

# Stay safe in school.

## Geisinger

**Safety is everyone's responsibility. Keep the following in mind to help keep your friends, family, teachers and yourself healthy!**

### Home Screening

Symptom screening should be done at home each morning before the school day. While it can be challenging, it is important to keep sick children home from school.

Children should be checked daily for any of the following new symptoms:

- Cough
- Shortness of breath
- Fever (defined as 100.4°F/38.0°C or greater)
- Chills or repeated shaking
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Congestion or runny nose
- Nausea and vomiting
- Diarrhea
- Exposure (close, unprotected, and prolonged contact with a known or suspected case of COVID-19 in prior 14 days)

If students meet any of these criteria, parents should keep them home from school and consult with their doctor or health care provider.

[geisinger.org/EducationResources](https://www.geisinger.org/EducationResources)



## **Masking**

Why wear a mask:

- To protect others. Any mask will act as a barrier to particles that come out of your nose and mouth. You can carry coronavirus without showing any symptoms, so it's important to wear a mask to protect everyone around you.
- To protect yourself. Masks also help to filter the air you breathe in. If someone near you sneezes or coughs, a mask will decrease the amount of respiratory particles you inhale, including viruses, which decreases your chance of getting sick.

## **Social distancing**

It can be hard to keep a distance from others in school, but in addition to masks, distancing is an effective way to keep yourself and others safe from being exposed to the coronavirus and reduce the spread. Be sure to keep physical distance between yourself and others (6 feet is recommended) and follow the steps your school has taken to maintain safe distancing practices.

## **Handwashing**

Coronavirus can live on surfaces for hours or even days. Wash your hands often, or use hand sanitizer frequently, especially before touching your eyes, nose and mouth.

- Wash your hands, including the backs of your hands and between your fingers, often with soap and water for at least 20 seconds, especially after you have been in public areas.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth, especially if you haven't recently washed your hands.