COVID-19 is mostly spread by respiratory droplets released into the air when people talk, sing, laugh, cough, or sneeze. It may also spread to hands from a contaminated surface and then to the nose, mouth, or eyes causing infection. Personal prevention practices, such as handwashing, using a face covering, cough/sneeze etiquette and maintaining social distancing of more than 6 feet are important principles to reduce spread. (CDC)

Wash Hands Frequently
All students and staff should wash hands frequently. If soap and water are not available use alcohol-based hand sanitizer. The following guidelines are recommended for school settings.

Wash hands or use hand sanitizer:
- Upon arrival to the school site
- Before lunch
- Before leaving the site
- Upon entry to any new classroom
- When using the restroom
- When visibly dirty
- After using a tissue, coughing into hands
- Upon arriving home

*Provide training on effective hand washing and use of sanitizer to all students and staff

Use Face Coverings
A face covering should be worn by all individuals on school sites unless it is not recommended by a physician or is inappropriate for the developmental level of the individual. For staff that come into routine contact with others, CDPH recommends the use of disposable surgical masks.

When can you take the face covering off?
- When eating or drinking, while maintaining physical distance
- If a person is deaf or hard of hearing and needs to read your lips (a face shield and drape must be used)
- When you are alone and not sharing a common area, room or enclosed space with others
- Replace the mask as soon as you can after these activities to reduce the risk of infection
*Provide training on appropriate use and handling of face masks to all students and staff

Promote Respiratory Hygiene
Reinforce cough/sneeze etiquette including use of tissues and elbows using signage, training, lessons.

Maintain at least 6 feet distance from others.
Keeping distance from others is the best way to avoid being exposed to respiratory secretions that are expelled into the air when other people talk, cough or breathe.

Sources:
Considerations for Schools. Updated May 19, 2020, CDC.
When and How to Wash Hands, CDC.
Use of Face Coverings to Help Slow the Spread of COVID-19, CDC.