

HEALTH AND SAFETY TRAINING FOR SECONDARY SCHOOL STUDENTS



Stay home
if sick



Don't share
items put in
your mouth



Clean your
hands



Cough on
your elbow



Keep a safe
distance



WHEN WE NEED TO WASH OUR HANDS



STUDENTS

- When they arrive at school and before they go home
- Before and after any breaks (e.g. recess, lunch)
- Before and after eating and drinking (excluding drinks kept at a student's desk)
- Before and after using an indoor learning space used by multiple cohorts (e.g. the gym, music room, science lab, etc.)
- After using the toilet
- After sneezing or coughing into hands
- Whenever hands are visibly dirty

STAFF

- When they arrive at school or work and before they go home
- Before and after any breaks (e.g. recess, lunch)
- Before and after eating and drinking
- Before and after handling food or assisting students with eating
- Before and after giving medication to a student or self
- After using the toilet
- After contact with body fluids (e.g. runny nose, spit, vomit, blood)
- After cleaning tasks
- After removing gloves
- After handling garbage
- Whenever hands are visibly dirty

SECONDARY STUDENTS

SCHOOL ARRIVAL AND DISMISSAL

- What doors do we use from our classroom?
- Do not crowd in hallways .

HANDWASHING – HOW AND WHEN

- Go over the handwashing chart on page 4 to review when and how hands must be washed.

COUGH/SNEEZE ETIQUETTE

- What is cough/sneeze etiquette?
- Go over the visuals on the following pages.
- Tell students where they can find tissue and garbage container (if you do not have one, ask your custodian to line an empty box or container with a garbage bag).

KEEPING HANDS TO OURSELVES IN THE CLASSROOM

- Wash hands before and after sharing.
- Maximize space as much as possible between others, indoors and outdoors, and respect personal space.

SECONDARY STUDENTS

HOW TO WEAR A MASK

- All staff and students are required to wear masks.
- See and review with students the *HOW TO CARE FOR AND WEAR OUR MASKS* infographic on page 5.
- Review how to store and wash masks.

SITE SPECIFIC HALLWAY FLOW

- Review hallway behaviour.
- Respect personal space and avoid involuntary touching.
- Reduce crowding as much as possible.

WHAT TO DO IF YOU ARE FEELING SICK

- Notify a teacher right away if you are feeling sick; the teacher will notify the office.
- Pack all items to go home and take them with you. Maintain a 2 metre distance from others; wear a mask if you're able.
- Identify areas in building you may have touched/been so that the custodian can clean to break the cycle of transmission.

SECONDARY STUDENTS

HEALTH CHECK PARTICIPATION WITH PARENT/GUARDIAN

- It is very important that you tell your parents/caregivers if you are not feeling well in the morning before you leave for school.
- You must participate in the health check with your parents every morning before you leave home.
- If you answered 'YES' to any of the health check questions and the symptoms are not related to a pre-existing condition (e.g. allergies), you **MUST NOT** come to school.

HOW TO BE A

GERM FIGHTER



SPLASH

some water
on your hands



SQUIRT

some soap on



SCRUB

the front and back of
your hands, don't forget
in between your fingers



SING

Happy Birthday twice
to make sure you
have scrubbed for
20 seconds



SPLASH

some more water
on and rinse
the soap



SOP

up the water by
drying your hands
with paper towel

Stay home if you're not feeling well

And if you notice someone is coughing and sneezing, give yourself a personal bubble and stay about **six feet** (or how long your bed is) away from them.



Cough and sneeze like you're 'dabbing'

Catch your cough or sneeze in the sleeve of your elbow, not your hands. This helps stop germs from spreading when people touch things after they cough or sneeze.

HOW TO KEEP OURSELVES SAFE



Stay home
if sick



Clean your
hands



Respect personal
space



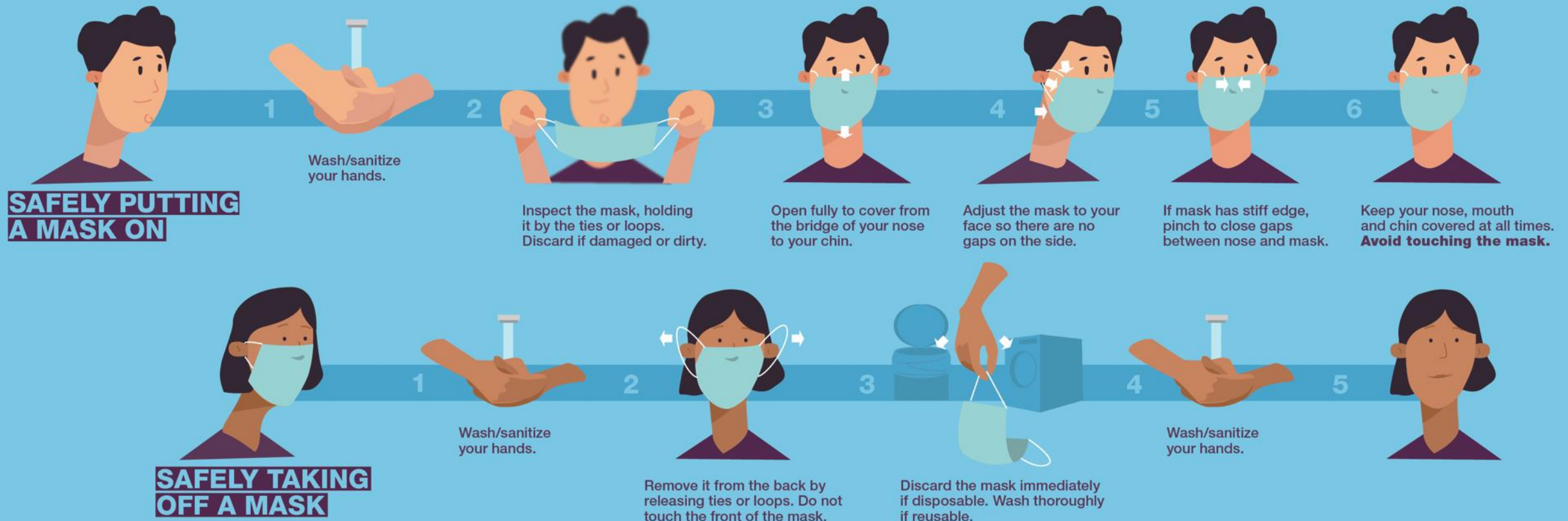
Cough on
your elbow



HOW TO CARE FOR AND WEAR OUR MASKS



Protocols for safely wearing and caring for a mask



HOW TO CARE FOR AND WEAR MASKS



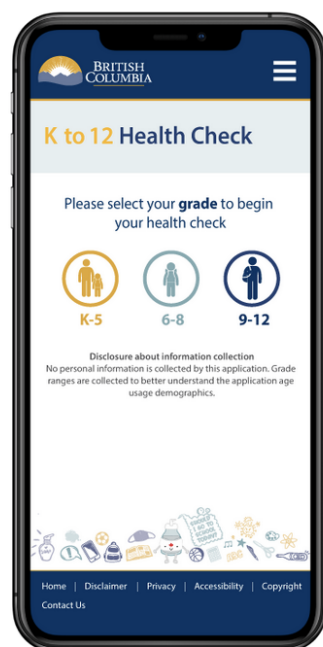
DO

- ▶ Make sure your mask isn't damaged
- ▶ Replace your mask whenever it becomes damp or dirty
- ▶ Wash your hands for 20 seconds or use hand sanitizer before and after touching the mask
- ▶ Use the ear loops or ties to put on and remove your mask
- ▶ Make sure your nose and mouth are fully covered, it fits securely, and there are no gaps on the sides
- ▶ Store your mask in a clean paper bag when it is not in use
- ▶ Wash your mask with hot soapy water and let it dry complete before using it again

DON'T

- ▶ Wear masks that are damaged, dirty, or moist
- ▶ Touch the mask while wearing it
- ▶ Wear a loose mask
- ▶ Hang the mask from your neck or ears
- ▶ Remove the mask to talk to someone
- ▶ Share your mask with anyone
- ▶ Store your mask where it may easily become soiled (e.g. unprotected in a purse, pocket, backpack, etc.)

K to 12 Health Check



Download the K to 12 Health Check Mobile App

The K to 12 Health Check App is also available on your mobile phone.



Download on the
App Store



GET IT ON
Google Play

<https://www.k12dailycheck.gov.bc.ca/>