



ST. MARK CATHOLIC SCHOOL

Safer Stronger Together

RETURN TO CAMPUS 2020-2021

HEALTH GUIDELINES



STATEMENT FROM THE SCHOOL HEALTH DIRECTOR FOR MACS

Dear Families,

As we prepare to open the school year according to “Model A” of our continuum, I am sure you have questions and concerns. Please be assured of our commitment to provide a safe environment for your children as well as the teachers and staff of our schools.

We have consulted with local physicians and we are following the guidelines of the American Academy of Pediatrics, the Centers for Disease Control as well as the Department of Human Health and Services Strong Schools NC Tool Kit.

There is much work to be done prior to the first day of school. Please carefully read the educational materials provided and watch the video on hand washing with your children. We will be reinforcing this material when your children arrive on campus in August.

[Handwashing Video](#)

It is important that you closely monitor your children for signs of infectious illness daily. Most important, please keep your children home when they are sick. Common sense good health practices will go a long way to keep your children healthy. Ensure your children are getting a good night sleep, eating healthy, and getting regular exercise. I have also included a link to a video on how you as a parent can support your child emotionally during this stressful time.

[Emotional Support Video](#)

This year it is even more important to get your flu shots. When you get your flu shot you not only protect yourself, but you protect our community as well. Working together we can provide a healthy environment for your children to grow spiritually, emotionally, and academically.

Thank you for entrusting your children to our care. We are truly “Stronger and Safer Together.”

A handwritten signature in black ink that reads "Kathie Holder".

Kathie Holder
School Health Director for MACS



COVER COUGHS & SNEEZES

Stop the spread of germs that
can make you and others sick!

- Cover your mouth and nose with a **tissue** when you sneeze or cough.
- If you don't have a tissue, use your **elbow**.
- Wash hands often, **especially** after coughing or sneezing.



FOR MORE INFORMATION, VISIT [CDC.GOV](https://www.cdc.gov)

HOW TO SAFELY WEAR & TAKE OFF A FACE COVERING

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2

USE THE FACE COVERING TO HELP PROTECT OTHERS

- Wear cloth face coverings in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available

TAKE YOUR FACE COVERING OFF CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water

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SYMPTOMS OF COVID-19

Coronaviruses (CoV) are a large family of viruses and causes illness ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) and Severe Acute Respiratory Syndrome (SARS-CoV).

MOST COMMON SYMPTOMS:

- Cough
- Fever
- Chills
- Muscle Pain
- Shortness of breath/difficulty breathing*
- Sore throat
- New loss of taste or smell

Symptoms can range from mild to severe illness, and appear 2-14 days after you are exposed to the virus that causes Covid-19.

***SEEK MEDICAL CARE IMMEDIATELY IF SOMEONE EXHIBITS:**

- Trouble breathing
- Persistent pain or pressure in chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.

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