miembros del hogar. Intente crear una separación adecuada dentro del hogar para proteger a todos, especialmente a las personas con mayor riesgo (las de 65 años o mayores o las que tienen afecciones).



Siga estos diez consejos al aislar a un familiar enfermo:

- 1. Mantener una distancia de 6 pies entre la persona enferma y los demás miembros del hogar.**
- 2. Cubrirse la nariz y la boca al toser o estornudar; lavarse las manos con frecuencia y no tocarse los ojos, la nariz o la boca.**
- 3. Hacer que la persona enferma use una cubierta de tela para la cara cuando esté alrededor de los demás y cuando salga (incluso antes de entrar al consultorio del médico).**

La cubierta de tela para la cara puede ser una bufanda o un pañuelo. No se les debe poner una cubierta de tela para la cara a los niños menores de 2 años ni a cualquier persona que no se la pueda quitar sin ayuda. Puede encontrar más información sobre las cubiertas de tela para la cara en <https://espanol.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>.
- 4. Mantener a las personas con mayor riesgo separadas de cualquiera que esté enfermo.**
- 5. Coordinar para que solo una persona del hogar cuide a la persona enferma.**

Este cuidador debería ser alguien que no tenga mayor riesgo de enfermarse gravemente.

 - » El cuidador debería limpiar el lugar donde haya estado la persona enferma, así como su ropa de cama y demás ropa.
 - » El cuidador debe también minimizar el contacto con las demás personas del hogar, especialmente aquellas que tengan mayor riesgo de enfermarse gravemente.
 - » Asigne a un cuidador para la persona enferma y un cuidador diferente para los otros miembros del hogar que necesiten ayuda para limpiarse, bañarse o con otras actividades cotidianas.
- 6. Limpiar y desinfectar todos los días las superficies, manijas de puertas y demás superficies que se tocan frecuentemente** con desinfectantes registrados en la EPA. Aquí hay una lista: www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2.
- 7. Limitar las visitas a aquellas personas que tengan una necesidad esencial para estar en la casa.**
- 8. No compartir artículos de uso personal, como teléfonos, platos, ropa de cama o juguetes.**

9. Intentar lo siguiente si se necesita compartir la habitación con alguien que está enfermo:

- » Asegúrese de que la habitación tenga buena circulación de aire. Abra una ventana y encienda un ventilador para que entre aire fresco.
- » Si es posible, coloque las camas a una distancia de al menos 6 pies.
- » Duerman con la cabeza en el lado de los pies de la otra persona.
- » Coloque una cortina o algún divisor físico para separar la cama de la persona enferma de las otras camas. Por ejemplo, podría usar una cortina de baño, una pantalla divisora, un afiche grande de cartón para presentaciones, una manta o un cubrecamas grande.

10. Pídale a la persona enferma que limpie y desinfecte las superficies del baño compartido que se tocan frecuentemente.

- » Si no es posible, después de que la persona enferma use el baño, las que compartan el baño con ella deberían esperar lo más posible antes de entrar para limpiarlo y desinfectarlo o usarlo. Asegúrese de que la habitación tenga buena corriente de aire. Abra una ventana y encienda un ventilador (si es posible) para que entre y circule aire fresco.



Cómo comer las comidas juntos y alimentar a un miembro del hogar que esté enfermo

Si es posible, prepare un plato para que el familiar enfermo coma en su área separada. Si no puede comer en el área, debería quedarse a una distancia de al menos 6 pies de los demás durante las comidas. O debería comer a una hora distinta de los demás.



Siga también estos siete consejos:

1. **No ayude a preparar alimentos si está enfermo.**
2. **Lávese las manos durante al menos 20 segundos con agua y jabón antes de comer.**
¡Esto incluye a todas las personas del hogar!
3. **Use cubiertos limpios para servirle la comida en el plato a cada persona del hogar.**
4. **No coma del mismo plato ni use los mismos cubiertos que otra persona del hogar.**
5. **Use guantes para tocar los platos, vasos y cubiertos (artículos de servicio usados para comer) si es posible.** Además, lave estos artículos no desechables con agua caliente y jabón o en una lavadora automática después de usarlos.
6. **haga que una sola persona le lleve la comida a la que está enferma y limpie los artículos que haya usado para comer.** Esta persona debería ser alguien que no tenga mayor riesgo de enfermarse gravemente.
7. **Lávese las manos después de tocar los artículos de servicio que se hayan usado para comer.**

10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you have possible or confirmed COVID-19:

1. **Stay home** from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.



6. **Cover your cough and sneezes.**



2. **Monitor your symptoms** carefully. If your symptoms get worse, call your healthcare provider immediately.



7. **Wash your hands often** with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



3. **Get rest and stay hydrated.**



8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a cloth face covering.



4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.



9. **Avoid sharing personal items** with other people in your household, like dishes, towels, and bedding.



5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.



10. **Clean all surfaces** that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.



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[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

10 maneras de manejar los síntomas respiratorios en casa

Si tiene fiebre, tos o dificultad para respirar, llame a su proveedor de atención médica. Es posible que le recomienden manejar el cuidado de su salud en casa. Siga estos consejos:

- 1. Quédese en casa**, no vaya al trabajo ni a la escuela, y evite visitar otros lugares públicos. Si debe salir, evite usar transporte público, vehículos compartidos o taxis.



- 2. Monitoree sus síntomas** con mucha atención. Si sus síntomas empeoran, llame de inmediato a su proveedor de atención médica.



- 3. Descanse y manténgase hidratado.**



- 4.** Si tiene una cita médica, **llame al proveedor de atención médica** antes de ir, e infórmele que tiene o podría tener COVID-19.



- 5.** Si tiene una emergencia médica, llame al 911 y **avísele a la operadora** que tiene o podría tener COVID-19.



- 6. Cúbrase la nariz y la boca al toser o estornudar.**



- 7. Lávese las manos frecuentemente** con agua y jabón por al menos 20 segundos o límpieselas con un desinfectante de manos que contenga al menos un 60 % de alcohol.



- 8.** En la medida de lo posible, **quédese** en una habitación específica y **alejado de las demás personas** que viven en su casa. Además, de ser posible, debería utilizar un baño separado. Si debe estar en contacto con otras personas dentro o fuera de su casa, use una mascarilla.



- 9. Evite compartir artículos personales** con las demás personas en su casa, como platos, vasos, cubiertos, toallas y ropa de cama.



- 10. Limpie todas las superficies** que se tocan frecuentemente, como los mesones, las mesas y las manijas de las puertas. Utilice limpiadores de uso doméstico, ya sea en rociador o toallitas, según las instrucciones de la etiqueta.



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Para obtener más información: www.cdc.gov/COVID19-es

Symptoms of Coronavirus (COVID-19)

Know the symptoms of COVID-19, which can include the following:



Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical care immediately if someone has emergency warning signs of COVID-19.

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your healthcare provider for any other symptoms that are severe or concerning to you.



cdc.gov/coronavirus

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Síntomas del coronavirus (COVID-19)

Conozca los síntomas del COVID-19, que pueden incluir:



Los síntomas pueden ser de leves a graves, y aparecer de 2 a 14 días después de la exposición al virus que causa el COVID-19.

Busque atención médica de inmediato si alguien tiene signos de advertencia de una emergencia del COVID-19

- Dificultad para respirar
- Dolor o presión persistentes en el pecho
- Estado de confusión de aparición reciente
- No puede despertarse o permanecer despierta
- Labios o cara azulados

Esta lista no incluye todos los síntomas posibles. Llame a su proveedor de atención médica si tiene cualquier otro síntoma que sea grave o que le preocupe.



Centers for Disease Control and Prevention
National Center for Emerging and Zoonotic Infectious Diseases

cdc.gov/coronavirus-es

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