



# Southeast Delco School District

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Education Service Center  
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## **GENERAL HEALTH AND SAFETY GUIDELINES FOR STUDENTS AND FAMILIES:**

As you have heard, all Southeast Delco schools will be bringing students back into the building for state standardized testing. We are so excited to have our students back in the buildings, even if it is only for a few days. That being said, we must continue to mitigate the spread of Covid-19 and ensure that our buildings are healthy places to learn and work. To do this, we ask that all students focus on three health and safety guidelines while in our buildings.

### **Practicing Good Hygiene**

Each student can contribute to reducing the spread of COVID-19. By consistently washing their hands and using hand sanitizer students can ensure that no germs are spread throughout the school.

- Students should wash their hands frequently--using soap and water-- for at least 20 seconds, particularly after eating, contact with high-touch surfaces, such as doorknobs, handrails, and commonly used items, before and after touching their masks, and when using the restroom.
- Students should use hand sanitizer if hand washing is not practical. Hand sanitizer will be provided in all of the classrooms and hallways.
- Students should avoid touching their face, eyes, nose, and mouth because these are the entry points for the virus.

### **Face-Covering and Face-shields**

There are four acceptable face coverings on district property; **Disposable Surgical Masks, Cloth Masks, N-95 Masks or Respirators and a face shield with a mask.** A mask is defined as a covering of the nose and mouth that is secured with straps that tie or loop over the ears or around the back of the head. Clothing and household items (like scarfs, t-shirts, sweatshirts, or towels) are not acceptable face coverings for use in district buildings. Clean your

hands before and after applying and removing a mask. If there are any questions about whether or not a mask is acceptable, please contact the building administrator prior to sending your student to school.

- Students **must** wear their masks while in the school buildings
- Students should carry at least two masks with them daily to ensure that they have a replacement if one becomes unusable. Classrooms will have extra masks for emergency use only.
- Students should remain mindful not to unnecessarily touch their mask or their face during the day except for meals.
- Any situation that would allow a student to remove their mask will be explained in detail by the staff members present at that time.

### **Social Distancing**

The main way Covid-19 is spread is when people are too close to each other. Increasing the physical distance between students can reduce transmission. This concept is known as social distancing. All students must consistently follow social distancing practices.

- Students must maintain at least six feet of social distance at all times.
- Students are required to wear masks, again the acceptable face masks include **Disposable Surgical Masks, Cloth Masks, N-95 Masks and a face shield in addition to a mask.**
- Students are required to follow all signage and instructions regarding the use of common spaces, hallways, or pathways through the building. In the absence of signage or direct instruction, students should stay to the right of any hallway or stairs while others are passing.

### **Helping at Home:**

You can also help at home. First, try to model for your student the self-care strategies we just discussed.

We are also asking that every day, prior to sending your student to school, you complete a home health assessment of your student, to ensure that they are healthy and well prior to leaving for school. A reference guide title “Sending your student to school” can be found on our

district website, [sedelco.org](http://sedelco.org). This form will help you identify if your student is showing signs or symptoms of Covid-19 and will help you determine if you should keep them home.