

COMMUNICABLE DISEASE PLAN

2020-2021





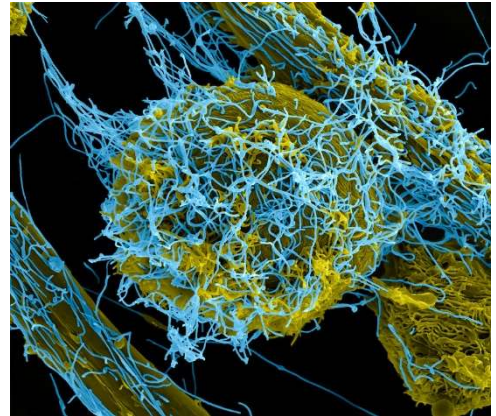
Hi there!

I'm Mr. Chris, the principal of Pioneer Christian Academy. This is a message for all the students, caregivers, and staff here at our school about how to keep as many kids as possible from getting sick this school year.

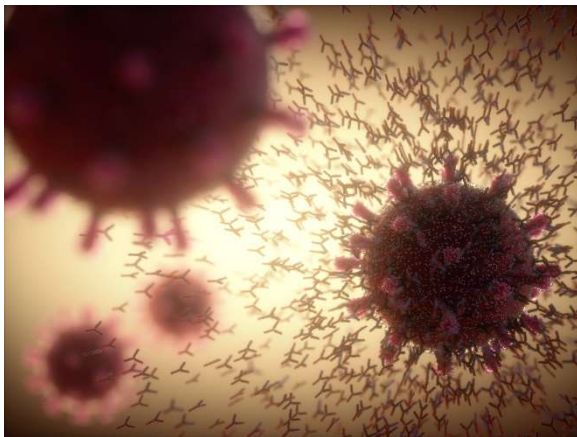
Nasty Little Viruses

Viruses are tiny, nasty enemies that search all around for people to land on. They float around in the air then dive-bomb into people's noses, eyes, and mouths every chance they have. They even wait on hard surfaces like light switches, Lego pieces, and iPhone screens. From there, they hitch rides onto people's hands and then infiltrate people's faces.

If a virus gets inside someone's body, it makes that person sick. This sickness is often called the flu. The sick person usually feels really hot, gets a sore throat, and coughs a lot. It can be pretty awful and is no fun at all. People sick with the flu usually take medicine that makes them feel better and helps them sleep.



Ebola virus particles. National Institute of Health.



Antibodies attacking virus particles. KTS Design.

The good news is that a sick person's body fights back. For a few days, a quiet but very grim war rages on. The nasty enemy viruses sneak around and attack healthy cells. But well-trained troops called antibodies patrol all around and smash the viruses wherever they can find them.

The good guys almost always win. Most kids in school are young and healthy, so they don't have a tough time getting rid of the viruses.

Unfortunately, the bad guys sometimes win, too.

This happens to people who have a hard time staying healthy like grandparents or kids with unreliable immune systems. Since these people already aren't doing well, they don't have the strength to fight off the enemy viruses.

Getting Around

So, how do these nasty little viruses cruise all over the place at school?

All our bodies create lots of different fluids and wastes. We have saliva in our mouths. We have mucus up our noses. Our skin makes sweat to keep us cool. We go to the bathroom to get rid of the things we eat and the things we drink. .



An actual sneeze. By CDC.

When viruses get inside people's bodies, these nasty little enemies mix in with all these fluids and wastes. Then when people cough, throw up, or use the bathroom, they spread these nasty viruses all over the place. As soon as the viruses find someone new to attack, they again roar into action. And that's how the flu spreads around.

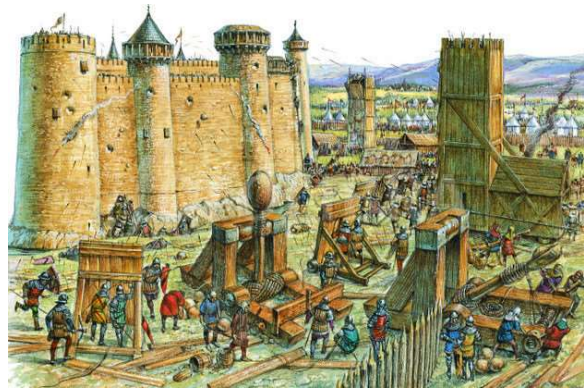
Here's the good news. Kids, teachers, and their families don't have to get sick. There are some common sense things we can do to keep these nasty little viruses from attacking.

Defend the Fort

Think of your body like a fort.

Now think of viruses as enemy soldiers attacking your fort.

What are some things we can do every day to defend our forts against the bad guys?



From thinglink.

*First, here are a few things that **YOU** are responsible to do...*

- **Whenever you feel sick, stay home.** This keeps you from spreading the nasties to other people. (See the section called "Should I Keep my Student Home from School?")

- **Stay home for a while after being sick.** Even when you feel better, you can still spread germs to other kids. It's best to wait at least 24 hours since you haven't had a fever and since you've taken any medicine to make you feel better. (See the section called "Should I Keep My Student Home from School?")
- **Cover your mouth with a tissue or the inside of your elbow when you cough or sneeze.** This keeps any viruses inside your body from zooming all over the place where they can dive-bomb onto other kids or your teachers. It's also really important to throw away the tissue right away and to sanitize your hands and/or elbow.
- **Wash or sanitize your hands really often every day (even your fingernails).** If any viruses are hanging out on your hands just waiting to jump onto your face, you can smash them with soap or hand sanitizer. Scrub really hard for at least 20 seconds.
- **Don't share your things.** I know, I know...all your life, adults tell you to share your stuff. But when the flu is spreading, it's actually nice to not share.



Washing your hands is one of the best ways to stay healthy. By Littlekidmoment.

*Second, here are a few things the **SCHOOL** is responsible to do...*

- **Keep the building spic-and-span.** By using disinfectant cleaners, we can smash any nasty little viruses before they can jump onto kids and teachers.
- **Make sure there's a safe spot for kids to go when they get sick at school.** Who wants to stay in the classroom when all you want to do is crawl back into to bed? No one.
- **Help kids to spread out in the classrooms.** The further kids are apart, the harder viruses have to work to get from one kid to the next.



By Maridav.

- **Check all the kids when they get to school every day to see if they look or feel sick.** Parents do this all the time, but the school needs to double-check.
- **Keep close track of how fast the virus is spreading in school.** This helps the school make good decisions to keep more kids and teachers from getting sick.
- **Put kids in groups and keep the groups from bumping into each other as much as possible.** This helps keep nasty little viruses from jumping to kids in other groups.
- **Make sure everyone knows what's going on.** This lets kids, parents, and teachers make good decisions to keep from getting sick.
- **Temporarily close school and/or transition to distance learning.** This will only happen if at least 25% of the students get sick at the same time.

Dealing with a Brand-New Virus

Did you know that your body will automatically smash any flu virus that you've had before without you even feeling sick? That's called immunity, and it's a really cool way that God keeps us from being sick all the time. But sometimes, a brand-new virus shows up that no one has seen before. Since no one has an immunity to it, the virus spreads really fast and make lots of people sick with the virus.



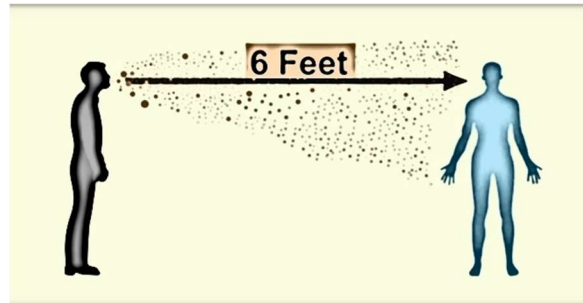
Immunity keeps kids from getting sick all the time. By Lightspring.

Doubling Down to Keep Kids Safe

When this happens, the school needs to be extra cautious and has special things it does besides the things mentioned before to keep kids from getting sick.

- **Let kids and teachers stay at home if someone in their family is sick.** If someone in your family is sick, there's a much bigger chance that you will get sick, too. Staying home can very quickly stop viruses from spreading outside your family.

- **Give kids LOTS of space to spread out.** Again, the further apart the kids are, the harder the new virus has to work.
- **Change, push out, or cancel school events.** If the new virus is spreading fast, it's a bad idea to get lots of people together in one place.



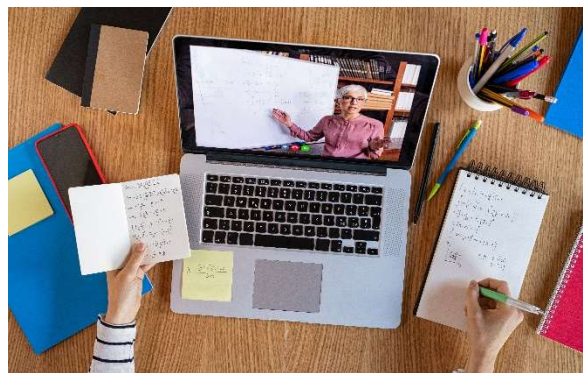
Staying six feet apart makes it harder for virus particles to travel from one person to another.

- **Ask parents to let us know if a doctor diagnoses a kid with the new virus.** This helps the school make well-informed decisions.
- **Make sure sick teachers stay home.** Teachers often want to show up to work when they shouldn't.
- **Make sure everyone knows what instructions the government is giving about the new virus.** ...so everyone knows and can make good decisions.
- **Follow any government instructions.** Direction from the federal, state, and local government allow us to make good decisions.

Uh Oh...

If a student or teacher at school gets sick with a brand-new virus, we need to be super-duper careful to keep it from spreading. Here's what the school will do.

- **Tell sick kids and teachers they can't come to school.** ...just making SURE they know.
- **Figure out which kids could possibly have gotten the new virus from the person who's been diagnosed.** This is so we can tell the kids' caregivers.
- **Close the school, transition to distance learning, or cancel school events if the government requires any of those actions.**



Distance learning is one way of keeping school open when a disease is spreading really fast. By Rido.

- **Follow special government instructions for cleaning the school.** This is to make sure we smash any of the new virus that's in the building.
- **Make sure everyone knows what the school is doing about the new virus.** This is so everyone understands what's going on and can make good decisions.

Getting Back Up and Running

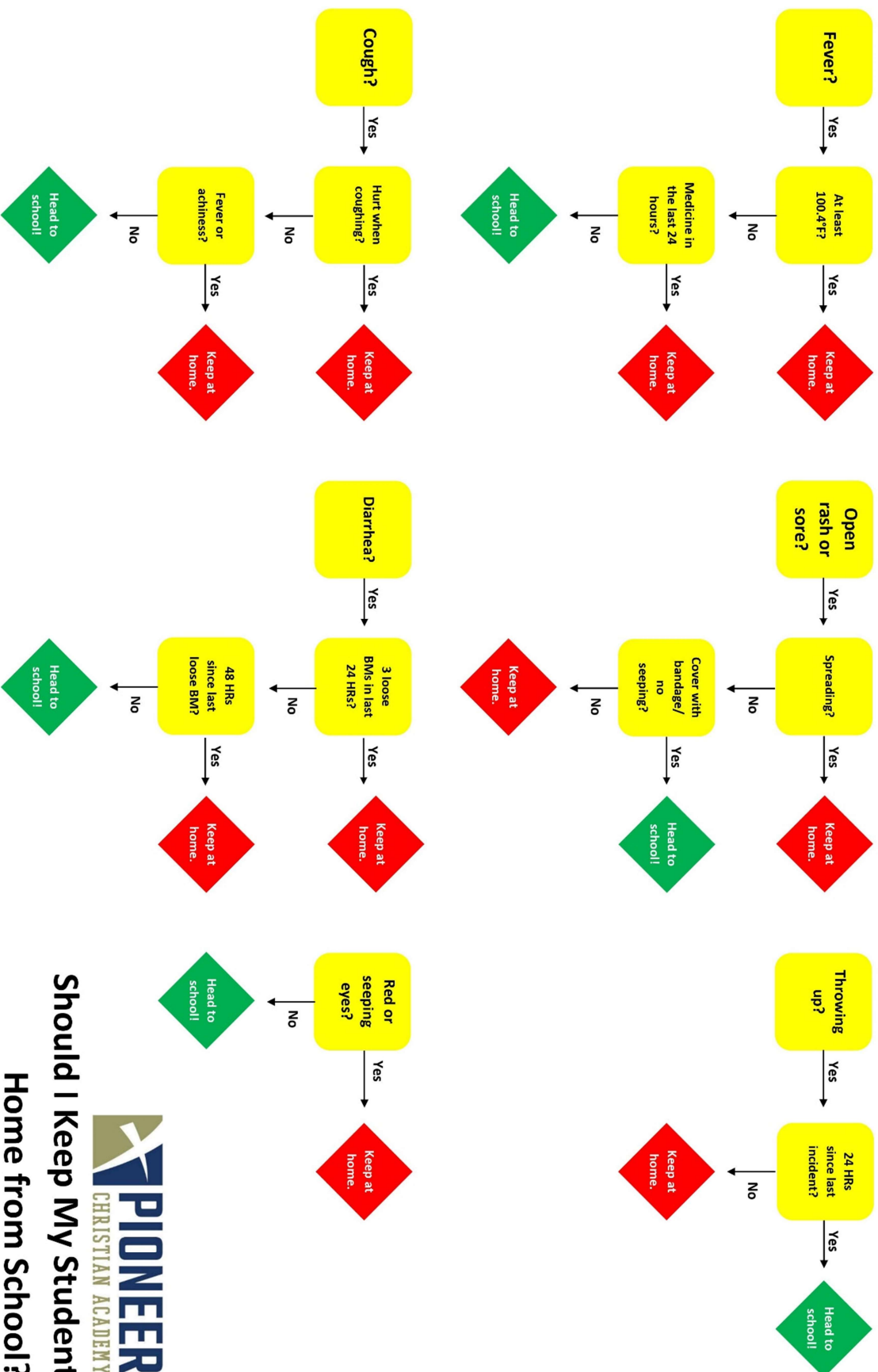
Kids sick at home, the school closed, distance learning – all of that stuff stinks. We want to get the school back to normal as fast as possible. That means walking the tightrope between moving too fast and moving too slowly. We don't want to get more kids sick. But we don't want kids to fall behind in the learning process, either. So, here's what the school will do.

- **Open up as soon as we responsibly can.**
- **Keep requiring sick kids and teachers to stay at home.**
- **Keep requiring kids to not have a fever and be off medicine for at least 24 hours before coming back to school.**
- **Keep disinfecting the building.**
- **Meet to think about how things went and what we need to improve in case it happens again.**
- **Create a plan to make up missed learning.**



By Monkey Business Images.

Common Symptoms



PIONEER
CHRISTIAN ACADEMY

**Should I Keep My Student
Home from School?**

This is not meant to be medical advice.

Summary of Communicable Disease Plan

Level 1: Defend the Fort (Prevention)

What each person needs to do...	What the school needs to do...	How to keep the campus sanitary...	How information will be spread...
<ul style="list-style-type: none"> Stay home when sick (see “Should I Keep My Student Home from School?”) Stay home after recovering from sickness (see “Should I...”) Cover mouth with tissue or arm when coughing or sneezing. Throw away tissue and/or sanitize arm. Routinely wash and/or sanitize hands. Share personal items as little as possible. 	<ul style="list-style-type: none"> Move desks as far apart as possible. Encourage students to spread out as much as possible. Check each student for signs of illness when arriving at school. Determine the baseline absentee rate as a tool to determine when a disease is spreading and keeping kids from coming to school. Keep classrooms from interacting with each other as much as possible. Follow federal, state, and local guidelines concerning closing school and transitioning to distance learning. 	<ul style="list-style-type: none"> Regularly disinfect the campus according to CDC, OHA, and LCHD guidelines. Provide a place to isolate students and staff who become sick while at school. Sanitize the area when the sick person has gone home. 	<ul style="list-style-type: none"> Communicate federal, state, and local guidelines to staff, students, and caregivers. Communicate specific and practical instructions to staff. Communicate with the caregivers of high-risk students. Communicate with high-risk staff.

Level 2: Dealing with a Brand-New Virus – Doubling Down to Keep Kids Safe

What each person needs to do...	What the school needs to do...	How to keep the campus sanitary...	How information will be spread...
<ul style="list-style-type: none"> Continue all applicable steps from Level 1 and... Staff and students should stay home if anyone in their households are sick. Let the school know if a student or staff member is diagnosed with a new disease. Follow any special instructions from the CDC, OHA, or LCHD. 	<ul style="list-style-type: none"> Continue all applicable steps from Level 1 and... Keep students at least six feet apart. Change, postpone, or cancel school events according to federal, state, and local guidelines. Follow any special instructions from the CDC, OHA, or LCHD. 	<ul style="list-style-type: none"> Continue all applicable steps from Level 1 and... Follow any special cleaning and disinfection instructions from the CDC, OHA, or LCHD. 	<ul style="list-style-type: none"> Continue all applicable steps from Level 1 and... Reinforce that staff need to stay home when sick.

Level 3: Dealing with a Brand-New Virus – Uh Oh... (What happens when someone is diagnosed with the new disease)

What each person needs to do...	What the school needs to do...	How to keep the campus sanitary...	How information will be spread...
<ul style="list-style-type: none"> Continue all applicable steps from Levels 1 and 2 and... 	<ul style="list-style-type: none"> Continue all applicable steps from Levels 1 and 2 and... Figure out which staff and students came into contact with the person diagnosed with the new disease. Close the school, transition to distance learning, or cancel school events if the federal, state, or local government requires any of those actions. 	<ul style="list-style-type: none"> Continue all applicable steps from Levels 1 and 2. 	<ul style="list-style-type: none"> Continue all applicable steps from Levels 1 and 2 and... Reinforce that staff and students need to stay home when sick. Inform any staff and students who came into contact with the person diagnosed with the new disease.

Level 4: Getting Back Up and Running

What each person needs to do...	What the school needs to do...	How to keep the campus sanitary...	How information will be spread...
<ul style="list-style-type: none"> Return to Step 1. 	<ul style="list-style-type: none"> Return to Step 1. Meet to evaluate the school's response to the new disease and make plans on how to improve the process. Create a plan for making up for missed learning. 	<ul style="list-style-type: none"> Return to Step 1. 	<ul style="list-style-type: none"> Return to Step 1.

The principal is responsible to remain informed of federal, state, and local guidelines and how they apply to the school.

The school board will make major decisions concerning the form and function of the school.