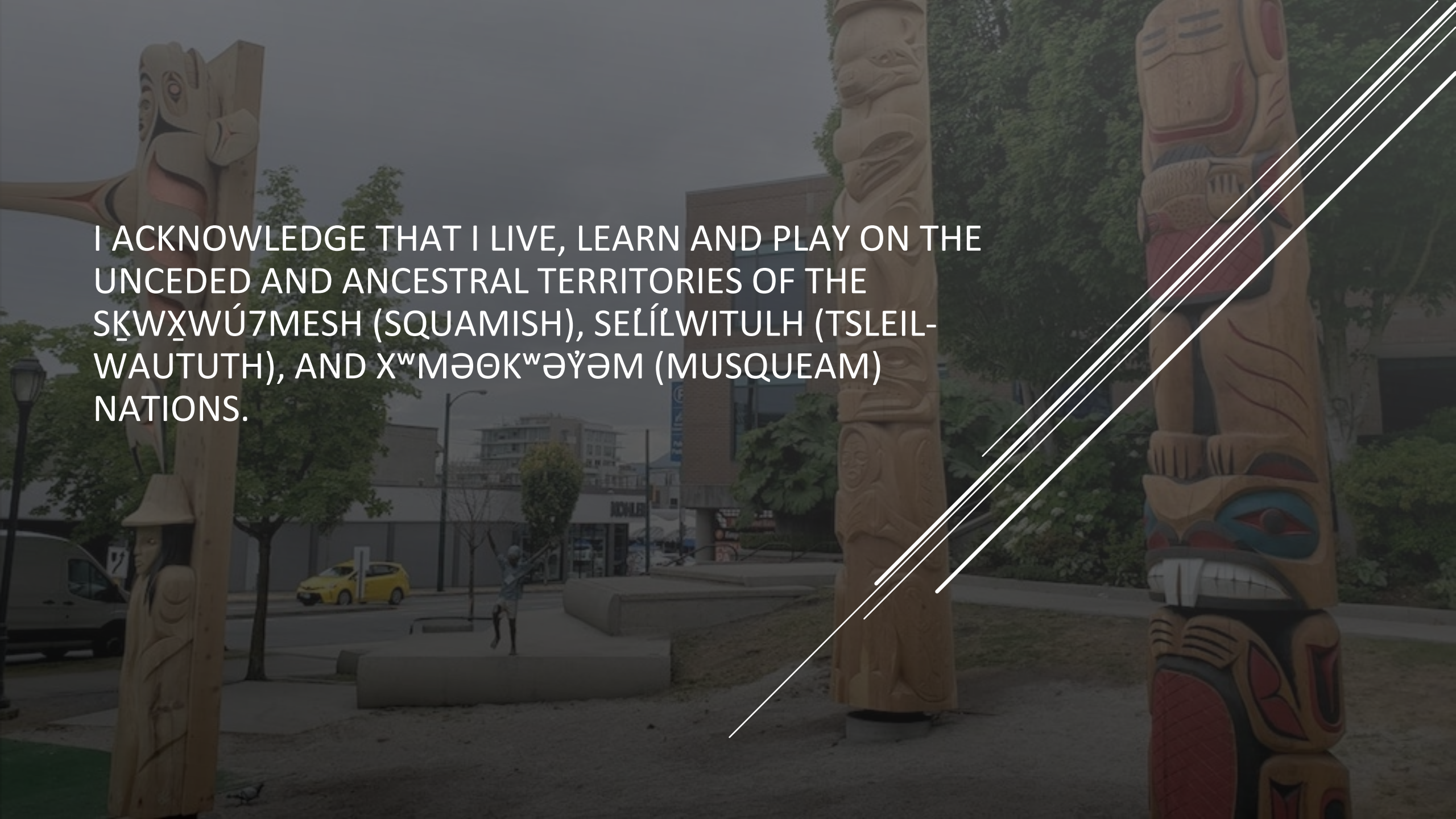


Return to School Health and Safety Plan

presentation for secondary students



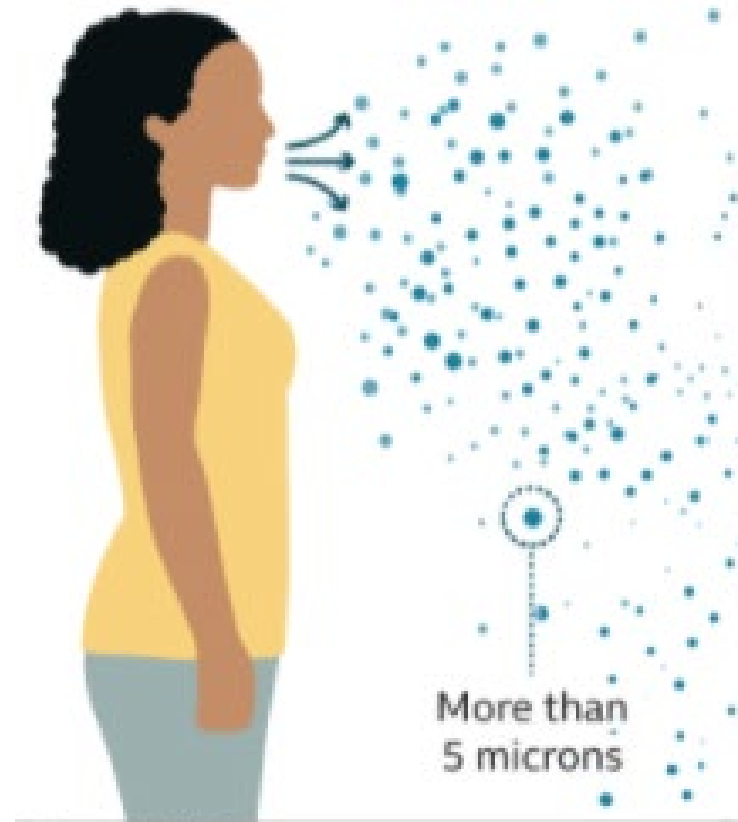
I ACKNOWLEDGE THAT I LIVE, LEARN AND PLAY ON THE
UNCEDD AND ANCESTRAL TERRITORIES OF THE
SK̓W̓X̓W̓Ú7MESH (SQUAMISH), SELÍŁWITULH (TSLEIL-
WAUTUTH), AND X̓MƏΘK̓ƏÝƏM (MUSQUEAM)
NATIONS.

What are we
going to talk
about today?

- Some information about COVID 19
- What we do at school to stay safe

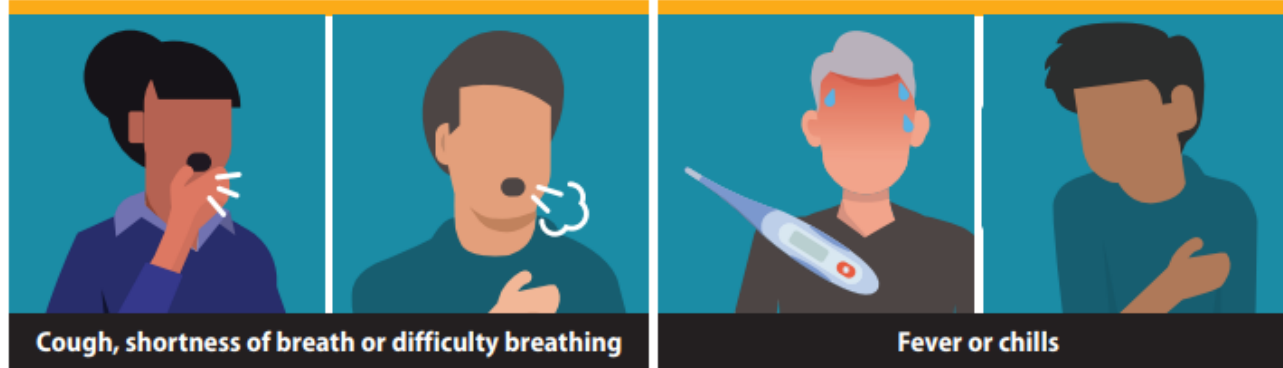
How does COVID spread?

- **Inhaling** droplets/aerosol particles that contain virus.
- **Touching** surfaces contaminated with virus and touching your eyes, nose, or mouth.



Source: WHO

Signs and Symptoms



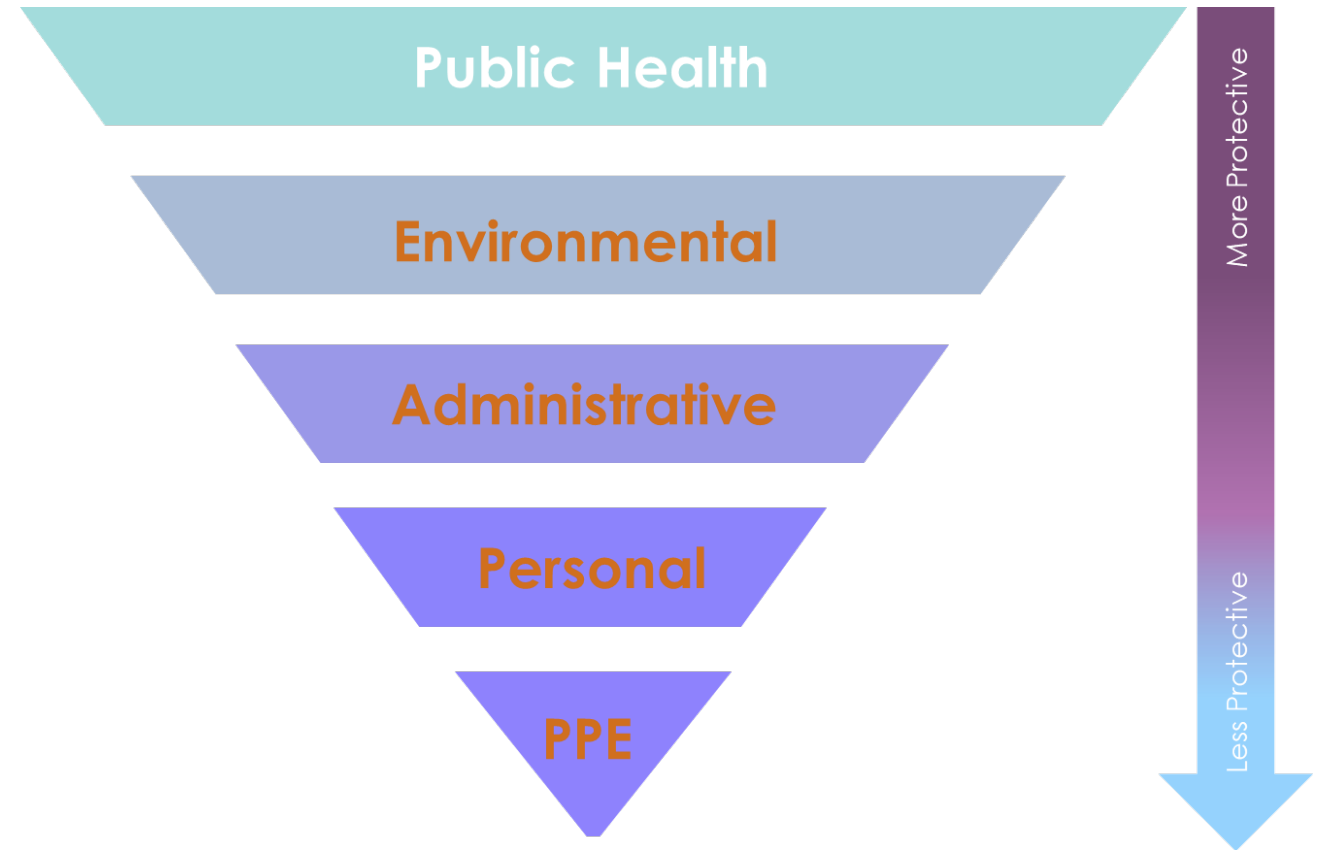
- **Most Common:**

- *Fever or Chills*
- *Cough or Sneezing*
- *Difficulty breathing*
- *Loss of sense of taste or smell*
- Muscle/aches
- Vomiting/diarrhea
- Unusual fatigue
- Sore throat
- Headache



Layers of Protection

- There are lots of people working to keep you safe.
- Your school is doing lots
- You can do lots at school, too.





Protective Measures

- There are lots of people working to keep you safe.
- Your school is doing lots
- You can do lots at school, too.

Do Your Daily Health Check
*Stay Home if Sick

Spread Out Follow Directional Arrows

Wear a face mask indoors

Cough & Sneeze into your elbow

Wash your hands or use hand sanitizer often



This is how to wear your mask

Wear a **mask** while indoors Except:

- when eating or drinking (stay seated)
- when playing a wind instrument
- while doing high intensity activity

Athletics: High-Intensity Sport Activities

- Masks are not required outdoors.
- High-intensity activities elevate heart rate, respiration rate and generally make carrying a conversation difficult.
- Students are NOT required to wear masks indoors during high-intensity sport activities.
 - Mask use during these activities is left to students' personal choice.
 - Students are required to wear masks in the school, during instructional and non-instructional time.
 - This includes making their way to the field of play.
 - Once on the field of play, for high-intensity activities, the mask may be removed at the student's discretion.

Athletics: Low-Intensity Sport Activities

- Low-intensity activities can be identified as those that allow the participant to easily carry on a conversation
- For low-intensity activities, certain sports such as golf, or periods of low intensity during practice (e.g. stationary skill work, light warm-up, static stretching etc.) masks are required

If you feel sick at school...

- Stay apart from others
- Tell your teacher
- Go to the office
- You'll be looked after at the school until a parent or caregiver can pick you up



Be calm

Be kind

Be safe

Dr. Bonnie Henry