How to Stay Safe

DURING A SEMESTER OF COVID-19

COVID-19 RESPONSE

As school semesters begin and students return to classrooms and hallways, Lafayette General Health wants to provide some helpful tips for keeping teachers and staff safe throughout the school year.

Keep Surfaces and Personal Items Safe

Bring the bare minimum personal items to school and keep them in a clean, separate and designated area. That includes any drinks or snacks!

Regularly clean high-touch surfaces (such as door knobs, desks, chairs, light switches, shared toys, keyboards, mice and telephones) with an approved cleaner or solution of 1/3 cup bleach per gallon of water.

Keep Yourself Protected

Because COVID can infect through the eyes, nose and mouth, a clean mask that properly seals around your nose and glasses or safety eyewear are important parts of your campus couture. Launder masks daily and replace when damaged!

Don't touch the outside of the mask or your glasses. When you take them off to eat or drink, grab masks by the ear loops and glasses by their temples.
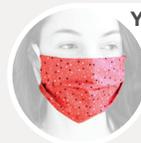
Wear the right mask!

SURGICAL — YES

NECK GAITER — NO

HOMEMADE — YES
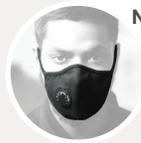
BANDANA — NO

VALVE MASK — NO

Proper mask wearing plays an essential role in preventing COVID-19

Keep Yourself Healthy

Wash your hands regularly! Clean personal items, such as cell phones and watches, and invest in alcohol wipes and personal hand sanitizer.

Wear your hair up and don't touch your face. If you are a face toucher, use facial wipes throughout the day to keep it clean.

Take care of yourself. Multivitamins, regular sleep and proper nutrition go a long way to keeping you healthy. Check your temperature each morning and learn to recognize common signs and symptoms of COVID-19:

COMMON SYMPTOMS

Fever & Chills ▪ **Cough** ▪ Shortness of Breath ▪ **Loss of Smell and/or Taste**