COVID

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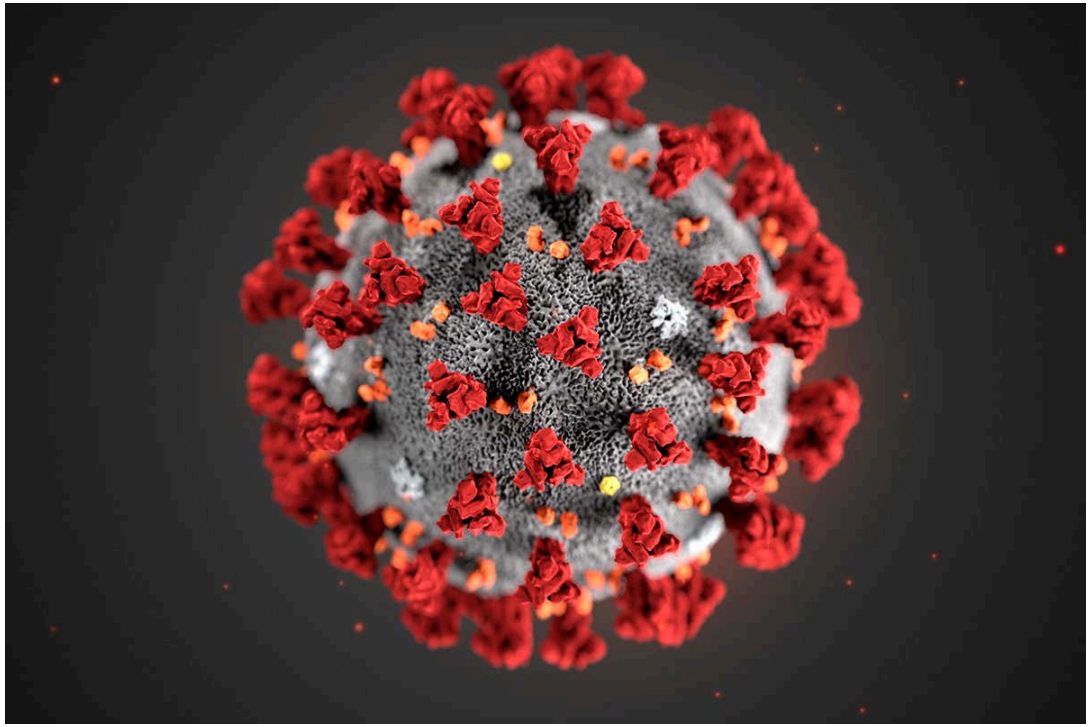
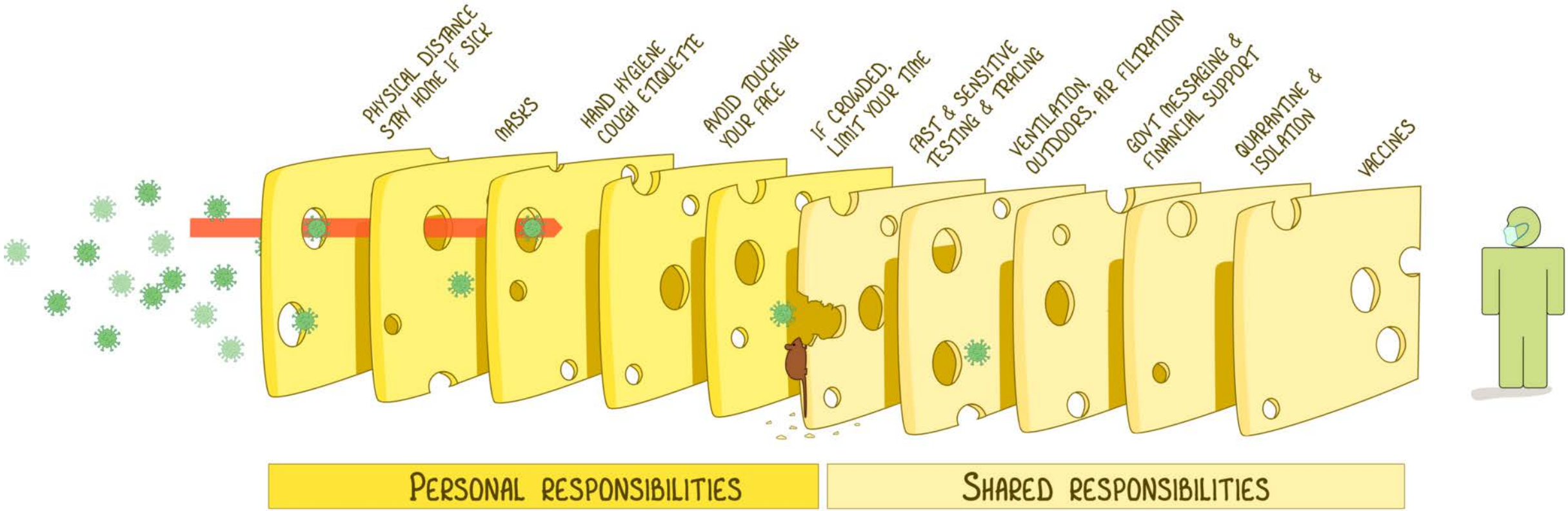
Coronavirus-19

- Spread through droplets in the air when someone coughs/sneezes
- Close contact: within 6 feet for at least 15 minutes in a 24 hour period
- Symptoms can show up 14 days after exposure



The Swiss Cheese Respiratory Virus Pandemic Defence

Recognising that no single intervention is perfect at preventing spread



Each intervention (layer) has imperfections (holes).
Multiple layers improve success.

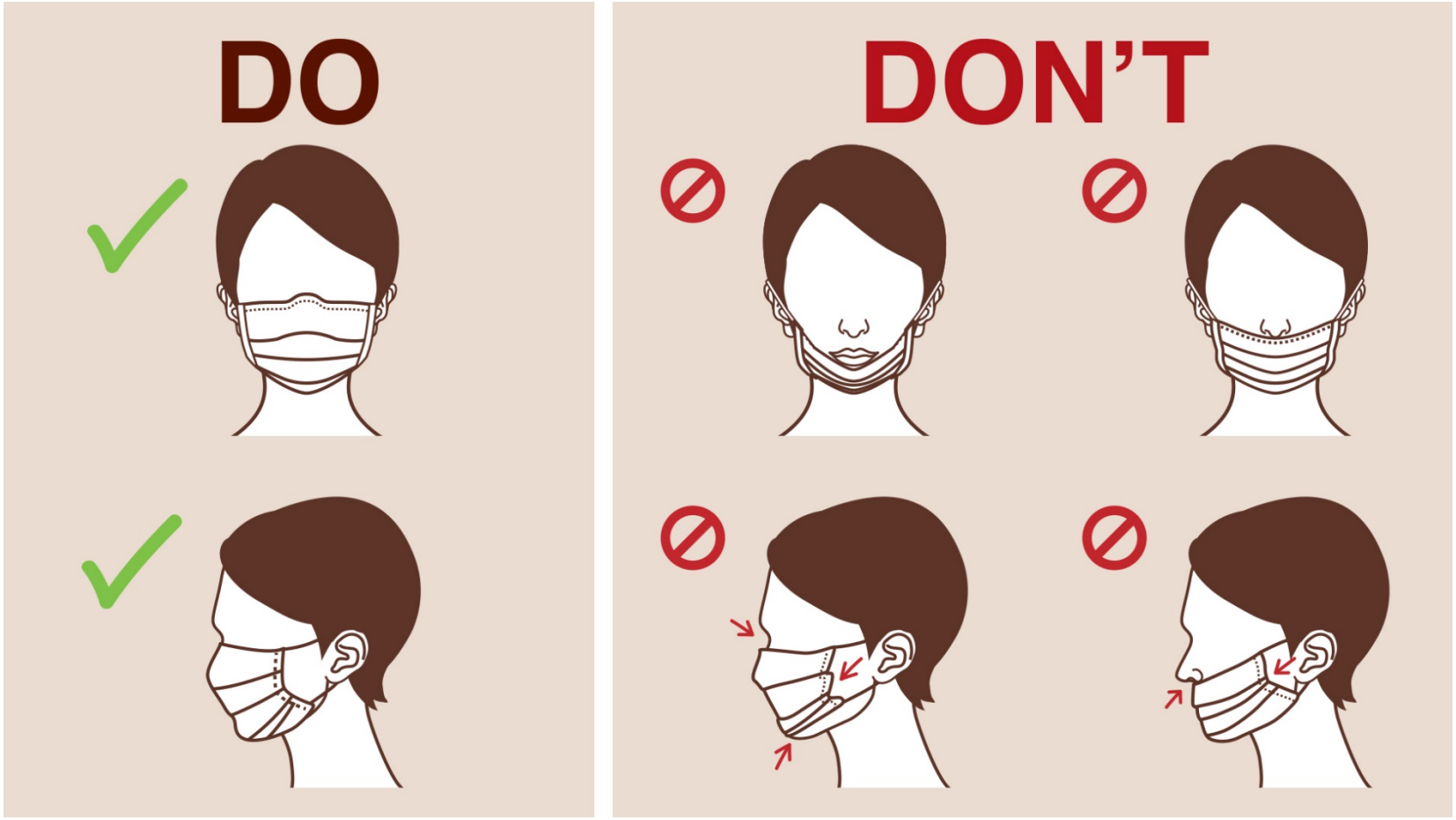
Ian M Mackay
virologydownunder.com
With thanks to Jody Lanard, Katherine Arden & the Uni of Qld
Based on the Swiss cheese model of accident causation, by James T Reason, 1990
version 3.0
update: 24Oct2020

Social distance / physical distance

Stay home if…

- Symptoms
- Close contact with person who tested positive in past 14 days
- Travel out of state in last 10 days (based on CDPH travel order)
- Awaiting result of COVID test
- Tested positive in last 10 days

Masks



✓Cover mouth / nose

✓Extend under chin

✓Fit snug around face

X Mouth or nose visible

X Chin exposed

X Loose on sides

Hand hygiene

- When?
  - Entering/leaving classroom
  - Eating
  - Bathroom
  - Mask

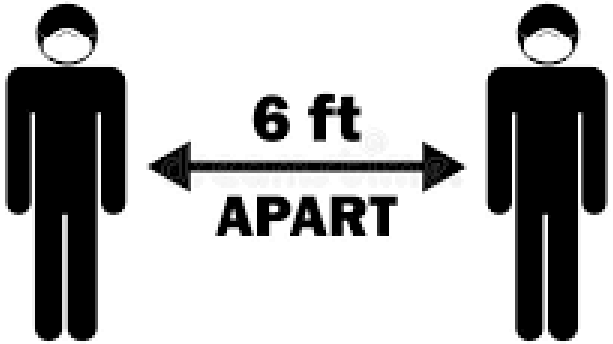
- How long? 20 seconds
  - Happy birthday
  - Twinkle twinkle little star x2
  - We will we will rock you rock you x3

Cough etiquette / avoid touching face

AVOID TOUCHING
YOUR FACE

COVER COUGHS
& SNEEZES

Lunchtime



Things to do with your child…

- Discuss ways they can help prevent spread
- Practice masking, hand washing / sanitizing
- Talk about symptoms
- Ask about feelings
- Honestly answer questions

- Gather supplies – 5 masks, small hand sanitizer, etc

Vaccine

Dose 1 → 21-28 days → Dose 2 → 14 days

~50% protection

95% protection

Facts:

- The vaccine does not give you COVID-19.
- The vaccine does not change your DNA or genes.
- The scientific process was thorough & the vaccine is safe.
- Even when vaccinated, continue all mitigation strategies.
- Side effects: arm pain, swelling, tiredness, headache, fever, chills

Resources

- SLES Reopening: www.tinyurl.com/slhybridplan
- CPS Reopening: www.cps.edu/school-reopening-2020
- Healthy Children: www.healthychildren.org/COVID-19
- CDC: www.cdc.gov/coronavirus/

Questions

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