

***Rov Qab Tuaj Ua Ke: Rov Qab Mus rau Kev Noj Qab Nyob Zoo***

***SAU TXOG TUS KAB MOB COVID-19 Txoj Kev Npaj Tuav Tswj Xyoo 20-21***

***Kev Taw Qhia Tswj kom Ua Zoo:*** Peb lub homphiaj yog pab txhua tus tub/ntxhais kawm ntawv thiab nrog rau cov kev qhia txhua hnub kom tau ntau li ntau tau.

**Cov Txheej Txheems:**

1. Tsim Ib Txoj Kev Tshiab kom Zoo li Qub rau thaum Muaj Tus Kab Mob COVID-19
2. SCUSD Yuav Tiv Thaiv Cov Tub/Ntxhais Kawm Ntawv, Cov Tsev Neeg, thiab Cov Neeg Ua Dejnum Licas
3. Lub Chaw Saibxyuas Pej Xeem Kev Noj Qab Haus Huv Cov Kev Pom Zoo
4. Cov Kev Ceev Faj txog Kev Noj Qab Haus Huv rau Cov Tub/Ntxhais Kawm Ntawv thiab Cov Neeg Ua Dejnum
5. Cov Kev Taw Qhia Txo kom Kev Sib Kis Kab Mob rau Cov Chaw Nyob Sib
6. SCUSD Cov Txheej Txheem Kev Tiv Thaiv Tus Tej Chaw kom Huv Si
7. Cov Lus Teb Hais txog rau Tus Kab Mob COVID-19 thiab Lwm Yam Kab Mob
  - a. Cov Feem Xyuam ntawm Tsev Kawm Ntawv Cov Neeg Ua Dejnum
  - b. Cov Feem Xyuas ntawm Lub Chaw Txhawb Pab Tub/Ntxhais Kawm Ntawv thiab Cov Kev Pabcuam Kev Noj Qab Haus Huv (Student Support and Health Services (SSHS))
8. Tsev Kawm Ntawv Cov Neeg Ua Dejnum Cov Luag Haujlwm thiab Feem Xyuam (sau cia)
  - a. Cov Thawj Coj Tuav Dejnum
  - b. Cov Neeg Ua Dejnum ntawm Hoobkas
  - c. Cov Neeg Ua Dejnum Saibxyuas Tsev Kawm Ntawv/Cov Neeg Ua Haujlwm Tu Tsev Kawm Ntawv
  - d. Cov Neeg Ua Haujlwm Ua Zaub Mov Noj
  - e. Cov Xibfwb Qhia Ntawv
  - f. Tsev Kawm Ntawv Cov Nurses
  - g. Cov Neeg Ua Haujlwm Tsav Tsheb Npav/Thauj Menyuum Kawm Ntawv
  - h. Cov Neeg Ua Haujlwm Txhawb Pab Pem Tsev Kawm Ntawv
9. Cov Ntsiab Lus Tseem Ceeb Kev Sib Txuas Lus nrog Pej Xeem

Appendix A - Ntxiv rau Niamtxiv Daim Ntawv Ceeb Toom Txhua Xyoo - COVID-19 Cov Kev Ceev Faj rau Xyoo Kawm Ntawv 20-21

Appendix B - Cov Kev Taw Qhia kom Nyob Twj Ywm hauv Tsev thiab Rov Qab Tuaj Kawm Ntawv rau Cov Tub/Ntxhais Kawm Ntawv thiab Cov Neeg Ua Dejnum rau thaum Muaj Tus Kab Mob COVID-19

Appendix C - Cov Kev Taw Qhia Kev Ntsuam Xyuas rau Cov Neeg Tuaj rau hauv Cov Tsev Kawm Ntawv

Appendix D - Cov Kev Taw Qhia txog Kev Tu Tus Kheej kom Huv Si rau Cov Tub/Ntxhais Kawm Ntawv thiab Cov Neeg Ua Dejnum rau thaum Muaj Tus Kab Mob COVID-19 Pandemic

Appendix E - Cov Khoom Pab rau thaum Raug Mob (First Aid), Cov Txheej Txheem Mus Cuag Tus Nurse, Cov Tshuaj, thiab Kev Saibxyuas Cov Tub/Ntxhais Kawm Ntawv uas Muaj Mob

Appendix F - Cov Kev Taw Qhia rau Kev Saibxyuas Cov Tub/Ntxhais Kawm Ntawv uas Muaj Mob thaum Muaj Tus Kab Mob COVID-19 Pandemic

Appendix G - Kev Cob Qhia rau Cov Neeg Ua Dejnum, Cov Niamtxiv thiab Cov Tub/Ntxhais Kawm Ntawv

Appendix H - Cov Tswv Yim Teeb Chav Kawm Ntawv rau Cov Xibfwb Qhia Ntawv

Appendix I- Cov Tswv Yim txog Kev Ntxuav Tes rau Cov Xibfwb

Appendix J - Kev Npaj txog ntawm Kev Txhaj Tshuaj

Appendix K - Kev Qhia txog Kev Coj Zoo kom Huv Si thaum Ua Pa/Hnoos thiab Txham

### **Tsim Ib Txoj Kev Tshiab kom Zoo Li Qub rau Thaum Muaj Tus Kab Mob COVID-19**

Tus kab mob COVID-19 kis thoob teb chaws tau hloov peb lub neej mus rau ntau yam. Thaum uas peb tseem tos ib koob tshuaj tiv thaiv thiab los pab, peb yuav tsum tau koomtes uake kom txo tau cov kev sib kis uas nyob rau hauv peb lub zej zos, thaum peb tseem tab tom muab kev qhia ntawv thiab kev txhawb txog kev noj qab nyob zoo thiab kev nyob nyab xeeb rau peb cov tub/ntxhais kawm ntawv.

Peb tau tsim ib co cai tshiab nyob rau hauv peb cov tsev kawm ntawv thiab cov chaw hoobkas - kev nkag siab nws yuav siv sib hawm thiab kev qhia kom ua zoo los tsis tu ncuu thiab kawm cov kev qhia kev tshiab no.

*Peb txhob peb lub zej zog kom tig los rau txoj kev tshiab kom zoo li qub thiab tsim kom muaj lub chaw thiab kev nyob uake kom nyab xeeb rau txhua tus.*

Kev nyob sib nrug tsis yog ib qho uas ua tau lossis yooj yim. Tswj tus kheej kom nyob sib nrug yuav txhaum ntau yam ntawm peb cov cai sib koom uake, tshwj xeeb yog rau cov neeg uas peb txheeb ze rau. Thaum ua peb hloov rau cov cai tshiab kom zoo li qub no lawm, nws tsis ua licias yog tias peb ua tib zoo qhia rau koj thiab kuv thaum uas peb ua txhaum cov kev ntsuas pej xeeb kev noj qab haus huv. Lub chaw saibxyuas kev mob tau siv ntau lub xyoo los pab txhawb fawb txog kev ntsuas kev noj qab haus huv thiab kev nyab xeeb thiab lawv qhia txog “kev zoo siab ua tsaug - tsis yog cwj pwm” thaum uas ib tug twg qhia koj thia kuv qhov uas yog txog ntawm kev ceev faj kev nyab xeeb - txawm tias lawv lub luag haujlwm lossis lawv lub npej yuav yog leej twg.

Raws li peb mus rau txoj cai tshiab kom zoo li qub no, peb yuav tsum sib txhawb nqa kom muaj kev zoo thiab haum rau koj thiab kuv. Peb kawm txuas ntxiv txog tus kab mob COVID-19, thiab raws li tej kev science hloov pauv peb cov lus teb kuj yuav hloov pauv tib yam nkaus. Peb kuj yuav pom tias tej zaum peb yuav txais cov tswj yim tshiab lossis cov kev ntsuas - thiab yuav tau hloov thiab kho peb cov kev npaj sai sai.

Kev hloov yooj yim yog tus yuam sij uas peb sim kom txhob sib kis tau tus kab mob COVID-19.

Raws li [CDC](#) tau hais, tej zaum kuj yuav muaj cov sijhawm uas peb yuav tsum tau rov qab nyob twj ywm rau hauv tsev thiaj li muaj kev nyab xeeb. Yog tias muaj teeb meem dab tsi, peb yuav ua haujlwm uake nrog peb lub zej zog, tso siab rau peb cov tswv yim coj los uake thiab cov kev txawj ntse los pab peb muab lus teb thiab hais txog cov kev hloov pauv raws li xav tau.

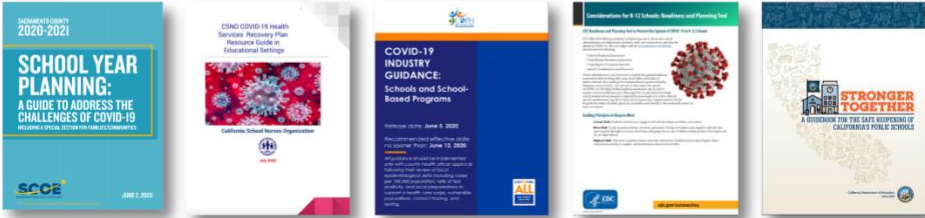
## Lub Chaw Saibxyuas Pej Xeem Kev Noj Qab Haus Huv Cov Kev Pom Zoo

Txoj kev npaj no yog tsim los ntawm siv cov kev pom zoo tuaj ntawm Sacramento County Office of Education, Sacramento County Department of Public Health, California School Nurse Organization, California Department of Public Health, California Department of Education thiab Cov Centers for Disease Control kom ua tau raws li cov kev xav tau ntawm peb cov tsev kawm ntawv zej zog.

- [6.02.20 Sacramento County 2020-2021 School Year Planning Guide](#), Sacramento County Office of Education
- [COVID-19 Health Services Recovery Plan](#), California School Nurse Organization
- [COVID-19 Industry Guidance: Schools and School-Based Programs](#), California Department of Public Health (CDPH)
- [Considerations for Schools](#), Centers for Disease Control (CDC)
- [CDE Opening School Guidance](#), California Department of Education (CDE)

### INFLUENCING RESOURCES AND GUIDELINES

- Sacramento County Office of Education**  
School Year Planning: A Guide to Address the Challenges of COVID-19
- California School Nurse Organization**  
COVID-19 Health Services Recovery Plan
- California Department of Public Health (CDPH)**  
COVID-19 Industry Guidance: Schools and School-Based Programs
- Centers for Disease Control (CDC)**  
Consideration for Schools
- California Department of Education (CDE)**  
Stronger Together: A Guidebook for the Safe Reopening of California Public Schools




**Cov Kev Txo Kev Sib Kis Kab Mob kom Sib uas Yuav Tsum Muaj rau Cov Neeg Ua Dejnum  
thiab Cov Tub/Ntxhais Kawm Ntawv**


Raws li peb sib tham txog cov kev ntsuas txo kev sib kis kab mob kom sib, nws tseem ceeb heev rau peb lub zej zog los paub txog tias us kab mob COVID-19 kis tau licas thiab yuav tswj tau licas. Tus kab mob COVID-19 yog feem ntau kis los ntawm cov qaub ncaug dhia thaum tib neeg hais lus, hu nkauj, luag, hnoos, lossis txham. Nws kuj muaj pov thawj hais tias tus kab mob kis los ntawm tej chaw uas neeg chwv mus rau ob txhais tes ces mus rau lub qhov ntswg, qhov ncauj, lossis qhov muag, yuav ua tau rau muaj mob. Pab tiv thaiv kom txhob muaj kev sib kis ntxiv thiab kom qhib tau peb cov tsev kawm ntawv, peb cov tub/ntxhais kawm ntawv yuav tsum xaum cov kev tiv thaiv rau tus kheej raws li tau ntsuas nram qab no:

- [Kev nyob sib nrug kom deb](#)
- [Kev ntxuas tes kom zoo huv si](#)
- [Muab ntaub npog qhov ncauj thiab ntsej muag](#)
- [Kev qhia txog kev coj zoo thaum hnoos/txham \(CDC\)](#)
- Peb txoj kev npaj txo kev sib kis kab mob kom sib yuav muaj ob yam tib si xws li soj ntsuam thaum nyob nram tsev thiab thaum nyob ntawm tsev kawm ntawv


**PERSONAL MITIGATION MEASURES**




Physical Distancing




Wash Hands



Face Coverings



Cough Etiquette



Screening



**SOJ NTSUAM KEV NOJ QAB HAUS HUV - [Nyob Twj Ywm hauv Tsev Yog Tias Koj Muaj Mob](#)**

**Kev Soj Ntsuam Passive Screening**

Cov neeg ua dejnum thiab cov tub/ntxhais kawm ntawv yuav tsum soj ntsuam lawv tus kheej rau tej tsos mob thaum nyob nram tsev txhua hnuv. Qhov no hu ua *passive screening*. Yog hais tias ib tug neeg muaj mob lossis pom tau tias nws muaj cov tsos mob ntawm tus kab mob COVID-19 lawm, ces lawv yuav tsum tsis txhob tuaj kawm ntawv thiab yuav tau ua raws nraim li cov cai Nyob Twj Ywm hauv Tsev thiab Rov Qab Tuaj Kawm Ntawv (Nplooj XX/Appendix B). Cov tsos mob muaj xws li mob ua npaws lossis ua daus no (100 degrees lossis siab tshaj ntawd), hnoos, txog siav los yog ua tsis taus pab, nkees, mob ib ce, mob taub hau, muaj tej yam tshiab xws li saj los tsis paub tias yog dab tsi lossis tsis hnov tsw, mob qa, txhaws ntswg lossis los ntswg, xeev siab lossis ntuav, thiab raws plab li hais los ntawm [CDC cov kev taw qhia](#) .

Yog ib tug neeg mob lawm ces lawv yuav tsum nyob hauv tsev kom txog rau thaum lawv tsis muaj ib qho tsos mob li tau sau cia saum toj no yam tsawg kawg 72 xuj moos (peb hnuv nkaus) uas tsis siv tshuaj THIAB mus li 10 hnuv dhau los txij hnuv uas muaj cov tsos mob tshwm tuaj. **COV DUAB QHIA TXOG COV TSOOS MOB**

### **Kev Soj Ntuam Active Screening - Ntsuas Seb Lub Cev Lub Kub Npaum Licas thiab Cov Txheej Txheem**

*Active screening* yuav kom txhua tus tub/ntxhais kawm ntawv thiab cov neeg ua dejnum tuaj rau ntawm ib lub chaw lossis lub tsheb npav kom tuaj soj ntsuam rau tus mob xws li ntsuas seb lub cev kub npaum licas thiab qhia txog cov cim thiab cov tsos mob ntawm tus mob. Cov tub/ntxhais kawm ntawv lossis cov neeg ua dejnum uas lub cev kub txog 100 degrees lossis siab tshaj ntawd, lossis muaj cov cim los yog cov tsos mob ntawm tus mob li hais los ntawm [Stay at Home Requirements/Policy](#) (Appendix B), yuav tsum rov qab mus tsev.

Cov tub/ntxhais kawm ntawv thiab cov neeg ua dejnum yuav tsum mus rau ntawm cov chaw uas muaj kev tswj nkag mus thiab tawm los nyob rau ntawm txhua lub chaw. Cov chaw soj ntsuam yuav tsum muaj kev tswj nkag mus thiab tawm los thiab kom cov neeg ua dejnum thiab cov tub/ntxhais kawm ntawv to taub thiab ua raws nraim li cov kev ceev faj tiv thaiv kab mob. Cov tub/ntxhais kawm ntawv thiab cov neeg ua dejnum uas tuaj rau ntawm lub chaw nkag mus yuav tsum looj daim ntaub npog qhov ncauj (yog muaj). Yuav muaj cov ntaub npog qhov ncauj rau cov neeg uas lawv tsis muaj.

### **Txheej Txheem rau Tub/Ntxhais Kawm Ntawv Kev Soj Ntsuam Txhua Hnub:**

- Cov tub/ntxhais kawm ntawv yuav tos nyob rau ntawm ib txoj kab uas lawv nyob sib nruag deb kom tsim nyog, thiab yuav siv qhov kev pom tias nyob nruag deb licas thiaj li yog chaw. Yuav muaj cov paib cim sau qhia txog kev nyob sib nruag deb licas, kev looj ntaub npog qhov ncauj, kev coj zoo kom huv si, thiab cov cai nyob hauv tsev tiv lo rau ntawm tej kom pom.
- Cov niamtxiv/tus saibxyuas thiab cov tub/ntxhais kawm ntawv yuav tsum looj ntaub npog qhov ncauj yog ua tau.
- Yog ua tau, cia cov niamtxiv/tus saibxyuas nyob nrog tus tub/ntxhais kawm ntawv thaum uas soj ntsuam, nyob tsam tus tub/ntxhais kawm ntawv tsis noj qab nyob zoo txaus tuaj kawm ntawv.
- Cov neeg ua dejnum cov kev qhia kev soj ntsuam tub/ntxhais kawm ntawv:
  - Ntsuas se lub cev kuv npaum licas.
  - Nug seb puas muaj cov cim lossis tsos mob ntawm tus mob – Koj nyob licas hnub no? Koj puas muaj mob li?
  - Xyuav tus neeg seb puas muaj tej cim uas koj pom tias muaj tus mob.
- ***Yog lub cev kub qis tshaj 100 degrees***, qhia tau tias tus tub/ntxhais kawm ntawv tsis muaj cim lossis cov tsos mob ntawm tus mob, thiab pom tau tias tus tub/ntxhais kawm ntawv nyob nyab xeeb, ces qhia tus tub/ntxhais kawm ntawv kom ntxuav tes thiab mus rau hauv tsev kawm ntawv. ***Yog hais tias tus tub/ntxhais kawm ntawv muaj ib qho cim ntawm tus mob thiab tus niamtxiv tsis nyob rau ntawd lawm***, xav tus tub/ntxhais kawm ntawv mus rau ib qhov chaw saibxyuas kom hu mus rau tus niamtxiv tuaj coj rov qab mus tsev. Muab daim ntawv qhia txog Tsab Cai nyob Nram Tsev (Appendix B) rau tus niamtxiv.
  - ***Yog hais tias tus neeg ua dejnum hu tsis tau tus niamtxiv***, tus tub/ntxhais kawm ntawv yuav raug muab cais mus nyob rau lub chaw saibxyuas raws li ***Cov Kev Taw Qhia rau Kev Saibxyuas Cov Menyuum Muaj Mob*** nyob rau ntawm lub chaw kom txog rau thaum hus tau mus rau tus niamtxiv.



Physical Distancing

### **Nyob Sib Nruag Deb**

Sawv daws yuav tsum xyaum kev nyob sib nruag deb, ua kom yam tsawg kawg yog 6 feet ntawm lwm tus neeg txhua lub sijhawm. Ceev kom muaj chaw sib nruag deb yog ib yam zoo tshaj plaws pab kom tsis txhob nphav raug rau tus kab mob COVID-19 thiab rau tus kab mob kis qeeb qeeb. Kev nyob sib nruag deb tej zaum kuj tsis yooj yim ua, xws li thaum mus kev nyob rau ib lub hallway lossis ib qho chaw uas muaj tibneeg coob coob, uas yuav tsum tau muaj daim ntaub npog qhov ncauj vim tseem ceeb heev.



### **Siv Ntaub Npog Qhov Ncauj**

Looj ntaub npog qhov ncauj tiv thaiv ib tug neeg kom txhob kis tau nws tej qaub ncaug rau lwm tus thaum nws tham lus, hu nkauj, ua pa, lossis hnoos. Qhov tseem ceeb yog kom tiv thaiv lwm tus los ntawm tus neeg ua looj ntaub npog qhov ncauj nyob tsam nws ho yog tus uas muaj mob es tsis paub (ntaw tus neeg muaj tus kab mob COVID-19 tab si tsis muaj cov

tsos mob). Cov ntaub npog qhov ncauj tsis yog cov es ntaub es siv looj npog qhov ncauj phais neeg, cov looj pab ua pa, lossis cov khoom tiv thaiv.

***Ntaub npog qhov ncauj tiv thaiv peb lub zej zog los ntawm sib kis tus kab mob COVID-19:***

- Looj ntaub npog qhov ncauj yog ib qho yuav tsum tau ua rau txhua tus SCUSD neeg ua dejnum, cov tub/ntxhais kawm ntawv, cov niamtxiv/tus saibxyuas thiab cov neeg tuaj ntawm tsev kawm ntawv tshwj kiag yog tias tsis yog ib qhov kev pom zoo los ntawm ib tug kws kho mob lossis tsis raug cai rau theem kev loj hlob ntawm ib tug neeg, raws li hais los ntawm [CDPH](#). Muaj ib daim ntawv sau cov kev uas xam tau rau nyob rau hauv qab no.
- Daim ntaub npog qhov ncauj yuav tsum looj txhuaj lub sijhawm xws li:
  - Thaum tuaj nkag lossis tawm ntawm tsev kawm ntawv thaj chaw lossis koog tsev kawm cov chaws
  - Thaum nyob rau ntawm tsev kawm ntawv thaj chaw nrog rau tej yam kev zam
  - Thaum nyob rau hauv tsev kawm ntawv lub tsheb npav
  - Ua haujlwm nrog, tsis hais nyob rau ntawm chaw ua haujlwm lossis ua haujlwm nyob rau lwm qhov chaw uas tsis yog chaw ua haujlwm, thaum:
    - Sib tham tim ntsej tim muag nrog neeg pej xeem;
    - Ua haujlwm rau cov chaw uas muaj neeg pej xeem tuaj, tsis hais seb leej twg los pej xeem tuaj tshwm rau lub sijhawm ntawd.

***Daim Thaiv Ntsej Muag***

- Cov xibfwb tej zaum yuav siv daim thaiv ntsej muag kom cov tub/ntxhais kawm ntawv pom lawv lub tsej muag thiab kom tsis txhob muaj tej yam thaiv kev qhia lub suab ntawm kev kawm lus.
- Daim thaiv ntsej muag uas muaj daim ntaub npog yuav siv los ntawm cov neeg uas coj tsis tau daim ntaub npog qhov ncauj vim muaj lwm yam kev kho mob. Los ntawm CDE thiab Cal/OSHA, xav txog kev thaiv lub ntsej muag yuav tsum muaj ib daim ntaub npog txuas nyob rau hauv qab thiab muab ntsaws rau hauv lub tsho.

***Kev taw qhia rau kev siv cov ntaub npog qhov ncauj txhua hnuv***

- Siv ib lub ntaub npog qhov ncauj uas twb muab ntshua lossis tu huv si lawm rau txhua hnuv uas tuaj.
- Ntxuav koj ob txhais tes nrog sab npum thiab dej lossis siv tshuaj hand sanitizer ua ntej yuav kov koj lub ntaub looj ntsej muag.
- Yog hais tias koj tsis tau looj daim thaiv ntsej muag, ces muab koj lub ntaub npog qhov ncauj looj ua ntej rau thaum koj yuav nkag los rau ntawm chaw ua haujlwm.
- Tsis txhob noj ncauj lossis haus dej thaum looj lub ntaub npog qhov ncauj.
- Daim ntaub npog qhov ncauj yuav tsum tsis txhob muaj qhov chaw qhib, uas yog tso kom cov qaub ncaug tawm los ntawm daim uas thaiv, yuav ua rau lwm tus nyob ze muaj teeb meem. SCUSD yuav tsis tso cai rau cov ntaub npog qhov ncauj uas muaj cov chaw qhib.

***Yuav tsem tawm daim ntaub npog qhov ncauj licas***

- Ntxuav koj ob txhais tes nrog sab npum thiab dej lossis siv tshuaj hand sanitizer ua ntej yuav kov koj daim ntaub npog qhov ncauj. Tsis txhob kov sab ua ntej nraum daim thaiv, uas tej zaum twb tsis huv lawm.
- Tsuas tuav daim ntaub npog qhov ncauj los ntawm cov hlua khi xwb.
- Muab cov ntaub npog qhov ncauj uas tsis yog ntaub tiag tiag pov tseg rau hauv ib lub thoob khib nyiab.
- Xuas tes txuav koj cov ntaub npog qhov ncaug nrog dej sov thiab sab npum lossis muab ntshua hauv cav ntshua khaub ncas.
- Ntxuav koj ob txhais tes nrog sab npum thiab dej lossis siv tshuaj hand sanitizer.

Yuav tsum tsis txhob muab daim ntaub npog qhov ncauj looj raws li cov hauv qab no:

- Cov menyuam yaus, tshwj xeeb tshaj yog cov uas muaj noob nyoog qis tshaj 2 xyoos
- Ib tus kws kho mob tsis pom zoo rau siv, piv txwv li ib tug neeg uas muaj mob, xws li mob hawb pob.
- Rau cov neeg hnov lus tsis zoo, lossis txuas lus nrog ib tug neeg uas lag ntseg, uas muaj peev xwm saib lawv lub qhov ncauj yog ib qhov tseem ceeb rau kev sib txuas lus. Lub thaiv ntsej muag yog yam uas yuav tsum muaj rau cov teeb meem zoo li no.
- Cov neeg uas muaj kev mob, kev nyuab siab, lossis kev xiam oob qhab uas txwv tsis pub looj daim ntaub npog qhov ncauj. Qhov no yog xws cov neeg uas muaj mob rau lawm looj tsis rau daim ntaub npog qhov ncauj yuav ua rau lawv ua tsis tau pa lossis cov uas tsis mee pem, looj tsis tau, lossis tsis li ces yuav tshem tawm tsis tau daim ntaub npog qhov ncauj yog tsis tau kev pab.
- Cov neeg uas mus noj haus, yuav tsum ua tau tias lawv muaj peev xwm nyob kom sib nruug deb yam tsawg kawg yog rau feet ntawm cov neeg uas tsis yog lawv tsev neeg nyob rau ib cuab yig lossis ib lub tsev.
- Cov neeg uas mus ua cov haujlwm sab nraum lossis nyiam ua tej yam ib leeg thiab muaj peev xwm nyob rau sib nruug deb li ntawm rau feet ntawm lwm tus.

Cov kev taw qhia txog daim ntaub npog qhov ncauj yog ua raws li qhov kev xaj tam sim no los ntawm pej xeem kev noj qab haus huv, tab sis cov txheej txheem no kuj yuav tau muab kho hloov dua yog muaj teeb meem ntxiv txog ntawm cov kev taw qhia.



Wash Hands

#### **Kev Ntxuas Tes kom Zoo**

Txhua tus tub/ntxhais kawm ntawv thiab cov neeg ua dejnum yuav tsum ntxuav tes kom cuag ncu. Yog hais tias tsis muaj dej thiab sab npum siv ces siv koog tsev kawm ntawv cov tshuaj uas pom zoo muaj ntau tshaj 60% alcohol-based hand sanitizer. Yuav tsum muab kev qhia txog kev ntxuav tes kom zoo thiab kev siv cov tshuaj sanitizer rau txhua tus tub/ntxhais kawm ntawv thiab cov neeg ua dejnum. Cov kev taw qhia hauv qab no yog kev pom zoo rau ntawm cov tsev kawm ntawv. Yam tsawg kawg, cov tub/ntxhais kawm ntawv thiab cov neeg ua dejnum yuav tsum ntxuav tes lossis siv cov tshuaj hand sanitizer:

- Thaum tuaj txog rau hauv tsev kawm ntawv
- Ua ntej noj sus
- Ua ntej tawm ntawv tsev kawm ntawv
- Thaum nkag mus rau ib chav kawm tshiab
- Thaum siv chav dej (hoob nab)
- Thaum uas pom tau tias qias neeg
- Tom qab siv ntaub so ntswg, hnoos rau hauv txhais tes
- Thaum mus txog tsev



Cough Etiquette

#### **Txhawb Kev Tu Cev kom Ua Pa Kom Huv Si**

Siv kev tu cev kom ua pab huv si txhua lub sijhawm nyob rau ntawm tsev kawm ntawv. Thaum yog siv tag ib daim ntaub so ntswg lawm, muab pov tseg rau hauv lub thoob khib nyiab thiab ces ntxuav koj txhais tes nrog sab npum thiab dej lossis siv lub tshuaj hand sanitizer. Tsis txhob kov lub ntsej muag. Qhia kev tus kom ua pab huv si lossis [kev coj zoo thaum hnoos/txham](#), xws li kev siv ntaub so ntswg thiab lub luj tshib los ntawm siv cov paib qhia, kev cob qhia, thiab cov kev kawm. Saib Appendix K rau cov paib qhia.

#### **Cov Neeg Ua Dejnum nyob rau Hauv Lub Zej Zog**

Thaum mus rau hauv lub zej zos rau tej yam kev tiv toj xws li mus saib nram tsev, yuav tsum siv kev tu tus kheej kom huv si thiab kev ceev faj nyob sib nruug deb. Qhov no muaj xws li ntxuav tes/siv tshuaj sanitizing, looj lub ntaub npog qhov ncauj, nyob sib nruug deb tsawg kawg li 6 feet, thiab tus cev kom ua pab huv si. Tham nrog cov Kws Pabcuam Kev Noj Qab Haus Huv rau tej lo lus nug tshwj xeeb, lossis rau tej yam kev pom zoo hais tej yam uas yuav ua rau koj muaj teeb meem yuav kis tau yooj yim dua lossis yuav ua rau lwm tus kis tau kab mob xws tus kab mob COVID-19.

## **Cov Qauv Txo kom Kev Sib Kis Sib rau Tej Chaw ntawm SCUSD Cov Chaw**

Kev tiv thaiv cov tub/ntxhais kawm ntawv, cov neeg ua dejnum thiab cov neeg tuaj rau ntawm tsev kawm ntawv, , SCUSD cov neeg ua dejnum yuav ntsuam xyuas tag nrho tej chaw thiab muab kho dua kom muaj chaw dim pa thiab chaw dav fo kom muaj kev sib nrug tsawg kawg li ntawm 6 feet. Thaum neeg ua dejnum thiab cov tub/ntxhais kawm ntawv ro tuaj rau hauv tsev kawm ntawv, lawv yuav rov mus rau ib lub chaw uas cia rau txhua tus kom ua raws li cov kev ceev faj pom zoo rau kev noj qab haus huv. Qhov no xam nrog cov paib nyob rau txhua qhov chaw kom txwv tsis pub muaj neeg coob nyob rau ib qho chaw thiab nco ntsoov hais kom muaj kev coj zoo tu cev kev noj qab haus huv. Kom tsis txhob nphav raug, tej chaw yuav muaj kev qhia kom thiaj li yuav txo tau cov kev los ua ke ntawm cov pab pawg. Hauv qab no yo ib daim ntawv teev cov qauv kawm kom ua raws li nyob rau ntawm txhua lub SCUSD tsev kawm ntawv.

### **Chaws Dim Pa thiab Cua Nkag Tau**

- Cov chaw yuav hloov tag nrho cov HVAC filters 2-3 zaug tuaj ib xyoos raws li pom zoo dua li ib zaug tuaj ib xyoos li tau xyaum los
- Cov chaw yuav cia cov HVAC kiv cua khia ua haujlwm thoob plaws 24-xuaj moo.
- Yuav rov qhib cov HVAC systems kom khiav ua haujlwm thaum qhib tej qhov rais thiab qhov rooj
- Cia cov qhov rais thiab qhov rooj qhib, yog ua tau, kom thiaj li muaj cua nkag tau

### **Cov Chaw Nkag Los & Tawm (Tuaj Tos & Xa Tuaj)**

SCUSD yuav ua txhua yam kev ntsuas kom txo tau cov neeg kom tshawg nyob rau cov chaw uas xa tuaj thiab tuaj tos cov sijhawm:

- Xav txog cov sijhawm pib thiab xaus.
- Kev tuaj tos thiab xa tuaj ntawm cov tub/ntxhais kawm ntawv yuav tsum tshwm sim nyob rau nraum zoov ntawm lub rooj vag/chaw nkag los ntawm lub tsev kawm ntawv. Xav kom cov niamtxiv nyob hauv tsheb thaum tuaj tos cov tub/ntxhais kawm ntawv.
- Muab tej yam khoom lossis kev qhia coj los taw qhia kom cov tsheb khiav mus los mus tau zoo thiab kom thiaj li muaj kev sib nrug yog tias muaj ib txoj kab
- Tsim cov paib thiab cov txheej txheem kom txo tau kev sib cuam tshuam ntawm cov tsev neeg
- Yog ua tau, faib cov chaw tub/ntxhais kawm ntawv nkag los zoo dua li cia lawv nkag los ntawm tib qho chaw. Qhov no yuav txo tau qhov kev nphav raug lwm tus tub/ntxhais kawm ntawv yog tias tsawg zog nyob rau lub sijhawm uas muaj coob dhau lawm.
- Cov tsev kawm ntawv yuav tsum tau kaw cov chaw nkag los uas tsis muaj cov neeg ua dejnum los soj ntsuam nyob rau ntawd
- Muab tej khoom sim los ntxuav tes lossis tshuaj hand sanitizer thiab ntaub npog qhov ncauj nyob rau ntawm cov chaw nkag los

### **Cov Chaw ntawm Hoobkas**

- Muab cov iav plexiglass thaiv rau ntawm tej chaw uas yuav nyob ze rau xws li lub rooj ua dejnum kom muaj kev sib nrug deb li ntawm 6 feet.
- Muab cov rooj neeg ua dejnum tso kom nrug deb li ntawm 6 feet.
- Muab cov rooj ua haujlwm thiab cov koom siv tso deb ntawm qhov cov neeg ua dejnum siv nyob hauv lub hoobkas.
- Muab cov khoom siv cia rau txhua lub chaw ua haujlwm - txwv qhov kev muab tej khoom rau lwm tus neeg siv.
- Muab tej khoom siv ntxiv rau kev ntxuav tes lossis tshuaj hand sanitizer - tshwj xeeb yog nyob ze cov khoom xws tej cav luam ntawv thiab lwm yam.

### **Tshwj ib “chav tus neeg mob”**



Cov chaw yuav tsum tshwj ib qhov chaw rau cov neeg mob uas yuav muab lawv cais thaum tseem tos ntsuam xyuas thiab koj mus tsev.

- Xyuas seb puas dim pa zoo
- Xyuas seb puas muaj cov khoom siv li nram no: tshuaj hand sanitizer, ntaub npog qhov ncauj, tshuaj tua kab mob, tus pas ntsuas kub, thooob khib nyiab uas muaj daim npog
- Lub chav yuav tsum raug muab tshuaj tua kab mob tom qab siv ib zaug
- Lub chav yuav tsum nyob ze rau cov neeg ua dejnum thiab muaj kev saibxyuas.
- Yog tias muaj ntau tshaj ib tus neeg muaj mob, yuav tsum nyob sib nruug deb thiab muaj kev dim pa li ua tau.

### **Cov Chav Kawm**

- Lub tshuaj sanitizer yuav tsum muab lo rau ntawm sab phab nra ntawm lub qhov rooj nkag los nyob rau hauv txhua chav kawm.
- Cov chav kawm yuav tsum tau muab tej qhov rais thiab qhov rooj qhib yog tias ua tau kom muaj kev dim pa ntau li ntau tau.
- Kev tso rooj tog hauv chav kawm yuav tsum muaj xws li:
  - Nyob sib nruug deb li ntawm 6 feet rau txhua tus tub/ntxhais kawm ntawv lub rooj zaum/nyob
  - Nyob sib nruug deb li ntawm 6 feet rau cov xibfwb qhia ntawv nyob hauv chav kawm txhuas ntxiv
  - Muaj chaw txaus nyob ntawm cov npab nra rau cov tub/ntxhais kawm ntawv kom mus los tau ntawm lawv cov rooj zaum
  - Siv cov rooj loj kom tawg vim rau qhov tej zaum cov tub/ntxhais kawm ntawv yuav xaub tau rau ib ncig thiab ua txhaum txoj cai sib nruug 6 ft lwm tus. Yog tias siv cov rooj loj, cim cov chaw thiab muab cem kom zaum rau ntawm ob tog kaum rooj kom muaj kev nyob sib nruug.
- Tsim cov kev kawm ua tus qauv thiab qhia txog kev tu cev kom zoo thiab xyaum kev nyob sib nruug deb
- Txo kev sib koom siv tej khoom uake tsawg; xav txog muab tej khoom ib tug neeg siv ntim hnab dua li ntawm muab cia rau ib lub thawv rau sawv daws siv
- Rau cov tub/ntxhais kawm ntawv uas yau dua:
  - Hloov cov kev kawm uas ua rau cov tub/ntxhais kawm ntawv nyob ze uake
  - Siv cov khoom nyob hauv chav kawm los pab kom cov tub/ntxhais kawm ntawv pom txog ntawm qhov kev sib nruug deb ntawm 6-foot nyob ntawm tib neeg
- Muab tej khoj siv thiab tus qauv qhia txog kev tua tej kab mob ntawm tej chaw nyob hauv chav kawm los yog thaum sib hloov ntawm tej pawg tub/ntxhais kawm ntawv
- Muab tej khoom sim los ntxuav tes lossis tshuaj hand sanitizer thiab ntaub npog qhov ncauj nyob rau ntawm cov chaw nkag los
- Yog tsim nyog, siv lwm qho chaw ntawm tsev kawm ntawv rau cov kev qhia ntawv (xws li, lecture halls, gyms, auditoriums, cafeterias, outdoors)
- Cov neeg ua dejnum yuav muab cov rooj zaum sib tshooj thiab muab cov khib nyiab pov tseg tom qab txhua hnuv kom cov neeg ua dejnum tus tsev kawm ntawv thiaj li tu tau zoo ntxiv

### **Cov Chaw Sawv Daws Paub**

Ntsuam xyuas cov chaw xws li yards, quads, library, cafeteria, playground, thiab muab kev hloov kom txhawb kev nyob sib nruug deb, piv txwv li: cov dots uas qhia tias 6 feet yog deb licas, cov squares, lines, arrows, thiab cov khoom qhia tias thaiv lawm. Cov kais dej haus yuav muab kaws - hais kom siv cov taub deb haus rau cov tub/ntxhais kawm ntawv siv txhua hnuv, qhia seb yog cov dej twg.

### **Cov Chaw Pab Txhawb**

Xav txog kev muab ib qho chaw rau cov tub/ntxhais kawm ntawv uas xav tau kev pab ntxiv, cov chaw saib ntawv, kev pab qhia ntawv tom qab lawb ntawv, lossis mus hauv internet thaum kawm ntawv nyob sib nruug deb.

- Npaj tej chaw no kom ua tau raws li cov kev taw qhia ntawm kev nyob sib nrug deb los siv ntaub npaum thiab tej pab qhia thiab lwm yam.
- Muab tej khoom sim los ntxuav tes lossis tshuaj hand sanitizer thiab ntaub npog qhov ncauj nyob rau ntawm cov chaw nkag los
- Los tej pab kom qhia tau meej thaum nyob uake, kev tu kom huv si, kev nyob sib nrug deb.
- Muab cov khoom siv tua kab mob ntawm tej chaw uas nyob cov tub/ntxhais kawm ntawv nyob.

#### **Cov Chav Dej/Hoob Nab**

- Xyuas kom txhua lub chav dej muaj sab npum thiab ntawv so tes, tsis pub muaj cov containers.
  - Yuav muab cov ntawv so tes thiab tau pom zoo rau siv cua tshuab kom qhuav.
- Ntsuam cov viv thiab chaw tso zis kom nyob sib nrug deb li ntawm 6 ft rau cov neeg uas siv. Muab npaum tseg lossis muab khoom los thaiv.
- Los tej pab kom qhia tau meej thaum nyob uake, kev tu kom huv si, kev nyob sib nrug deb.
- Txhob coj ib pab neeg coob coob uake mus rau hauv chav dej tib zaug (piv txwv li, cia txhua cov chav kawm mus siv chav dej tom qab noj sus lossis lawb leeb) lov yog kom muaj kom muaj kev nyob sib nrug deb ntawm ib txoj kab.

#### **Cov Hallways**

- Ntsuam xyuas kev mus los thiab cov ntawv vim taw qhia, cov paib thiab cov ntawm lo hauv av kom qhia mus raws ib seem. Muab cov cone thaiv kev, cov hlua khi kom ua tau cov kab mus nyob rau hauv cov hallways uas loj.
- Los cov paib thiab hais kom muaj kev txais tos zoo, kev siv cov ntaub npog qhov ncauj, thiab nco ntsoov qhia kom txhob tham tham lus, qw, hu nkauj, thiab lwm yam thaum mus rau hauv cov hallways.

#### **Lawb Leej/Cov Yard thiab Chaw Uasi**

- Ceev cov cohorts lossis cov pab pawg kom me; tsis txhob pub cov tub/ntxhais mus sib xyaw ua tej pawg coob coob
- Ceev cov kev siv chaw uasi kom zoo dua li cia ntau chav kawm los uasi uake
- Txo cov kev kawm activities uas yuav ntau hoob kaws los sib tham
- Ntxuav tes lossis siv tshuaj hand sanitizer ua ntej thiab tom qab ua lawb leeb
- Ceev kom nyob sib nrug deb li 6 feet ntawm lwm tus menyuam kom ntau li ntau tau
  - Yog thaum ua tau, tsim cov khoom los qhia kom pom coj los qhia kev nyob sib nrug deb
  - Kuj yuav muab cov ntaub npog qhov ncauj tshem tau thaum cov tub/ntxhais kawm ntawv nyob rau nraum chaw uasi, mus los thiab yuav tsum nyob sib nrug li ntawm 6 feet
- Ntsuam xyuas cov khoom uasi seb puas yuav tsum tau muab tshuaj tua kab mob, raws li kev txaus ntshais ntawm tej khoom ua si uas neeg kov heev tshaj los ntawm cov tub/ntxhais kawm ntawv
- Tso cai kom yooj yim rau ntawm cov cai lawb leeb thiab cov xibfwb cov sijhawm los saibxyuas thaum cov tub/ntxhais kawm nyob hauv nws chav lawb leeb
- Muab tej yam los thaiv kom muaj ntxoov ntxoo nyob rau ntawm tej chaw uasi kom pab tau cov tub/ntxhais kawm ntawv nyob kom sib nrug deb ntxiv
- Yog tias muaj cov rooj zaum (picnic benches) lossis chaw zaum nyob rau raum zoov - muab cov khoom qhia kom pom tias kev nyob sib nrug deb 6 ft. yog licas

#### **Kev Tuaj Uake Coob Coob - xws li, cov field trips & assemblies**

- Kaw cov activities thiab cov events xws li field trips, Civic Permits, participant assemblies, cov kiskas events, cov kev xyaum, cov koom txoos tshwj xeeb, program-rooj sablaj, los yog cov mo spirit nights uas tib neeg yuav tuaj uake coob coob.
- Hloov cov kev ua si field trips mus rau tej yam kev kawm nyob rau hauv internet.
- Pav cov koom txoos mus rau ib hom uas tsim nyog.

### **Cov Chav Uasi PE /Athletics**

Physical education (PE) and intramural/interscholastic athletics yuav tsum txo tej activities uas yuav muaj kev sib chww nrog lwm tus tub/ntxhais kawm ntawv lossis cov cuab yeej siv kom txog rau thaum hais tias tau los ntawm lub xeev/txheej siab saibxyuas pej xeeem kev noj qab haus huv. Xyuas kom [“Cov Kev Tu Cev Huv Si kom Ceev Faj”](#) (Appendix D) nyob rau hauv cov chav locker rooms, nrog rau kev nyob sib nruug deb 6 feet thiab kev siv cov ntaub npog qhov ncauj. Qhov no yuav ua rau kom pub cov tub/ntxhais kawm ntawv nyob rau hauv chav locker room tsawg zog rau ib lub sijhawm.

### **Tsev Kawm Ntawv Cov Tsheb Npav/Kev Thauj Mus Los:**

Txhua tsu yuav tsum tau ua raws nraim li “Cov Kev Taw Qhia Kev Tus Cev kom Huv Si” nyob rau hauv tsev kawm ntawv cov tsheb npav. Thiaj li yuav xyaum tau kev nyob sib nruug deb nyob rau hauv tsev kawm ntawv lub tsheb npav, yuav tsum tau txo kom tsawg ntawm cov neeg zaum rau hauv. Qhov no tej zaum yuav tau ua ib daim ntawv qhia tias leej twg zaum tau rau qhov twg. Xav tias yuav tau siv ib neeg nyob hauv tsheb npav kom xyuas kev nyob sib nruug deb kom tsim nyog thiab ua kev soj ntsuam raws li CDE kev taw qhia.

- Xyuas kom nyob sib nruug deb li 6-foot nyob rau ntawm qhov chaw tom npav thiab thaum yuav nce mus rau hauv thiab tawm ntawm lub npav
- Qhia cov niamtxiv thiab cov tub/ntxhais kawm ntawv txog cov kauj ruam uas lawv yuav tsum tau ua kom thiaj li muaj kev nyab xeeb rau lwm tus thaum yuav nce mus hauv thiab tawm ntawv lub npav.
- Rau kev soj ntsuam active screening, tus neeg tsav npav lossis tus neeg pab yuav tsum soj ntsuam txhua tus neeg uas caij rau hauv raws li [“Screening Guidelines for Entering School Sites”](#) (Appendix C) rau cov tsos mob ua ntej yuav nce lub npav. Yog hais tias ib tug tub/ntxhais lub cev kub tshaj 100 degrees los yog muab cov tsos mob, tus tub/ntxhais ntawv yuav tsis pub nce rau hauv lub tsheb npav. Yuav tau hu cov niamtxiv tuaj cov tus tub/ntxhais kawm ntawv mus tsev thiab uas raws li [Stay at Home](#) cov kev tawv qhia (Appendix B).
- Txhua tus caij npav yuav tsum tau looj ntaub npog qhov ncauj thaum nyob tom npav thiab thaum tab tom caij rau hauv, tshwj kiag yog tias muaj kev tso cai kom txhob siv.
- Txhua tus neeg caij yuav tsum siv tshuaj hand sanitizer ua ntej nkag rau hauv npav.
- Txhua qhov kev zaum rau hauv npav yuav tsum nyob sib nruug deb li 6-foot cov homphiaj. Qhov no tej zaum yuav ua tau nyob rau cov kev li hais nram qab no:
  - Muab ib tug tub/ntxhais kawm ntawv zaum rau ib lub rooj nyob rau ntawm ob sab ntawm lub npag, cem ib leej rooj.
  - Muab ib tug tub/ntxhais kawm ntawv zaum rau ib lub rooj, muab sib hloos raws cov leej rooj nyob ntawm ob sab kom zoo li ib qho zigzag pattern nyob hauv lub npav
  - Muab lub rooj cim lossis muab thaiv kom tsis txhob muaj neeg los zaum
- Xyuas kom muaj kev dim pab tau zoo los ntawm qhib cov qhov rais.
- Txwv cov tub/ntxhais kawm ntawv kom tsis txhob mus kev dhau lwm tus los ntawm ua raws li cov kev ntsuam nram qab no:
  - Muab cov tub/ntxhais kawm ntawv zaum pib nram qab lub npav tuaj zuj zus rau pem hauv ntej.
  - Kev zaum hauv npav rau yav tav su yog ua raws li seb tus tub/ntxhais kawm ntawv twg yuav tau nqis ua ntej. Cov tub/ntxhais kawm ntawv uas yuav tau nqis ua ntej yuav tsum nce npav tom qab thiab zaum rau pem hauv ntej.
- Cov npav yuav tsum muab tu huv si thiab tua kab mob txhua hnuab thiab tom qab thauj ib tug neeg twg uas muaj cov tsos mob ntawm tus kab mob COVID-19
- Cov neeg tsav npav yuav tsum muaj cov tshuaj tua kab mob uas yog ntaub thiab cov hnuab looj tes uas cuam pom tseg tom qab siv tas los tu cov chaw uas neeg kov heev tshaj thaum nruab hnuab.

## **SCUSD Disinfecting Protection Procedures During COVID-19**

Vim qhov uas tsis tau paub meej ntawm qhov xwm txheej ntawm tus kab mob Coronavirus (COVID-19), thiab cov kev paub los ntawm ib cig, koog tsev kawm ntawv Sacramento City Unified School District to taub txoj kev mob siab los tiv thaiv peb tus kheej los ntawm tej kab mob uas yuav kis tau. Lub koog tsev kawm ntawv yuav ua dejnum saibxyuas cov khoom siv no rau sawv daws. Tej yam khoom uas ib tug neeg keev siv nyob nram tsev yuav tsis tso coj tuaj siv hauv tsev kawm ntawv vim qhov lub Xeev thiab Tsoom Fwv cov cai nyob rau ntawm tub/ntxhais kawm ntawv txoj kev nyob qab haus huv thiab kev nyab xeeb, tswj kiag yog tias tau txais kev cob qhia los ntawm California Department of Pesticide Regulations.

Txwv tsis pub coj cov tshuaj tshuag Aerosol spray tuaj rau hauv tsev kawm ntawv cov chaw vim cov kev nyab xeeb.

Thaum lub koog tsev kawm ntawv tab tom ua txhua yam los xyuas kom meej tias muaj tej khoom siv nyob rau ntawm peb cov tsev kawm ntawv txhua nrho, hauv qab no yog teev cov khoom siv uas lub koog tsev kawm ntawv pom zoo rau ib tug neeg thiab siv:

### **Hand Sanitizer**

Tam sim no yam tshuaj no muaj tsis txaus thoob teb chaws thiab tej khoom siv muaj tsawg vim kev siv ntau heev. Kev pom zoo tias cov tshuaj hand sanitizer yuav tsum tsawg kawg yog muaj txog li 60%-65% alcohol nyob rau hauv mam thiab li tua tau tus kab mob thiab lwm yam kab bacteria.

### **Hydrogen Peroxide**

Hydrogen Peroxide yog ib yam tshuaj tua kab mob. Hydrogen Peroxide muaj muag nyob rau hauv tej taj laj uas tov txog 3% solution, uas muaj kev ruaj ntseg thiab siv zoo. Kev siv qhov khoom no, muab hliv rau hauv ib lub thauv spray bottle ces muab tshuag rau thawj chaw. [Cia nws nyob ib 5 nasthis](#) kom tua tau tus kab mob thiab cov kab bacteria, ces so chaw chaw ntawd kom huv si. Hydrogen Peroxide kuj siv tau rau ntawm daim keyboards, touchpads, lossis lub computer mouse.

### **Ntau So Tua Kab Mob**

Cov ntaub so **tua kab mob** siv tau zoo thiab tso cai siv, tab sis nws tseem ceeb kom nyeem thiab ua raws li tag ncho cov kev qhia. Yog hais tias tsis cia qhov khoom no nyob rau thaj chaw ntev txaus (li ntawm 5 nasthis) nws yuav tua tsis tau tag nrho cov kab mob lossis cov kab bacteria. Thiab cov ntaub so tsuas zoo siv rau tej thaj chaw uas me me. Piv txwv li, ib lub rooj loj lossis ob peb lub rooj desk ces yuav tsum siv ntau tshaj ib daim ntaub so.

**Nws tseem ceeb heev uas cov neeg yuav tsum nyeem thiab ua raws li cov kev qhia rau txhua yam khoom siv los tus tsev txhua zaus ua ntej siv.**

### **Cov Txheej Txheem Siv Khoom Tua Kab Mob Uas Yog:**

- Tua kab mob ntawm cov chaw uas chwv heev tshaj thoob plaws txhua hnuv tas mus li. Cov chaw uas chwv heev tshaj nyob hauv tsev kawm ntawv yog xws li, tiam sis tsis yog tag rau:
  - Cov tes/pob qhov rooj
  - Cov pob taws teeb
  - Cov tes qhib dej ntawm sink
  - Cov chaw hauv chav dej/huob nab
  - Cov rooj loj
  - Tub/ntxhais kawm ntawv cov rooj
  - Cov rooj zaum

### **Kev Saibxyuas Tej Khoom Siv**

- Yuav cov khoom siv rau thaum pib thiab npaj rau kev saibxyuas cov khoom siv:
  - Cov ntaub npog qhov ncauj - rau cov tub/ntxhais kawm ntawv thiab cov neeg ua dejnum, hais kom cov neeg siv tau lawv cov ntaub npog qhov ncauj
  - Cov ntaub npog qhov ncauj uas muab pov tseg tau rau cov chav uas cia cov neeg mob.
  - Daim thaiv ntseg muag lossis lub looj ntseg muag rau cov neeg ua dejnum hauv chav cia neeg mob thiab rau cov xibfwb.

- Cov tshuaj band sanitizer - muaj rau txhua hoob, rau txhua tus uas nkag los siv
- Cov tshuaj tsuag spray bottles thiab khoom tua kab mob thiab cov ntawv so tes- muaj rau txhua hoob los tus tej chaw
- Hnab looj tes - siv yog tias muaj neeg ntuav lossis pab cov tub/ntxhais kawm ntawv uas mob lossis raug mob
- Cov pas ntsuas seb lub cev kub licas - yuav tsum muaj tus pas ntsuas nyob rau txhua lub tsev kawm ntawv lub chav ciav cov neeg mob.
- Cov chaw ntxuav tes yog tias muaj cov sink tsis txaus nyob rau ntawm cov tsev kawm ntawv.
- Muaj cov PPEs uas yog ntaub npog qhov ncauj
- Cov txheej txheem yuav tej khoom siv uas yog tuaj ntawm lub chaw hauv paus/system
- Siv koog tsev kawm ntawv -cov khoom uas pom zoo cia siv xwb

### **Cov Cai Yuav Ua Licas Txog Kev Txhawj Xeeb Kab Mob**

Cov Cai Yuav Ua Licas Txog Kev Txhawj Xeeb Kab Mob yuav pab tau rau koog tsev kawm ntawv kom paub qhia tau ceev nrooj tias yog yam kab dab tsi, tiv thiav kev sib kis nyob rau hauv SCUSD lub zej zog, thiab txo txoj kev yuav raug rau lwm tus.

Txoj kev npaj lus teb yog nyob rau ntawm hom kab mob dab tsi thiab kev qhia lawm ntawm Sacramento County Public Health (SCPH).

Nws muaj peb theem ntawm cov kev yuav ua licas txog kev tshawj xeeb kab mob:

1. Kev Tswj Teebmeem Tshwm Sim (Nyob ntawm tej qhov teebmeem xwb lossis lwm qhov teebmeem nyob rau lwm qhov)
2. Outbreak (10% ntawm tag nrho tsev kawm ntawv cov neeg lossis 25% ntawm cov neeg nyob hauv chav kawm uas paub meej tias muaj mob lawm)
3. Epidemic/Pandemic (kab mob kis thoob teb chaws lossis thoob qab ntuj)

Thaum muaj kab mob kis thoob teb chaws (pandemic), lub koog tsev kawm ntawv yuav ua raws cov kev ntsuas tiv thaiv thiab saibxyuas cov neeg pej xeeb kom zoo li zoo tau raws li kev qhia los ntawm lub xeeb thiab county phab tuam tsev tswj kev noj qab qhaus huv. Cov cai protocols thiab cov txheej txheem tej zaum kuj yuav hloov nyob se qhov teebmeem ntawm pej zeem kev noj qab haus huv mus licas thiab cov kev txiav txim siab thiab kev qhia ntawm cov thawj coj pej kev noj qab haus huv.

#### **Cov Luag Haujlwm ntawm Tsev Kawm Ntawv Cov Neeg Ua Dejnum:**

1. Cov tsev kawm ntawv yuav tsum npaj rau thaum muaj ib tug neeg muaj mob. Cov neeg uas muaj cov tsos mob tau tus mob yuav tsum muab cais tawm tam sim ntawd kom tiv thaiv tau kev sib kis tus kab mob mus rau lwm tus. Cov neeg uas mob lawm yuav tsum tau mus tsev lossis mus rau ib lub chaw saibxyuas neeg mob seb nyob ntawm tsos mob seb mob nyav licas. (Mus saib *Appendix E kom paub meej ntxiv thaib cov tswv yim yuav teeb ib lub chav cia cov neeg mob licas vs chav uas cia pab rau cov neeg mob nyob rau ntawm koj lub tsev kawm ntawv, thiab Appendix F rau [Yuav saibxyuas ib tug tub/ntxhais kawm ntawv uas muaj mob licas nyob rau thaum lub sijhawm muaj qhov COVID-19 Pandemic](#)).*

Cov tub/ntxhais kawm ntawv thiab cov neeg ua dejnum uas muaj mob yuav tsum:

- Tau muab cais taw sai sai ntawm lwm tus tub/ntxhais kawm ntawv/ neeg ua dejnum kom txog rau thaum tus niamtxiv/tus saibxyuas tuaj tos lossis mus tau tsev.
- Nyob kom sib nrug deb ntau tshaj 6 feet ntawm lwm tus, zoo tshaj mas nyb rau lwm lub chav uas muaj kev dim pab zoo
- Loog ib lub ntaub npog qhov ncauj uas muab pov tseg los tau
- Tus neeg ua haujlwm nyob rau ntawd yuav tsum siv kev qauv ceev faj thaum pab ib tug neeg muaj mob. Rau cov neeg uas xoom xaim tias mob tus kab mob COVID-19 , yuav tsum looj ntaub npog qhov ncauj, looj daim thaiv qhov muag/ntsej muag thiab looj hnab looj tes.
- Hu tus niamtxiv/tus saibxyuas kom tuaj tos mus tam sim ntawd

- i. Yog hais tias tus niamtxiv/tus saibxyuas tuaj tos tsis tau tus tub/ntxhais kawm ntawv, xav txog ntawm cov txheej txheem tias yuav coj tus tub/ntxhais kawm ntawv mus licas rau nram nws lub tsev.
  - ii. Muab daim ntawv uas muaj cov kev qhia tias yuav ua licas thaum Nyon Nram Tsev/Thaum Rov Qab Tuaj Kawm Ntawv rau cov niamtxiv/tus saibxyuas lossis cov neeg ua dejnum.
    - Tua kab mob rau txhua qhov chaw tom qab tus tub/ntxhais kawm ntawv/tus neeg ua dejnum mus lawm thiab ua ntej yuav siv rau lwm tus.
    - Yog xoom xaim tias muaj tus kab mob COVID-19, hu rau koj lub tsev kawm ntawv tus kws saibxyuas mob lossis Cov Chaw Saibxyuas Kev Noj Qab Haus Huv. Ua raws li cov kev taw qhia txog Communicable Disease Guidelines kom qhia tau rau Health Services paub txog tsam ho muaj cov teebmeem tshwm sim ua tsis paub txog ntawm cov kab mob uas kis tau yooj yim.
- 2. Muab sau cia thiab soj ntsuam cov kev mob-cuam tshuam txog tej yam nyob rau lub sijhawm thaum tus tub/ntxhais kawm ntawv lossis tus neeg ua dejnum qhaj lawm.
  - Cob qhia cov neeg ua dejnum saibxyuas kev tuaj kawm ntawv los txhawb txoj kev soj qab raws li qhia los ntawm Sacramento County Health Department
  - Tsev kawm ntawv cov neeg ua dejnum lub luag haujlwm rau kev muab cov ntaub ntawv data tias tuaj kawm ntawv thiab qhaj ntawv tso rau hauv lub Infinite Campus yuav tsum tau sau tias yog yam mob licas, cov tsos mob, thiab nyob rau ntawm qhov “Comments”.
- 3. Ua raws li HIPAA txoj cai tsis pub qhia tawm uas tau sau tseg tias cov kev txhawj xeeb txog kab mob **tsis pub qhia tawm**, thiab txhua tus neeg ua dejnum yuav tsum tiv thaiv cov ntaub ntawv qhia txog kev kho mob tshwj kiag kom qhia rau SSHS li hais los nram qab no.
- 4. **Hu rau Lub Chaw Student Support and Health Services** (raw li sau nyob rau hauv nqab no) yog hais tias yauv qhia tias muaj ib tug neeg ua dejnum, tub/ntxhais kawm ntawv, lossis ib tug ntawm tsev neeg muaj tus kab mob COVID-19 lawm lossis nyob ze tus neeg uas muaj mob:
  - 1. Health Services Main Line – (916) 643-9412
  - 2. Rebecca Wall, Health Services Technician (916) 643-7963 and (916) 826-3513 (cell)
  - 3. Paula Kuhlman, Lead School Nurse
    - Desk: (916) 643-9150 and Cell: (916) 320-1538
  - 4. Victoria Flores – Director III, Student Support and Health Services
    - Desk: (916) 643-9144 and Cell: (916) 752-3643
- 5. Tus neeg ua tej dejnum ntawm Health Services yuav tshaj tawm tag nrho cov tias muab tus kab mob COVID-19, thiab nrog rau lwm yam mob uas muaj ntau cuam tshuam rau cov tub/ntxhais kawm ntawv thiab cov neeg ua dejnum uas qhaj lawm, mus rau lub county health department (SCPH).
- 6. Yuav tsum kom cov tub/ntxhais kawm ntawv thiab cov neeg ua dejnum nyob twj ywm hauv tsev rws qhov [Stay at Home Guidelines](#) (Appendix B).
  - Nyob twj ywm hauv tsev yog tias muaj cov tsos mob ntawm tus mob: ua npaws lossis ua daus no (100 degrees lossis siab tshaj ntawd), hnoos, txog siav los yog ua tsis taus pab, nkees, mob ib ce, mob taub hau, muaj tej yam tshiab xws li saj los tsis paub tias yog dab tsi lossis tsis hnov tsw, mob qa, txhaws ntswg lossis los ntswg, xeev siab lossis ntuav, thiab raws plab.
    - \* *Raug hloov raws li hais los ntawm [CDC](#)*
  - Nyob twj ywm hauv tsev yog tias raug hais kom cai lossis [quarantine](#) los ntawm koj tus kws kho mob lossis lub health department vim cov kev ceev faj ntawm tus kab mob COVID-19. Cov kev vim licas muaj xws li:
    - Tsis ntev los no tau mus nrog ib tug neeg uas muaj tus kab mob COVID-19
    - Tsis ntev los no tau muaj tus kab mob COVID-19
    - [Tsis ntev los no tau mus ncig rau lwm qhov chaw nyob sab nraud teb chaws U.S.](#)

- Rov qab tuaj kawm ntawv lossis ua haujlwm tau thaum tsis muaj cov tsos mob lawm rau li ntawm 72 xuj moos lossis tom qab 10 hnuv thaum pib muaj cov tsos mob, thiab tom qab lub sijhawm uas tau raug muab cais/tshem tawm tag tawm, yog tias muaj.
7. Lwm yam activities ntxiv yuav tsum tau kev qhia los ntawm lub chaw Student Support and Health Services ua raws nraim county health department cov kev tau hais.

**Cov Feem Xyuam ntawm Lub Chaw Student Support and Health Services (SSHS):**

1. SSHS tus neeg ua dejnum yuav ua haujlwm los xyuas tej kev tau tshawj tawm kev tshawj xeeb, xws li tham ncaj qha nrog tsev neeg thiab/lossis tus neeg ua dejnum thaum uas tsim nyog.
2. Cov kev txhawj xeeb txog kab mob tsis pub qhia tawm, thiab txhua tus neeg ua dejnum yuav tsum tiv thaiv cov ntaub ntawv qhia txog kev kho mob thiab txo pej xeem tej kev txhawj xeeb lossis kev ntshai kom sib.
3. SSHS yuav tham nrog thiab xyua tag nrho tej ntaub ntawv nrog rau Sacramento County Public Health (SCPH).
4. Qhia rau tus neeg ua dejnum lossis tsev neeg tias SCPH yuav muab tej ntaub ntawv uas qhia txog tias seb tus neeg ua dejnum lossis tus tub/ntxhais kawm ntawv yuav tsum tau muab cai tawm vim nyob ze rau lwm tus neeg ua muaj tus kab mob COVID-19.
5. SSHS tus neeg ua dejnum yuav qhia rau tus Assistant Superintendent ntawm Student Support txog ntawm cov teebmeem uas tau muaj lossis tau qhia tias nyob tau nyob zew lwm tus uas muaj mob lawm.
6. SSHS yuav qhia cov xov xwm tshiab rau tsev kawm ntawv cov thawj coj txog cov kev taw qhia uas tau txais los ntawm SCPH.
7. Raws li ntawm cov kev taw qhia uas tau los ntawm SCPH, SSHS yuav txuas lus nrog cov tsev kawm ntawv thiab neeg neeg ua dejnum hauv lub department hais txog cov kauj ruam tom ntej lossis cov kev pabcaum uas xav tau ntxiv (xws li, maintenance crews, nurses, counselors, psychologists, safety and security measures).
8. SSHS tus neeg ua dejnum yuav qhia cov tsev kawm ntawv kom ua raws li txhua yam kev qhia los ntawm SCPH rau kuv tu tej chaw thiab tua kab mob. CDC cov kev “Taw Qhia txog Kev Rov Qab Qhib” rau kev tu tej chaw thiab tua kab mob ntawm tsev kawm ntawv cov vaj tse xws li cov chaw uas tawv tawv, thiab tej chaw uas kov heev tshaj xws li cov rooj loj, cov desks, cov rooj zaum, cov nqaj tes tuav, cov khoom cuab yeej, thiab cov tes qhov rooj nyob rau cov tsev kawm ntawv thiab cov hoob los ntawm CDC-cov khoom siv pom zoo tua kab mob rau SARS-CoV-2, Rhinovirus lossis Human Coronavirus.
9. SSHS yuav ua haujlwm nrog lub Communications Department thiab cov tsev kawm ntawv los muab kev sib txuas lus uas yuav tsum tau muaj rau tsev neeg. Cov ntaub ntawv kho mob uas raug cai tshaj thiab muaj nyob rau tam sim no yuav tau muab coj los siv rau txhua yam kev sib txuas lus.
10. Cov kev sib txuas lus ua tau tsim tseg nyob hauv qab no yuav tau muab coj los siv seb nyob ntawm theem kev pom zoo thiab xav kom paub licas. Yuav The established communication channels listed below will be used depending on level of exposure and public health recommendations. Yuav muaj kev txhais lus rau kev sib txuas lus raws li cov hom lus uas muab coob tshaj nyob rau hauv lub zej zog.
  - Cov ntawv rau niamtxiv (luav tawm, email, SMS, xov tooj)
  - Lub Tsev Kawm thiab Koog Tsev Kawm School Cov Websites
  - Lub Tsev Kawm thiab Koog Tsev Kawm School Cov Social Media
  - Xav Xov hauv Xov Tooj (Robocall)
  -

**Coob Toom tias Muaj Tus Kab Mob COVID-19**

- Lub chaw saibxyuas kab mob Centers for Disease Control (CDC) tau hais tias COVID-19 yog ib tug kab mob uas txhawj xeeb. Vim li no, yog tias nyob rau lub sijhawm uas muaj ib tug tub/ntxhais kawm ntawv lossis neeg ua dejnum tau kuaj tias muaj tus kab COVID-19 lawm, lub Sacramento County Public Health Department (SCPH) yuav qhia rau tus tub/ntxhais kawm ntawv lossis tus neeg ua dejnum paub. SCPH yuav qhia cov kev tias yuav ua licas thiab thiab kev pom zoo rau tus neeg mob. Nws yog peb qhov kev xav tau tais kom SCPH yuav tsum mus qhia rau koog tseg kawm ntawv paub.

- Yog hais tias ib tug tub/ntxhais kawm ntawv lossis neeg ua dejnum qhia rau lub tsev kawm ntawv lossis hauv paus tsev kawm ntawv cov neeg ua dejnum tias lawv tau muaj tus kab mob COVID-19, tus neeg ua dejnum yuav tsum tau hu tam sim ntawd rau Health Services raws li hais los saum toj.
- SSHS tus neeg ua dejnum yuav xyuas tag nrho cov ntaub ntawv tau nrog tus neeg mob thiab SCPH, ua raws nraim li tag nrho cov kev taw qhia lossis cov kev qhia los ntawm SCPH.
- SSHS yuav qhia mus rau hauv paus tsev kawm ntawv thiab lub tsev kawm ntawv tus neeg ua dejnum nrog cov kev taw qhia muab los ntawm SCPH.

### **Coob Toom tias Tau Nyob Ze Tus Neeg Muaj Tus Kab Mob COVID-19**

Tus neeg nyob ze yog ib tug neeg tau mus nyob ze rau tib tug neeg uas twb tau muaj tus kab mob COVID-19 lawm yog ib qho tias muaj feem yuav kis tau. Tus neeg nyob ze ntawd yuav tau txais kev qhia los ntawm lub county health department thiab txais cov kev taw qhia tias yuav cai tawm thiab kev rov qab tuaj ua haujlwm/tuaj kawm ntawv licas.

- Tus neeg nyob ze ntawd yuav tsum ua raws nraim li cov kev qhia los ntawm public health cov cov kev qhia kom nyob hauv tsev raws li qhia, uas yog li ntawm 14 hnuv
- Tus neeg nyob ze ntawd yuav tsum tau hais kom muab cov ntaub ntawv kho mob ntawm tus kws kho mob losis lub health department lossis cov kev qhia kom cai tus kheej tawm thiab muab tuaj rau lub tsev kawm ntawv (tus tub/ntxhais kawm ntawv) los yog lub human resources (tus neeg ua dejnum)
- Nco ntsoov tias cov kev taw qhia kev cais tus kheej tawm tsuas yog siv rau cov uas tau nyob ze cov neeg uas *muaj tus kab mob* COVID-19 tsis ntev los no xwb. Lwm tus neeg uas twb nyob tag qhov kev cai tus kheej tawm lawm tsis tas yuav nyob hauv tsev es tsis tuaj kawm ntawv.

### **Kawm Chav Kawm, Tsev Kawm Ntawv lossis Thoob Plaws Koog Tsev Kawm Ntawv**

Yog tias muaj ib case hais muaj tus kab mob COVID-19 qhia hais tias nyob rau hauv koog tsev kawm ntawv, Sacramento County Public Health Department yuav muab kev taw qhia txog cov kev ntsuam uas yuav tsum muaj. Cov lus teb yog nyob ntawm seb kev yuav kis tau tus kab mob of COVID-19 sai npaum licas hauv tsev kawm ntawv. Muaj tau yam factors uas pom tias, xws li cov sijhawm ntawm tus mob thiab peb tsawg tus neeg muaj mob thiab hom neeg nyob ze ntawd nyob ntawm tsev kawm ntawv. Yog hais tias tau txiav txim tias yog ib qhov teebmeem ntawm kev kis kab mob ntawm tsev kawm ntawv, cov lus teb yuav qhia tias yog dab tsi thiab muab cais tawm lossis kawm cov chav kawm, cov tsev kawm ntawv, lossis koog tsev kawm ntawv ob-peb hnuv los yog ntev dua. Vim li no, tag nrho cov tsev kawm ntawv thiab cov programs yuav tsum muaj cov kev npaj tseg rau tej yam uas tswm sim rau thaum cov sijhawm kawm tsev kawm ntawv luv thiab ntev.

## **Tsev Kawm Ntawv Cov Neeg Ua Dejnum Cov Luag Haujlwm thiab Feem Xyuam**

*Cov luag haujlwm thiab feem xyuas yuav tau muab faib rau cov neeg ua dejnum kom paub txog thiab yuav tsum muaj nyob rau hauv phau ntawv Staff Handbooks, Student/Parent Handbooks, cov kev npaj lossi lwm yam kev sib txuas lus.*

### **Thawj Saibxyuas Haujlwm:**

- Ua raws nraim tag nrho “[Individual Health Precautions for Students and Staff](#)” thiab “[Mitigation Guidelines for the Physical Environment.](#)”
  - Cov Kev Xyuam Tiv Thaiv ntawm Tus Kheej, xws li [physical distancing](#), [handwashing](#), [cloth face coverings](#) thiab [cough/sneeze etiquette](#) yog ib co cai tseem ceeb heev kom txo tau kev sib kis kom sib ntawm tus kab mob COVID-19. ([CDC](#))



- Ua tus qauv qhia thiab txhawb nqa tas nrho cov kev ntsuas pej xeem kev noj qab haus huv uas yuav tsum tau ua. Qhia txhua tus tias nws OK los qhia koj thiab kuv kom ua yog - siv cov lus “thov” thiab “ua koj tsaug” rau txhua tus thaum qhia sawv daws kom nco ntsoov txog cov kev ntsuas pej xeem kev noj qab haus huv.
- Muab kev hloov rau cov chaw tom tsev kawm ntawv thiab/lossis sim cov cai kom ceev tau cov kev ntsuas txo sib kis kom sib.
- Muab kev sib txuas lus tsis tus ncuu txog tus kab mob COVID-19 thiab kev tiv thaiv cov khaub thuas cold/flu pab rau cov tub/ntxhais kawm ntawv thiab cov neeg ua dejnum. Siv tag nrho cov kev xa xov - email, tshaj tawm hauv lub paj taub, tshaj tawm los ntawm cov xibfwb, cov paib, thiab cov kev qhia nyob cov rooj sablaj rau cov neeg ua dejnum.
- Tsa tus neeg ua dejnum muab kev sib txuas lus kom saibxyuas rau cov kev txhawj txog tus kab mob COVID-19. Cov neeg ua haujlwm yuav tsum paub tias lawv yog leej twg thiab kev yuav tiv toj lawv licas.
- Xyuas kom muab cov paib posters los rau ntawm tej chaw kom muaj neeg pom. Cov paib yuav tsum muab los rau ntawm tag nrho cov chav dej/hoobnab, cov chav kawm, thiab cov chaw rau pej xeem. Muab tej ntaub ntawv tso rau hauv social media tas mus li. Yais tawm cov flyers thiab posters hais txog cov ntsiab lus li nram qab no:
  - Cov cim thiab cov tsos mob ntawm tus kab mob COVID-19
  - Kev nyob kom sib nrug deb
  - Kev tawv qhia txog looj ntaub npog qhov ncauj
  - Cov kev tawm qhia nyob hauv tsev thaum muab mob
  - Cov kev tus huv sim thaum hnoos thiab txham
  - Kev txwm kom neeg tsawt
  - Kev Nyob Nyab Xeeb thiab Cov Xov Tooj hus Nrhiav Kev Pab
- Paub thiab xyuas kom cov neeg ua dejnum
- tau nyob ze nrog ib tus neeg muaj tus kab mob COVID-19 lossis hais qhia los ntawm lwm tus uas raws li *“Cov Cai Yuav Ua Licas Txog Kev Txhawj Xeeb rau thaum Muaj Tus Kab Mob COVID-19 Pandemic”*. *Hu rau Health Services tam sim ntawd yog tias:*
  - Yog ib tug tub/ntxhais kawm ntawv lossis neeg ua dejnum muaj, xoom xaim tias muaj, lossis neeg
  - Yog muaj 25% lossis siab dua ntawm ib chav kawm, lossis muaj 10% lossis ntau dua ntawm tag nrho cov neeg ua kawm ntawv hauv tsev kawm ntawv muaj mob nrog cov tsos mob xib xws.
- Xyuas kom cov xibfwb qhia ntawv muab cov kev qhia ntawv nyob sib nrug deb rau cov tub/ntxhais kawm ntawv, cov kev xaiv kom tau qhabnee-Tag Nrho, thiab ncuu sijhawm kom ua tiav cov ntaub ntawv uas tsis tau ua vim muaj mob thiaj li qhaj ntawv lawm.
- Xyuas kom cov kev tuaj ntawm cov neeg ua dejnum thiab cov tub/ntxhais kawm ntawv yuav tsum muab tso rau hauv qhov system raws sijhawm txhua hnub. Muab sau cia thiab ceeb toom txog tej kev qhaj ntawv uas tau pom nrog rau cov tsos mob uas sib xws.
- Txhawb nqa kev sib txuas lus hauv tej cuab yeej uas yog siv hluav taws xob xws li xa cov ntawv tuaj thiab/lossis muaj qhia rau (piv txwv li. cov ntaub ntawv uas yuav tsum tau kos npe, xav cov homework, thiab lwm yam).
- Muab ib lub chaw npaj tseg rau thiab saibxyuas cov tub/ntxhais kawm ntawv uas mob kom txog rau thaum lawv mus tau tsev (piv txwv li. Lub Chaw Cia Tus Tub/Ntxhais Kawm Ntawv Uas Muaj Mob) uas tsis siv rau lwm tus).

- ❑ Npaj ib lub chaw tseg rau thiab saibxyuas cov tub/ntxhais kawm ntawv uas raug mob es xav tau kev pab, saibxyuas kev noj tshuaj, cov txheej txheem hauv tsev kawm ntawv, thiab lwm yam. (piv txwv li Lub Chaw rau Tus Tub/Ntxhais Kawm Ntawv uas Nyob Zoo).
- ❑ Qhia txog [Cov Kev Taw Qhia kom Nyob Hauv Tsev](#) (Appendix B) rau cov tub/ntxhais kawm ntawv lossi cov neeg ua dejnum uas raug muab xa mus tsev uas muaj cov cim lossis cov tsos mob ntawm tus mob.
- ❑ Xyuas kom cov neeg ua dejnum ntawm hoobkas muaj cov kev pabcuam uas tsim nyob los txhawb cov tub/ntxhais kawm ntawv lossis cov neeg ua dejnum uas muaj mob xws li cov pas ntsuas ib ce uas tau muaj leej twg kov li, cov ntaub npog qhov ncauj/thaiv ntsej muag, dej thiab sab npum, tshuaj hand sanitizer, ntaub so ntsej muag, hnab looj tes, cov thiav qhov muag lossi thaiv ntsej muag.
- ❑ Ua raws nraim li kev taw qhia los ntawm Student Support and Health Services (SSHS) thiab Sacramento County Public Health (SCPH).
- ❑ Xyuas kom txhua tus neeg ua dejnum tsim nyog paub txog ntawm cov tub/ntxhais kawm ntawv uas muaj teebmeem kev noj qab haus huv thiab paub zoo txog cov kev npaj thaum muaj xwm txheej ceev (Emergency Care Plans), xws li cov substitute uas hloov tus xibfwb uas qhaj rau hnub ntawd lawm.
- ❑ Txhawb nqab cov activities thiab cov tswv yim uas pab kom muaj kev ua tau zoo rau [Cov Laus](#) thiab [Cov Menyuum Yaus](#) rau thaum lub sijhawm muaj kev nyuaj siab ntshov plawv.
- ❑ Qhia cov neeg uas muaj kev txhawj xeeb ntau heev rau [Hauv Paus Tsev Kawm Ntawv](#) cov kev pabcuam thiab [SCPH](#) cov kev pabcuam. Sib tham txog cov kev txhawj xeeb nrog Tsev Kawm Tus Neeg Saibxyuas Mob thiab/lossis cov neeg ua dejnum ntawm Student Support and Health Services.

**Cov Neeg Ua Dejnum ntawm Hoobkas/Cov Neeg Saibxyuas Kev Tuaj Kawm Ntawv:**

- ❑ Ua raws nraim tag nrho “[Individual Health Precautions for Students and Staff](#)” thiab “[Mitigation Guidelines for the Physical Environment.](#)”
  - ❑ Cov Kev Xyaum Tiv Thaiv ntawm Tus Kheej, xws li [physical distancing](#), [handwashing](#), [cloth face coverings](#) thiab [cough/sneeze etiquette](#) yog ib co cai tseem ceeb heev kom txo tau kev sib kis kom sib ntawm tus kab mob COVID-19. ([CDC](#))
- ❑ Ua tus qauv qhia thiab txhawb nqa tas nrho cov kev ntsuas pej xeeb kev noj qab haus huv uas yuav tsum tau ua. Qhia txhua tus tias nws OK los qhia koj thiab kuv kom ua yog - siv cov lus “thov” thiab “ua koj tsaug” rau txhua tus thaum qhia sawv daws kom nco ntsoov txog cov kev ntsuas pej xeeb kev noj qab haus huv.
- ❑ Yais tawm cov flyers thiab posters hais txog cov ntsiab lus li nram qab no: kev nyob sib nrug deb, ntaub npog qhov ncauj, [kev ntxuav tes](#), [kev tu huv si thaum hnoos](#)/tau khaub thuas, thiab nyob hauv tsev thaum uas muaj mob. Xyuas kom muab cov paib posters los rau ntawm txhua lub chaw nkag los rau, chaw kawm ntawv, chaw dej/hoobnab thiab lwm qhov chaw uas muaj neeg coob coob pom. Muab cov ntaub ntawv tso rau hauv social media tas mus li.
- ❑ Txhawb nqa kev sib txuas lus hauv tej cuab yeej uas yog siv hluav taws xob xws li xa cov ntawv tuaj thiab/lossis muaj qhia rau (piv txwv li. cov ntaub ntawv uas yuav tsum tau kos npe).
- ❑ Xyuas kom cov neeg ua dejnum ntawm hoobkas muaj cov kev pabcuam uas tsim nyob los txhawb cov tub/ntxhais kawm ntawv lossis cov neeg ua dejnum uas muaj mob xws li cov pas ntsuas ib ce uas tau muaj leej twg kov li, cov ntaub npog qhov ncauj/thaiv ntsej muag, dej thiab sab npum, tshuaj hand sanitizer, ntaub so ntsej muag, hnab looj tes, cov thiav qhov muag.
- ❑ Qhia txog [Cov Kev Taw Qhia kom Nyob Hauv Tsev](#) (Appendix B) rau cov tub/ntxhais kawm ntawv lossi cov neeg ua dejnum uas raug muab xa mus tsev uas muaj mob.

- Muab ib lub chaw npaj tseg cais cov tub/ntxhais kawm ntawv thiab cov neeg ua dejnum uas mob kom txog rau thaum lawm mus tau tsev. Qhia cov kev ceev faj kev noj qab haus huv rau cov niamtxiv - looj ntaub npog qhov ncauj, siv tshuaj hand sanitizer, nyob kom sib nruug deb.
- Xyuas kom cov kev tuaj ntawm cov neeg ua dejnum thiab cov tub/ntxhais kawm ntawv yuav tsum muab tso rau hauv qhov system raws sijhawm txhua hnuv.
  - Ua raws li cov txheej txheem yog tias qhia kom sau cia tus tub/ntxhais kawm ntawv cov tsos mob ntawm tus mob rau hauv lub Infinite Campus
- Paub thiab sib txuas nrog rau cov niamtxiv txog ntawm txoj cai [Nyob hauv Tsev](#) rau cov neeg mob thiab cov tub/ntxhais kawm ntawv uas nyob ze ib tug neeg uas muaj mob lawm.
- Ua haujlwm nrog tsev kawm ntawv tus neeg saibxyuas mob kom ua raws li cov cai qhia kom txo tau kev sib kis mob rau cov tub/ntxhais kawm ntawv nyob rau hauv tsev kawm ntawv.
- Muaj lus nug hais txog kev noj qab haus huv ces hais ncaj qha rau tus neeg saibxyuas mob ntawm tsev kawm ntawv lossis rau koj tsev neeg tus kws kho mob.
- Ua raws li “Cov Txheej Txheem Yuav Ua Licas Ceeb Toom Txog Kab Mob” yog tias muaj teebmeem raws li nram qab no - [hu rau Student Support thiab Health Services tam sim ntawd](#):
  - Yog tus tub/ntxhais kawm ntawv lossis neeg ua dejnum muaj, xoom xaim tias muaj, lossis neeg
  - Yog muaj 25% lossis siab dua ntawm ib chav kawm, lossis muaj 10% lossis ntau dua ntawm tag nrho cov neeg ua kawm ntawv hauv tsev kawm ntawv muaj mob nrog cov tsos mob xib xws.
- Xyuas kom txhua tus neeg ua dejnum tsim nyog paub txog ntawm cov tub/ntxhais kawm ntawv uas muaj teebmeem kev noj qab haus huv thiab paub zoo txog cov kev npaj thaum muaj xwm txheej ceev (Emergency Care Plans), xws li cov substitute uas tuaj hloov tus xibfwb uas qhaj rau hnuv ntawd.

**Cov Neeg Ua Dejnum Qhib Tsev Kawm Ntawv/Tus Tsev Kawm Ntawv:**

- Ua raws nram tag nrho “[Individual Health Precautions for Students and Staff](#)” thiab “[Mitigation Guidelines for the Physical Environment](#).”
  - Cov Kev Xyaum Tiv Thaiv ntawm Tus Kheej, xws li [physical distancing](#), [handwashing](#), [cloth face coverings](#) thiab [cough/sneeze etiquette](#) yog ib co cai tseem ceeb heev kom txo tau kev sib kis kom sib ntawm tus kab mob COVID-19. ([CDC](#))
- Ua tus qauv qhia thiab txhawb nqa tas nrho cov kev ntsuas pej xeem kev noj qab haus huv uas yuav tsum tau ua. Qhia txhua tus tias nws OK los qhia koj thiab kuv kom ua yog - siv cov lus “thov” thiab “ua koj tsaug” rau txhua tus thaum qhia sawv daws kom nco ntsoov txog cov kev ntsuas pej xeem kev noj qab haus huv.
- Xyuas kom tsev kawm ntawv muaj cov khoom siv txaus siv xws li tshuaj ntxuav tes, ntaub so ntswg, cov tshuaj tua kab mob uas pom zoo los ntawm hauv paus tsev kawm ntawv, thiab lwm yam.
- Muaj cov khoom siv tus vaj tsev teem cia thiab cov khoom tiv thaiv tus kheej kom npaj tau txhij - yuav cov khoom siv ntxiv yog tias xav tau.
- Kev tus kom kab mob tuag: Tu txhua hnuv, tu cov chaw uas neeg nyob thiab cov chawv kawm ntawv.
- Cov chaw uas kov heev tshaj thiab cov chaw uas cov tub/ntxhais kawm ntawv mob nyob lossis cov neeg ua dejnum mob nyob yuav tsum tau muab tus tas mus li kom tsis muaj kab mob, ua raws li hauv paus tsev kawm ntawv cov kev taw qhia uas tau tsim muaj.
- Ua raws li tag nrho hauv paus tsev kawm ntawv cov cai uas tau tsim muaj rau kev tu kom huv si thiab tua kab mob.
- Hu rau lub Operations Department yog tias yuav tsum tau tu kom zoo heev/tua kab mob.

- Txhawb nqa kev sib txuas lus hauv tej cuab yeej uas yog siv hluav taws xob xws li xa cov ntawv tuaj thiab/lossis muaj qhia rau (piv txwv li. cov ntaub ntawv uas yuav tsum tau kos npe).

**Cov Neeg Ua Dejnum hauv Chav Muab Zaub Mov:**

- Ua raws nraim tag nrho [“Individual Health Precautions for Students and Staff”](#) thiab [“Mitigation Guidelines for the Physical Environment.”](#)
  - Cov Kev Xyaum Tiv Thaiv ntawm Tus Kheej, xws li [physical distancing](#), [handwashing](#), [cloth face coverings](#) thiab [cough/sneeze etiquette](#) yog ib co cai tseem ceeb heev kom txo tau kev sib kis kom sib ntawm tus kab mob COVID-19. ([CDC](#))
- Ua tus qauv qhia thiab txhawb nqa tas nrho cov kev ntsuas pej xeeb kev noj qab haus huv uas yuav tsum tau ua. Qhia txhua tus tias nws OK los qhia koj thiab kuv kom ua yog - siv cov lus “thov” thiab “ua koj tsaug” rau txhua tus thaum qhia sawv daws kom nco ntsoov txog cov kev ntsuas pej xeeb kev noj qab haus huv.
- Ua raws li cov cai ntawm lub department kom txo tau kev sib kis kab mob
  - Cov kev yuav tsum yog mus ib-seem mus muab zaub mov noj
  - Ua kom muaj kev dim pab rau cov chaws uas ntom nti (qhib cov qhov rooj thiab qhov rais)
  - Ua ras li tag nrho cov cai ntawm Nutrition Services Disinfectant thiab cov txheej txheem
  - Xyuas kom koj cov chaws muaj cov khoom siv li nram qab no – tshuaj hand sanitizer, ntaub so ntswg, thoob khib nyiab uas muaj daim npog (muab hloov txhua hnuv), cov ntaub so lossis cov tshuaj txuag tua kab mob, ntawv so tes, hnaab looj tes thiab cov ntaub npog qhov ncau

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**Cov Xibfwb:**

- Ua raws nraim tag nrho [“Individual Health Precautions for Students and Staff”](#) thiab [“Mitigation Guidelines for the Physical Environment.”](#)
  - Cov Kev Xyaum Tiv Thaiv ntawm Tus Kheej, xws li [physical distancing](#), [handwashing](#), [cloth face coverings](#) thiab [cough/sneeze etiquette](#) yog ib co cai tseem ceeb heev kom txo tau kev sib kis kom sib ntawm tus kab mob COVID-19. ([CDC](#))
- Ua tus qauv qhia thiab txhawb nqa tas nrho cov kev ntsuas pej xeeb kev noj qab haus huv uas yuav tsum tau ua. Qhia txhua tus tias nws OK los qhia koj thiab kuv kom ua yog - siv cov lus “thov” thiab “ua koj tsaug” rau txhua tus thaum qhia sawv daws kom nco ntsoov txog cov kev ntsuas pej xeeb kev noj qab haus huv.
- Qhia thiab ua raws cov kev ceeb faj kev noj qab haus huv nrog cov tub/ntxhais kawm ntawv
  - Nyob sib nruag deb txhua lub sijhawm - tsawg kawg yog 6 feet.
  - Xyuas kom ua raws li qhov uas tsuas puj muaj tib neeg coob lidas nyob rau hauv ib chav kawm.
  - Muab cov cim lo kom pom rau hauv pem teb rau tej chaws uas sawv siv.
  - Cov rooj desks yuav tsum tig mus rau tib seem.
  - Tsim kom muaj ib lub sijhawm nyob rau txhua hnuv los ntxuav tes/siv tshuaj hand sanitizer - xws li thaum nkag los rau hauv tsev kawm ntawv/chav kawm, ua ntej yuav noj mov, whem twg yuav nkag los rau ib chav tshiab, ua ntej mus tsev.
  - [Kev ntxuav tes kom yog](#) yog ib txoj kev tseem ceeb los tiv thaiv kev muaj mob - [muab cov videos qhia kev ntxuav tes kom yog ru cov tub/ntxhais kawm ntawv saib tias ntxuav tes lidas](#).
  - Qhiv cov qhov rooj thiaj qhov rais. Ua kom muaj kev dim pa ntau li ntau tau los rau hauv lub chav kawm.
  - Cia cov tub/ntxhais kawm ntawv nyob twj ywm uake rau thaum lawb leeb lossis noj mov (pab pawg).

- Xyuas kom ua raws li cov cai nyob sib nruug deb thaum noj mov - siv lwmm cov chaw xws li hauv chav kawm ntawv lossis sab nraum zoov.
- Kas cov chaw uas yuav tau nyob uake hauv chav kawm - tshem tawm cov chaw nyeem ntawv ntawv ntawm kaum tsev lossis cov chaw nyob uasi.
- Xyuas koj txhua tus tub/ntxhais kawm ntawv muaj cov khoom siv rau nws tus kheej thiab tsis pub sib faib khoom noj lossis tej yam khoom. Muab cov khoom ntiag tug cia - hauv hnab ntawv/tsho loj/hnab ntim su nyob rau ntawm tus tub/ntxhais kawm ntawv lub rooj.
- Xyuas kom koj lub chav kawm ntawv muaj hauv paus tsev kawm ntawv cov khoom siv uas pom zoo siv – tshuaj hand sanitizer, ntaub so ntswg, thoob khib nyiab uas muaj daim npog (muab theej txhua hnub), cov tshuaj txuag kom kab mob tuag thiab cov ntawv so tes.
- Tus kom tsis txhob muaj kab mob nyob rau ntawm cov khoom cuab yeej siv xws li cov desks, computers, piano keyboards, lab equipment, wood or auto shop tools, etc. tom qab txhua tsu tub/nxhais kawm ntawv siv tag.
- Tsis txhob cia muaj cov neeg tuaj saib/tuaj pab dawb coob rau hauv chav kawm - tso cai rau cov uas tseem ceeb xwb.
- Xa cov tub/ntxhais kawm ntawv uas pom tau tias muaj mob lossis cov uas nws hais nws tsis tshua xim nyob mus rau tom lub hoobkas:
  - Piv txwv li cov tub/ntxhais kawm ntawv uas muaj cov tsos mob xws li tsis keev muaj kev nkees, hnoos, txham, los ntswg, ntuav, raws plab, ua npaws/lub ncov txig kub kub, uas tsis muaj diaphoretic exercise, qhov muag liab/muaj quav muag.
- Xyuas kom txhua tus neeg ua dejnum tsim nyog paub txog ntawm cov tub/ntxhais kawm ntawv uas muaj teebmeem kev noj qab haus huv thiab paub zoo txog cov kev npaj thaum muaj xwm txheej ceev (Emergency Care Plans), xws li cov substitute uas tuaj hloov tus xibfwb uas qhaj rau hnub ntawd.

### **Tus School Nurse:**

- Ua raws nraim tag nrho [“Individual Health Precautions for Students and Staff”](#) thiab [“Mitigation Guidelines for the Physical Environment.”](#)
  - Cov Kev Xyaum Tiv Thaiv ntawm Tus Kheej, xws li [physical distancing](#), [handwashing](#), [cloth face coverings](#) thiab [cough/sneeze etiquette](#) yog ib co cai tseem ceeb heev kom txo tau kev sib kis kom sib ntawm tus kab mob COVID-19. ([CDC](#))
- Ua tus qauv qhia thiab txhawb nqa tas nrho cov kev ntsuas pej xeem kev noj qab haus huv uas yuav tsum tau ua. Qhia txhua tus tias nws OK los qhia koj thiab kuv kom ua yog - siv cov lus “thov” thiab “ua koj tsaug” rau txhua tus thaum qhia sawv daws kom nco ntsoov txog cov kev ntsuas pej xeem kev noj qab haus huv.
- Ua kom paub txog pej xeem cov kev noj qab haus huv tam sim no thiab hauv paus tsev kawm ntawv cov kev taw qhia rau kev tswj hws ua lics txog ntawm kab mob thiab txhawb nqa cov thawj saibxyuas haujlwm thiab cov neeg ua dejnum txog cov kev qhia uas yog txog ntawm cov teebmeem ntawm kab mob thiab cov kev ceev faj
- Uas raws li SCPH cov kev taw qhia los txhawb nqa kev soj ntsuam txog kev kis kab mob thiab cov kev ntsuas pej xeem kev noj qab haus huv.
- Muab kev cob qhia thiab tej ntaub ntawv raws li cov thawj saibxyuas haujlwm thiab cov neeg ua dejnum ntawm tsev kawv ntawv.
- Ua haujlwm nrog cov saibxyuas kev tuaj kawm ntawv los txhawb nqa cov kev taw qhia [Nyob hauv Tsev](#) (Appendix B). Muab kev cob qhia, soj ntsuam thiab qhia txog hauv paus tsev kawm ntawv cov txheej

txheem thiab lwm cov txheej txheem tshiab uas yuav tsum tau paub los ntawm lub health department vim yog los ntawm kev soj ntsuam.

- Hais kom ceev faj thiab qhia cov kev ntsuas uas yuav txo tau kev sib kis kab mob. Qhia cov kev yuav kis thiab ua haujlwm nrog cov neeg ua dejnum to txhim kho cov cwj pwm.
- Saib cov tsos mob uas pom ntawm tus mob nyob rau ntawm cov tub/ntxhais kawm ntawv lossis cov neeg ua dejum. - pab xyuas kom cov tsev kawm ntawv muaj cov khoom siv xws li tus pas ntsuas ib ce to mus ntsuas tus neeg mob.
- Thaum ua twg ua tau, cov school nurses, nurse interns, lossis cov neeg koomtes hauv lub zej zog yuav muab kev kawm qhia txog ntawm nyob hauv tsev kom nyob rau nyab xeeb hauv tsev thiab tiv thaiv tau tej khaub thuas (piv txwv li, kev ntxuav tes thiab kev coj zoo thaum hnoos/txham).
- Qhia cov qauv cai kev nyob nyab xeeb los ntawm tus neeg ua dejnum muab kev cob qhia kom paub txog thiab xa cov tub/ntxhais kawm ntawv lossis cov neeg ua dejnum uas muaj mob mus tsev raws li cov kev taw qhia [Nyob hauv Tsev](#) (Appendix B).
- Ua raws li “Cov Cai Yuav Ua Licas Txog Kev Txhawj Xeeb rau thaum Muaj Tus Kab Mob COVID-19 Pandemic” rau tag nrho cov kev yuav ua licas txog tus kab mob raw lis [Communicable Disease Chart](#), thiab hu rau cov neeg ua dejnum ntawm SSHS uas tsim nyog yuav tsum paub txog (mus siab Health Services Txoj Cai thiab Cov Txheej Txheem - Cov kab mus uas kis tau yooj yim).
- Txhawb nqa kev sib txuas lus hauv tej cuab yeej uas yog siv hluav taws xob xws li xa cov ntawv tuaj thiab/lossis muaj qhia rau (piv txwv li. cov ntaub ntawv uas yuav tsum tau kos npe thiab lwm yam).

#### **Cov Neeg Ua Dejnum Txhawb Pab:**

- Ua raws nraim tag nrho “[Individual Health Precautions for Students and Staff](#)” thiab “[Mitigation Guidelines for the Physical Environment.](#)”
  - Cov Kev Xyaum Tiv Thaiv ntawm Tus Kheej, xws li [physical distancing](#), [handwashing](#), [cloth face coverings](#) thiab [cough/sneeze etiquette](#) yog ib co cai tseem ceeb heev kom txo tau kev sib kis kom sib ntawm tus kab mob COVID-19. ([CDC](#))
- Ua tus qauv qhia thiab txhawb nqa tas nrho cov kev ntsuas pej xeeb kev noj qab haus huv uas yuav tsum tau ua. Qhia txhua tus tias nws OK los qhia koj thiab kuv kom ua yog - siv cov lus “thov” thiab “ua koj tsaug” rau txhua tus thaum qhia sawv daws kom nco ntsoov txog cov kev ntsuas pej xeeb kev noj qab haus huv.
- Saib cov tsos mob uas pom ntawm tus mob nyob rau ntawm cov tub/ntxhais kawm ntawv lossis cov neeg ua dejum. Xa cov tub/ntxhais kawm ntawv thiab cov neeg ua dejnum uas pom tau tias muaj mob rau tom lub hoobkas lossis tus school nurse. Paub txog hauv paus tsev kawm ntawv cov kev taw qhia [Nyob hauv Tsev](#) guidelines (Appendix B).
- Txhawb nqab cov activities thiab cov tswv yim uas pab kom muaj kev ua tau zoo rau [Cov Laus](#) thiab [Cov Menyuum Yaus](#) rau thaum lub sijhawm muaj kev nyuaj siab ntshov plawv.
- Txhawb nqa kev sib txuas lus hauv tej cuab yeej uas yog siv hluav taws xob xws li xa cov ntawv tuaj thiab/lossis muaj qhia rau (piv txwv li. cov ntaub ntawv uas yuav tsum tau kos npe thiab lwm yam).
- Muab kev txhawb nqa hauv xov tooj dua li tuaj kiag ntawm chaw thaum uas ua tau.
- Qhia txog cov kev txhawj xeeb uas xoom xaim uas ua licas txog ntawm tus kab mob rau cov thawj saibxyuas haujlwm ntawm tsev kawm ntawv thiab school nurse.

#### **Cov Tsav Tsheb Npav/Tauj Mus Los:**

- Ua raws nraim tag nrho “[Individual Health Precautions for Students and Staff](#)” thiab “[Mitigation Guidelines for the Physical Environment.](#)”

- Cov Kev Xyaum Tiv Thaiv ntawm Tus Kheej, xws li [physical distancing](#), [handwashing](#), [cloth face coverings](#) thiab [cough/sneeze etiquette](#) yog ib co cai tseem ceeb heev kom txo tau kev sib kis kom sib ntawm tus kab mob COVID-19. ([CDC](#))
- Ua tus qauv qhia thiab txhawb nqa tas nrho cov kev ntsuas pej xeem kev noj qab haus huv uas yuav tsum tau ua. Qhia txhua tus tias nws OK los qhia koj thiab kuv kom ua yog - siv cov lus "thov" thiab "ua koj tsaug" rau txhua tus thaum qhia sawv daws kom nco ntsoov txog cov kev ntsuas pej xeem kev noj qab haus huv.
- Xyuas kom muaj chaw txaus rau kev nyob sib nrug deb ntawm cov chaw tos npav thiab tsev kaw ntawv qhov chaw nkag hauv npav thiab nqis tawm.
- Qhia kauj ruam uas lawv yuav tsum tau ua rau cov niamtxiv thiab cov tub/ntxhais kawm ntawv kom thiaj li muaj kev nyab xeeb rau cov tub/ntxhais kawm ntawv thiab cov neeg ua dejnum rau thaum lub sijhawm nkag hauv npav thiab nqis tawm.
- Rau kev soj ntsuam active screening, tus neeg tsav npav lossis tus neeg pab yuav tsum soj ntsuam txhua tus neeg uas caij rau hauv raws li "[Screening Guidelines for Entering School Sites](#), (Appendix C) rau cov tsos mob ua ntej yuav nce lub npav. Yog hais tias ib tug tub/ntxhais lub cev kub tshaj 100 degrees los yog muab cov tsos mob, tus tub/ntxhais ntawv yuav tsis pub nce rau hauv lub tsheb npav. Yuav tau hu cov niamtxiv tuaj cov tus tub/ntxhais kawm ntawv mus tsev thiab uas raws li [Stay at Home](#) cov kev tawv qhia (Appendix B).
- Txhua tus caij npav yuav tsum tau looj ntaub npog qhov ncauj thaum nyob tom npav thiab thaum tab tom caij rau hauv, tshwj kiag yog tias muaj kev tso cai kom txhob siv.
- Txhua tus neeg caij yuav tsum siv tshuaj hand sanitizer ua ntej nkag rau hauv npav.
- Txhua qhov kev zaum rau hauv npav yuav tsum nyob sib nrug deb li 6-foot cov homphiaj. Muab lub rooj cim lossis muab thaiv kom tsis txhob muaj neeg los zaum.
- Xyuas kom muaj kev dim pab tau zoo los ntawm qhib cov qhov rais.
- Cov npav yuav tsum muab tu huv si thiab tua kab mob txhua hnuv thiab tom qab thauj ib tug neeg twg uas muaj cov tsos mob ntawm tus kab mob COVID-19

#### **Cov Tub/Ntxhais Kawm Ntawv:**

- Ua raws nraim tag nrho "[Individual Health Precautions for Students and Staff](#)" thiab "[Mitigation Guidelines for the Physical Environment](#)."
  - Cov Kev Xyaum Tiv Thaiv ntawm Tus Kheej, xws li [physical distancing](#), [handwashing](#), [cloth face coverings](#) thiab [cough/sneeze etiquette](#) yog ib co cai tseem ceeb heev kom txo tau kev sib kis kom sib ntawm tus kab mob COVID-19. ([CDC](#))
- Qhia koj cov niamtxiv/tus saibxyuas paub yog tias koj tsis xim neej thiab nyob twj ywm hauv tsev yog tias koj ua npaws lossis muaj lwm yam tsos mob.
- Yog hais tias koj mob thaum tuaj kawm ntawv ces mus tam sim ntawd rau tom lub hoobkas lossis lub hoobkas saibxyuas mob kom muab koj kuaj.
- Ua siab zoo thiaj to taub txog lwm tus. Siv lo kys "thov" thiab ua "ua koj tsaug" thaum tham txog thiab qhia kom nco ntsoov txog pej xeem kev noj qab haus huv.
- Cia lwm tus hais lawv cov kev xav licas. Tsis txhob thuum lossis ua saib tsis tau cov tib neeg lawv zoo txawv koj, coj licas, lossis ntseeg txawv dua li kom tsev neeg.

#### **Cov Niamtxiv/Tus Saibxyuass:**

- Cia koj tus menyuam nyob hauv tsev raws li hais los ntawm cov kev taw qhia [Nyob hauv Tsev](#) (Appendix B). Hu rau koj lub koobkas ntawv tsev kawm ntawv lossis tus school nurse yog hais tias koj muaj lus nug txog cov kev taw qhia ceev faj txog kev noj qab haus huv.

- ❑ Hu rau lub hoob kas ntawm ntawm tsev kawm ntawv thaum koj tus menyuam mob. Qhia txog ntawm cov tsos mob.
- ❑ Hu rau lub hoob kas ntawm ntawm tsev kawm ntawv yog tias muaj ib tug neeg hauv koj tsev neeg tau muaj tus kab mob COVID-19 lossis tau nyob ze ntawm ib tug neeg uas muaj tus kab mob COVID-19.
- ❑ Thaum nyob rau hauv tsev kawm ntawv yuav tsum ua raws li “Cov Kev Ceev Faj Kev Noj Qab Haus Huv ntawm Tus Kheej rau Cov Tub/Ntxhais Kawm Ntawv thiab Cov Neeg Ua Dejnum.”
  - ❑ Cov Kev Xyaum Tiv Thaiv ntawm Tus Kheej, xws li [physical distancing](#), [handwashing](#), [cloth face coverings](#) thiab [cough/sneeze etiquette](#) yog ib co cai tseem ceeb heev kom txo tau kev sib kis kom sib ntawm tus kab mob COVID-19. ([CDC](#))
- ❑ Qhia koj tus menyuam txog cov kev taw qhia txog pej xeem kev noj qab haus huv - Qhia thiab xyuaum cov kev ntsuam thaum nyob hauv public.
- ❑ Lees txais lws tus neeg cov kev xaiv uas lawv zoo txawv koj, , coj licas, lossis ntseeg txawv dua li kom tsev neeg.

### **Cov Kev Sib Txuas Lus Tseem Ceeb nrog Pej Xeem:**

#### **Xav Xov Ua Ntej Tsev Kawm Ntawv Pib:**

- Tsev kawm ntawv yuav rov qab qhib rau thaum fall 2020 nrog cov kev hloov tshiab rau cov programs thiab cov kev pabcuam los tiv thaiv cov menyuam kawm ntawv thiab cov neeg ua dejnum kom txhob raug tus kab mob COVID-19. Lub hauv paus tsev kawm ntawv yuav ua raws li cov kev taw qhia ntawm lub xeev thiab county health departments rau kev sim cov kev ceev faj thiab cov kev hloov tshiab rau tsev kawm ntawv cov programs.
- Kev noj qab nyob zoo ntawm lub cev ntag nrug thiab kev xav thiab kev ruaj ntseg ntawm peb lub zej zog yog txhua tus tes haujlwm. Peb cov cwj pwm ua tau raw lwm tus xav tsis tso siab.
- [CDC cov kev taw qhia](#) tam sim no qhia txog 5 qho uas tseem ceb; cais tawm cov neeg uas muaj mob, kev tus cev kom huv si ntawm tus kheej, kev nyob sib nrug deb rau lwm tus, kev siv cov ntaub npog qhov ncauj, thiab kev tus tej chaw kom txhob muaj kab mob. Nyob rau lub sijhawm uas tsis tau muaj koob tshuaj tiv thaiv lossis lub cev nrog cev tiv tau kab mob, cov kev nqis tes no uake yuav txo tau kev sib kis ntau heev ntawm tus kab mob COVID-19.
- Luam tawm [Cov Kev Taw Qhia Ua kom Txhua Tus Nyob Zoo](#), Appendix A, nyob hauv niamtxiv tsab ntawv ceeb toom txhuas xyoo.
- Hais kom cov niamtxiv/tus saibxyuas xav txog ntawm ua cov ntaub npog qhov ncauj uas siv duas los tau thaum nyob rau ntawm public thiab xav cov menyuam tau rau ntawm tsev kawm ntawv looj cov ntaub npog qhov ncauj. Yuav muaj cov ntaub npog qhov ncauj uas siv tag ces muab pov tseg tau rau cov menyuam yog hais tias lawv tsis muaj ib lub siv.
- Kev tiv thaiv kev sib kis ntawm tus kab mob COVID-19 thiab lub peev xwm uas peb lub tsev kawm ntawv yuav rov qab qhib tau yog nyob rau ntawm peb txhua tus kom ua raws li [Cov Kev Taw Qhia Kev Tu Tus Kheej Kom Hus Si](#) (Appendix D) thiab Cov Kev Taw Qhia [Nyob hauv Tsev](#) (Appendix B). Peb sawv daws nyob rau qhov kev no uake.

#### **Nyob rau Thaum Qhib:**

- Qhov kev ruaj ntseg ntawm cov tub/ntxhais kawm ntawv thiab cov neeg yog peb thawj qhov kev tseem ceeb tshaj.
- Qhov teebmeem no tseem tsis tau ruaj khov thiab tseem muaj soj tsuam tas mus li thiab yuav muaj kev hloov yog tiam nyog.
- Lub koog tsev kawm ntawv yuav ua raws lub xeev thiab county cov kev xaj kom ua.



- Hauv paus tsev kawm ntawv thiab cov neeg ua dejnum ua haujlwm ze nrog [Sacramento County Public Health](#), [Sacramento County Office of Education](#), thiab cov koog tsev kawm ntawv nyob ib ceeb tsam los soj ntsuam qhov teebmeem tsam sim no, los hais txog cov kev txhawj xeeb, qhia rau thiab muab kev kawm rau cov tub/ntxhais kawm ntawv.
- Cov kev cai tus kom txhob muaj kab mob rau kev saibxyuas. Cov chaws uas kov heev tshaj thiab cov chaw uas cov tub/ntxhais kawm ntawv thiab cov neeg ua dejnum uas muaj mob nyob yuav tsum rau muab tus kom txhob muaj kab mob, ua raws li hauv paus cov kev taw qhia uas tau tsim muaj.
- Kev tiv thaiv kev sib kis ntawm tus kab mob COVID-19 thiab lub peev xwm uas peb lub tsev kawm ntawv yuav rov qab qhib tau yog nyob rau ntawm peb txhua tus kom ua raws li [Cov Kev Taw Qhia Kev Tu Tus Kheej Kom Hus Si](#) (Appendix D) thiab Cov Kev Taw Qhia [Nyob hauv Tsev](#) (Appendix B). Peb sawv daws nyob rau qhov kev no uake.

#### **Muaj Mus Tsis Tus Ncuu:**

- Peb npaj rau cov khauj thuas cold thiab flu season txhua lub xyoo los ntawm qhib lub chaw txhaj tshuaj rau cov tsev neeg ua tsim nyog tau txais kev pab, thiab ua cov campaigns kom paub los tiv thaiv kev sib kis kab mob.
- Cia cov tub/ntxhais kawm ntawv nyob hauv tsev thaum muaj mob thiab nrhiav tswv yim pab los ntawm cov kws kho mob rau tus kab mov COVID-19 cov tsos mob.
- SCUSD yuav teb tam sim ntawd hais txog nyob ze lwm tus neeg uas muaj mob lossis paub meej tias tus neeg ntawd yeej muaj tus kab mob COVID-10 lawm, siv peb cov kev cai taw qhia uas tau tsim muaj muab los ntawm [Sacramento County Public Health](#) txheej siab thiab [California Department of Public Health - School Guidance on COVID-19](#).
- Kev tiv thaiv kev sib kis ntawm tus kab mob COVID-19 thiab lub peev xwm uas peb lub tsev kawm ntawv yuav rov qab qhib tau yog nyob rau ntawm peb txhua tus kom ua raws li [Cov Kev Taw Qhia Kev Tu Tus Kheej Kom Hus Si](#) (Appendix D) thiab Cov Kev Taw Qhia [Nyob hauv Tsev](#) (Appendix B). Peb sawv daws nyob rau qhov kev no uake.

#### **Cov Kev Pabcuam/Kev Tshawb Pab:**

- Peb paub tias no yog ib lub caij txhawj xeeb rau peb lub zej zog thiab peb lub siab lub ntsws yeej xav txog cov neeg uas muaj mob, cov tsev neeg ua tau plam ib tug neeg hauv lawv tsev neeg, cov uas tau poob haujlwm thiab raug kev txom nyem los ntawm qhov kev kub ntsov pandemic thiab cov kev ntsuam kom txo tsu kev sib kis kom sib.
- Peb cov kev xav nyob nrog tag nrho peb cov tsev neeg thiab cov menyuum uas raug tus kab mob.
- Thov nco ntsoov tias tau muaj kev qhia tias muaj cov tub/ntxhais kawm ntawv thiab lwm tus neeg ua tau raug liam tsis zoo lossis [raug ua saib tsis taus](#). Peb txhob kom peb lub zej zog los pab tiv thaiv tej kev ntsub ntxaug thiab kom los hwm txog qhov privacy ntawm cov neeg hauv peb lub zej zog. Peb hais kom txhua tus nyob rau hauv peb lub zej zog yuav tsum ua zoo rau txhua tus nrog kev txawj xav, kev sib hwm, thiab kev siab zoo raws li peb ua haujlwm uake kom peb lub zej zog noj qab nyob zoo thiab muaj ruaj ntseg rau peb lub cev ntaj ntsug thiab txoj kev xav.
- Mus saib [COVID-19 Frequently Asked Questions](#) nyob rau ntawm SCUSD lub website.

#### **Cov Tswv Yim Sib Txuas Lus rau Tsev Kawm Ntawv Cov Neeg Ua Dejnum thiab Cov Thawj Coj Saibxyuas Haujlwm**

- Tsim thiab qhia kom zoo txog ib qho kev pabcuam/webpage rau cov ntaub ntawv qhia txog kev npaj, cov kev yuav ua lidas txog qhov pandemic thiab cov kev xav kom ua los ntawm cov neeg ua dejnum, cov tub/ntxhais kawm ntawv, thiab cov tsev neeg.
- Siv cov kev sib txuas lus los muab kev qhia txog tej xov xwm kom zoo.
- Cob qhia cov neeg ua dejnum uas sib txuas lus nrog lub zej zog tam sim no nyob rau ntawm cov tsev kawm ntawv.
- Cov rooj sablaj nrog PTA.
- Cov kev tshaj tawm rau thaum sijhawm kawm ntawv - ua ntej qhib tsev kawm ntawv, sijhawm nyob ntawm cov hoob kawm, ua ntej lawb leeb thiab nyob rau caij noj sus los qhia txog cov kev taw qhia kev

tus kev kom huv si ntawm tus kheej . Peb kaw puas tau cov lus qhai txog cov yam ntxwv coj los tso mloog ntawm tsev kawm ntawv?

- Tsa ib tug neeg ua dejnum/tus neeg ua dejnum sib txuas lus lossis tus liaisons kom saibxyuas yuav ua licas rau cov kev txhawj xeeb txog ntawm tus kab mob COVID-19. Cov neeg ua dejnum yuav tsum paub tias lawv yog leej twg thiab yuav tiv toj lawv licas.
- Siv txhua yam kev hu xov tooj, tag nrho cov emails, tus superintendent cov ntawv, tsev kawm ntav cov websites, cov texts uas nco ntsoov qhia.
- Siv cov electronic billboards/marquis.
- Siv cov paib banners, cov paib signage los ntawv tsev kawm ntawv koj los qhia cov xov xwm.
- Yuav tsum txais cov ntawv sib txuas lus rau chov hom lus uas muaj coob tshiaj nyob rau hauv peb lub zej zog.

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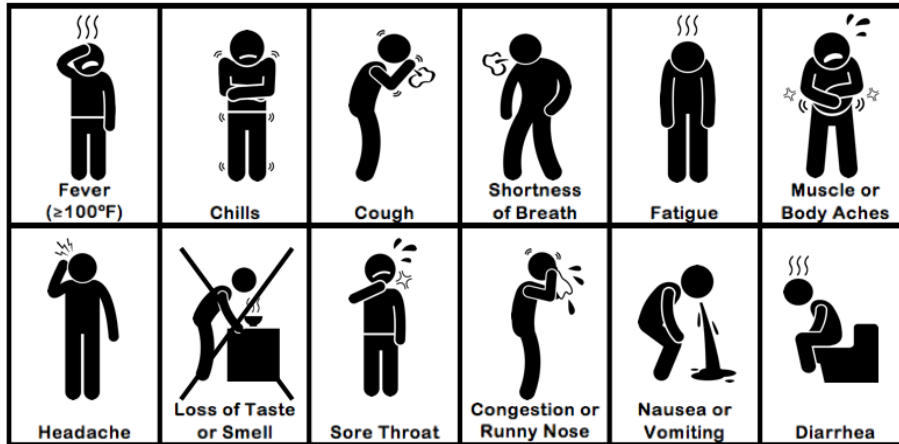
## Appendix A - Ntxiv rau Niamtxiv Daim Ntawv Ceeb Toom Txhuas Xyoo - COVID-19 Cov Kev Ceev Faj rau Xyoo Kawm Ntawv 20-21

### Ua kom Txhua Tsu Noj Qab Nyob Zoo rau Thaum Muaj Tus Kab Mob COVID-19

Cov kev taw qhia hauv qab no yuav txo tau kev sib kis kab mob rau ntawm tsev kawm ntawv. Cov kev taw qhia kuj yuav muaj kev hloov paus nyob raws lub sijhawm.

#### Txhua Hnub Ua Ntej Tsev Kawm Ntawv:

Kuaj koj tus menyuam qho kub ib ce nram tsev txhua tag kis thiab saib seb puas muaj cov tsos mob. Cov tsos muaj muaj xws li:



#### Nyob hauv Tsev Twj Ywm Yog Hais Tias:

- Koj tus menyuam muaj cov tsos mob li saum toj no, lossis nws rau kuaj tias muaj tsu kab mob COVID-19
- Koj tus menyuam raug hais kom muab cais tawm lossis cai los ntawm koj tus kws kho mob lossis lub health department
- Tsis ntev los no koj tus menyuam tau nyob ze nrog ib tug neeg uas muaj tus kab mob COVID-19
- Tsis ntev los no koj tus menyuam tau mus ncig teb chaws rau lwm qhov chaw uas nyob sab raud ntawm teb chaws U.S.

Thov nco ntsoov tias koj tus menyuam kuj yuav raug nyob hauv tsev thiab koom rau kev ntawm ntawv nyob sib nrug deb rau li ntawm 10-14 hnub nyob ntawm cov kev taw qhia pej xeem kev noj qab haus huv. Qhia txo gkoj tus menyuam kev qhaj ntawv thiab cov tsos mob rau tsev kawm ntawv txhua hnub.

#### Ua raws Cov Kev Tus Cev kom Huv Si Thaum Hnoos/Txham

Qhia koj cov menyuam kom txham rau daim ntaub so ntswg lossis lub luj tshib. Muab daim ntawv so ntswg pov tseg rau hauv thoob khib nyiab. Ntxuas ob txhais tes nrog sab npum thiab dej lossis siv tshuaj hand sanitizer. Tsis txhob kov lub ntsej muag.



#### Ntxuav Ob Txhais Tes



Cov tub/ntxhais kawm ntawv yuav tsum ntxuav tes ua ntej tawm ntawm tsev thiab thaum yuav rov qab mus tsev. Txhua tsu tub/ntxhais kawm ntawv yuav ntxuav tes lossis siv tshuaj hands hand sanitizer tas mus li ntawm tsev kawm ntawv.

**Siv Cov Ntaub Npog Qhov Ncauj nyob Ntawm Tsev Kawm Ntawv**

Cov menyuam yuav tsum tuaj kawm ntawv nrog daim ntaub npog qhov ncauj, tsuas yog tus kws kho mob hais tais tsis pub npog, lossis tus menyuam tsis txawj looj ib lub kom muaj kev nyab xeeb vim lawv theem kev loj hlob tsis tau paub txog. Ntxhua cov ntaub npog qhov ncauj txhua hnuv nyob rau nram tsev. Kuj yuav muaj cov ntawv npog qhov ncauj nyob hauv tsev kawm ntawv yog tias xav tau.



**Kev Nyob Sib Nrug Deb ntawm Tsev Kawm Ntawv**

Nyob deb li 6 feet ntawm lwm tus neeg. Nyob sib nrug yog ib txoj kev uas zoo tshaj plaws kom txwv tau kev sib kis ntawm tus kab mob COVID-19. Tsis txhob mus nyob ua tej pab pawg nrog lwm cov lwm cov niamtxiv rau thaum xa menyuam tuaj thiab thaum tauj tos.



## Appendix B - Cov Kev Taw Qhia kom Nyob Twj Ywm hauv Tsev thiab Rov Qab Tuaj Kawm Ntawv rau Cov Tub/Ntxhais Kawm Ntawv thiab Cov Neeg Ua Dejnum rau thaum Muaj Tus Kab Mob COVID-19

Cov cai no raws li qhia nyob rau ntawm [public health guidance from the CDC](#). Rau cov tub/ntxhais kawm ntawv uas rov qab tuaj kawm ntawv cov tub/ntxhais kawm ntawv yuav tsum tau nqa ib daig ntawv sau los ntawm tus kuv kho mob tuaj. Hu rau koj tus school nurse yog hais tias koj muaj lus nug txog kev rov qab tuaj kawm ntawv tom qab muaj mob.

### Cia koj tus menyuam nyob hauv tsev yog hias tias lawv muaj *ib yam* ntawm cov tsos mob hauv qab no:

- Ua npaws lossis ua daus no
- Saij khoom noj los tsis paub lawm lossis tsis hnov tus ntxiabl lawm
- Hnoos
- Mob qab
- Txog siav lossis ua pas nyuab nyuab
- Txhaws ntswg lossis los ntswg
- Nkees nkees
- Xeev xiab lossis ntuav
- Mob cov muscle lossis mob ib ce
- Raws plab
- Mob taub hau

### Cia koj tus menyuam nyob hauv tsev yog hais tias lawv taug hais kom [cais tawm lossis cais tus kheej rau ib qho vim cov kev ceev faj rau tus kab mob COVID-19](#):

- Hais kom cais tus kheej rau ib qho lossis cais tawm los ntawm koj tsu kws kho mob lossis lub health department
- Tsis ntev los no tau nyob ze nrog ib tug neeg uas muaj tus kab mob COVID-19
- Tau muaj hais tias muaj tus kab mob COVID -19.
- Tsis ntev los no tau mus ncig teb chaws rau lwm qhov chaw uas nyob sab raud ntawm teb chaws U.S.

### Yog hais tias koj tus menyuam tsis tuaj kawm ntawv hu rau lub koobkas ntawm tsev kawm ntawv txhua hnuv thiab qhia txog koj tus menyuam cov tsos mob.

### Koj tsu menyum tej zaum yuav rov qab tuaj kawm ntawv tom qab:

- Lawv tsis muaj cov tsos mob uas teev muaj saum toj no yam tsawg kawg yog 72 xuj moos (peb hnuv nkaus) uas tsis tau siv tshuaj hlo li.

#### THIAB

- Tawg kawg yog 10 hnuv dhau mus txij hnuv uas pib pom muaj cov tsos mob tswm.

\*Cov kev taw qhia txog rov qab tuaj kawm ntawv tsho tawm “lwm yam tsos mob zoo tuaj” los ntawm CDC cov kev taw qhia uas pom zoo nrog rau kev xav kom ua rau cov neeg uas muaj yam tsos mob nyob rau lwm qhov chaw uas tsis yog tsev kawm ntawv los tiv thaiv kev noj qab nyob zoo ntawm lwm tus tub/ntxhais kawm ntawv thiab cov neeg ua dejnum. Nyob rau txhua cases, ua raws li cov kev taw qhia ntawm koj tus kws kho mob thiab lub health department nyob hauv zos. Rau kev rov qab tuaj kawm ntawv cov tub/ntxhais kawm ntawv yuav tsum nqa ib daig ntawv sau los ntawm tus kws kho mob lossis tau txais daim ntawv tias tsis muaj dab tsi lawm los ntawm tus school nurse.

Cov menyuam uas tsis muaj mob yuav tsum tsis txohob muab cais kom tsis tuaj kawm ntawv. Piv txwv li, ib tug menyuam uas muaj cov tsos mob allergy tej zaum yuav txhaws ntswg, tab sis tsis yog ib qho kev kom muaj cais tsis pub tus menyuam ntawd tuaj kawm ntawv. Thov qhia rau lub tsev kawm ntawv paub yog hais tias koj tus menyuam muaj mob yam oi ua puas, hawb pob, lossis mob paj hlwb kom nws tuaj koom tsis tau. Yog tias muaj lus nug txog ib tug neeg twg qhov kev mob, hu rau koj tus school nurse lossis health services.

### Muab tau qhov twg los:

[Considerations for Schools. Updated May 19, 2020. CDC](#)  
[Steps to prevent the spread of COVID-19 if you are sick. CDC](#)  
[Quarantine and Isolation. CDC](#)

## Appendix C - Cov Kev Taw Qhia Kev Ntsuam Xyuas rau Cov Neeg Tuaj rau hauv Cov Tsev Kawm Ntawv

Tag nrho cov tub/ntxhais kawm ntawv thiab cov neeg ua dejnum tuaj rau ntawm tsev kawm ntawv yuav raug soj ntuam txog tus mob.

Tus tub/ntxhais kawm ntawv lossis tus neeg ua dejnum uas muaj tus temperature txog 100 degrees lossis siab duas, lossis muaj ib yam tsos mob ntawm tus mob (mus saib cov kev taw qhia [Nyob hauv Tsev](#) (Appendix B) yuav tsum tau mus tsev.

Cov tsev kawm ntawv yuav tsum npaj ib lub chaw tswj kev nkag los thiab tawm mus rau ib qhov chaw kom thiaj li soj ntsuam tau zoo tag nrho cov tib neeg uas nkag los kom lawv to taub thiab uas raws li cov cai tiv thaiv kev ceev faj kab mob. Muab cov paib los kom raug qhov muag - yog hais tias koj mob tsis txhob tuaj kawm ntawv, nyob sib nrug deb, looj ntaub npog qhov ncauj, thiab ua raws li cov cai ntxuas tes kom huv si.

Cov tub/ntxhais kawm ntawv thiab cov neeg ua dejnum uas tuaj rau ntawv lub chaws nkag los yuav tsum tau looj ntaub npog qhov ncauj. Muab ntaub npog qhov ncauj rau cov uas tsis muaj rau lawv tus kheej.

Yog ua tau, tus niamtxiv/tus saibxyuas yuav nyob nrog tus tub/ntxhais kawm ntawv thaum tseem tab tom ua kev soj ntsuam, nyob tsam tus tub/ntxhais kawm ntawv tsis nyob zoo txaus tuaj kawm ntawv thiab yuav tau rov qab mus tsev. Cov tub/ntxhais kawm ntawv yuav nyob tos ntawm ib txoj kab kom kev nyob sib nrug deb. Muab cov cim qhia los hauv pem teb kom paub nyob sib nrug deb. Los cov paib - qhia txog cov tsos mob uas yuav soj ntsuam rau.

Cov neeg ua dejnum yuav soj ntsuam tus tub/ntxhais kawm ntawv:

- Ntsuam seb ib ce kub licas.
- Nug seb puas muaj cov cim lossis cov tsos mob ntawm tus mob – koj nyob licas hnuv no? Koj puas muaj mob hlo li?
- Saib tus tub/ntxhais kawm ntawv.

Yog hais tias ib ces kub tsawg tshaj li ntawm 100 degrees, thiab tus tub/ntxhais kawm ntawv qhia tias tsis muaj cov cim lossis cov tsos mob ntawm tus mob, thiab tus tub/ntxhais kawm ntawv uas zoo li nws nyob zoo ces tso nws mus ntxuav tes thiab nkag los rau hauv tsev kawm ntawv.

- *Yog hais tias tus tub/ntxhais kawm ntawv muaj ib qho cim ntawm tus mob* xa nws mus rau hauv chav cais tawm kom hu mus rau tus niamtxiv thiab rov qab mus tsev nrog rau cov kev cai qhia Nyob hauv Tsev (Appendix B) rau tus niamtxiv.
- Yog hais tias cov neeg ua dejnum hu tsis tau tus niamtxiv ces yuav tsum muab tus tub/ntxhais kawm ntawv "cais tawm rau lwm chav" ua raws li cov [Guidelines for Caring for Sick Children](#) (Appendix F) nyob rau ntawm tsev kawm ntawv kom txog rau thaum hu tau tus niamtxiv.

### Muab tau qhov twg los:

[Opening Schools Guidelines](#). California Department of Education. June 2020

[COVID-19 Health Services Recovery Plan Resource in Educational Settings](#), California School Nurse Organization. June 8, 2020.

[Considerations for Schools. Updated May 19, 2020, CDC.](#)

[Sacramento County 2020-2021 School Year Planning Guide](#). Sacramento County Office of Education. June 2, 2020.  
[Steps to prevent the spread of COVID-19 if you are sick. CDC](#)

[Quarantine and Isolation. CDC](#)

## **Appendix D -- Cov Kev Taw Qhia txog Kev Tu Tus Kheej kom Huv Si rau Cov Tub/Ntxhais Kawm Ntawv thiab Cov Neeg Ua Dejnum rau thaum Muaj Tus Kab Mob COVID-19 Pandemic**

COVID-19 is mostly spread by respiratory droplets released when people talk, sing, laugh, cough, or sneeze. It is thought that the virus may spread to hands from a contaminated surface and then to the nose, mouth, or eyes causing infection. Personal prevention practices, such as [handwashing](#), [using masks](#) and [cough/sneeze etiquette](#) are important principles to reduce spread. ([CDC](#))

### **Wash Hands Frequently**

Txhua tus tub/ntxhais kawm ntawv thiab cov neeg ua dejnum yuav tsum ntxuav tes kom cuag ncu. Yog hais tias tsis muaj dej thiab sab npum siv ces siv koog tsev kawm ntawv cov tshuaj based hand sanitizer. Hauv qab no yog cov kev taw qhia uas pom zoo rau tsev kawm ntawv siv.

Ntxuas ob txhais tes lossis siv tshuaj hand sanitizer:

- Thaum tuaj txog rau hauv tsev kawm ntawv
- Ua ntej noj sus
- Ua ntej tawm ntawv tsev kawm ntawv
- Thaum nkag mus rau ib chav kawm tshiab
- Thaum siv chav dej (hoob nab)
- Thaum uas pom tau tias qias neeg
- Tom qab siv ntaub so ntswg, hnoos rau hauv txhais tes
- Thaum mus txog tsev

\*Muab kev cob qhia txog kev ntxuav tes zoo thiab kev siv cov tshuaj sanitizer rau tag nrho cov tub/ntxhais kawm ntawv thiab cov neeg ua dejnum.

### **Kev Siv Lub Npog Qhov Ncauj**

Tag nrho txhua tus neeg yuav tsum looj ib daim ntaub npog qhov ncauj nyob rau ntawm cov tsev kawm ntawv tshwj kiag yog tsis yog kev pom zoo los ntawm ib tug kws kho mob lossis nws tsis tsim nyob rau txoj kev loj hlob ntawm tus neeg ntawd.

### **Thaum twg koj mam li tshem tawm tau lub looj npog qhov ncauj?**

- Yog tias koj ib neeg nyob rau ntawm qhov qhov chaw ua haujlwm/lub hoobkas/chav kawm.
- Yog tias koj nyob nrog ib pawg me me uas txhua tus zaum sib nrug deb li 6ft , xws li nyob hauv chav kawm nrog tag nrho cov tub/ntxhais kawm ntawv nyob rau ntawm lawv cov rooj losis zaum nyob rau ntawm cov nyom lossis cov rooj zaum nraum zoov.
- Thaum tab tom noj mov thiab nyob kom sib nrug deb
- Thaum nyob raum zoov thiab nyob kom sib nrug deb
- Thaum ua exercise thiab txhav, nyob kom sib nrug deb.

\* Muab kev cob qhia kom tsim nyog txog kev siv thiab yua ua lica txog ntawm cov ntaub npog qhov ncauj rau tag nrho cov tub/ntxhais kawm ntawv thiab cov neeg ua dejnum.

### **Txhawb Nqa Kev Tus Ib Ce kom Ua Taus Pa**

Hais kom koj zoo thaum hnoos/txham xws li siv cov ntaub so ntswg thiab cov kev qhia kawm siv cov luj txhib.

### **Nyob kom sib nrug deb li 6 feet ntawm lwm tus.**

Nyob kom sib nrug deb ntawm lwm tus yog ib txoj kev ua zoo tshaj plaws los txwm kom tsis txhob raug kev ua pa nqus tau lwm tus cov pa uas tso tawm nrog tej cua thaum lawm tham lus, hnoos, lossis ua pa.

### **Muab tau qhov twg los:**

[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.](#)

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-faq.html>

**Appendix E - Cov Khoom Pab rau thaum Raug Mob (First Aid), Cov Txheej Txheem Mus Cuag Tus Nurse, Cov Tshuaj, thiab Kev Saibxyuas Cov Tub/Ntxhais Kawm Ntawv uas Muaj Mob**

Kev pab thaum muaj teebmeem, kom txog qhov ua tau, yuav tsum yog saibxyuas los ntawm tus tub/ntxhais kawm ntawv thiab nyob rau hauv chav kawm los tiv thaiv kom tsis txhob muaj ib pawg neeg ntawm lub hoobkas thiab tej zaum yuav raug kab mob. Tau ua cov kev pom zoo hauv qab no:

Tag nrho cov chav kawm yuav tsum muaj cov khoom siv pab rau tej yam kev txhawj xeeb me me. (piv txwv li tos me ntsis, qhov ntswg los ntshav, kab tom). Cov khoom siv muaj xws li ntaub nplaum, hnab looj tes, ntaub qhwv, sab npum, ntawv so tes, thiab lwm yam. Raws li yam ua tau, cov tub/ntxhais kawm ntawv pab tus lawv tus kheej. Cov tub/ntxhais kawm ntawv uas tsis xim neej yuav tau looj ntaub npog qhov ncauj thaum muab xav mus rau ntawm lub hoobkas.

Cov tub/ntxhais kawm ntawv uas toobkas cov khoom pab, tshuaj, kev pab khom mob, cov uas muaj mob, lossis cov uas tau txais kev pab ua ntej rau hauv lub health office yuav tau muaj cais tawm rau ib qho chaw uas npaj tseg cia cov tub/ntxhais kawm ntawv uas tej zaum muaj cov tsos mob ntawm tus kab COVID-19 kom nyob txhob nyob ze rau cov tub/ntxhais kawm ntawv uas nyob zoo.

Thaum cov tub/ntxhais kawm ntawv nkag los rau hauv lub hoobkas uas tsis tau teem kom los, yog hais tias lawv yws tais lawv muaj cov tsos mob ntawm tus mob ces nug lawv seb lawv puas tau nyob ze ib tug neeg uas muaj tsu kab mob COVID-19 los yog puas muaj cov tsos mob ntawm tus kab mob COVID-19. Yog tis muaj, xa lawv tam sim ntawd mus rau chav cais tawm rau ib qho vim COVID-19 (chav muaj mob), hu rau tus niamtxiv, thiab muab xa mus tsev.

Lub Chaw rau Cov Tub/Ntxhais uas Nyob Zoo	Lub Chaw rau Cov Tub/Ntxhais Kawm Ntawv uas Muaj Mob Lub Chaw rau Cov uas Muaj Cov Tsos Mob COVID-19
<ul style="list-style-type: none"> <li>● Cov khoom pab</li> <li>● Tshuaj</li> <li>● Kev pab ntshav qab zib</li> <li>● Kev pab hawb pob</li> <li>● Khaub thuas</li> <li>● Ceeb/ntshais</li> <li>● Qaug dab peg</li> <li>● Tshaib plab</li> <li>● Kev coj cwj pwm</li> <li>● Nkees</li> </ul>	<ul style="list-style-type: none"> <li>● Kub ib ce (100 degrees lossis siab tshaj)</li> <li>● Hnoos</li> <li>● Txog siav lossis ua pab tsis tau pa</li> <li>● Qaug zog/nkees</li> <li>● Mob muscle lossis mob ib ce</li> <li>● Mob taub haus</li> <li>● Saj khoom noj los tsis pau lossis tsis hnov ntxiab</li> <li>● Mob qa</li> <li>● Txhaws ntswwg lossis los ntswg</li> <li>● Xeev siab lossis ntuav los yog raws plab</li> </ul>
<p>Neeg ua haujlwm: Ib tug neeg ua dejnum cob qhia lossis lub tsev kawm ntawv tus nais maum muab kev pab.</p>	<p>Neeg ua haujlwm: Ib tug neeg ua dejnum cob qhia lossis lub tsev kawm ntawv tus nais maum muab kev soj ntsuam thiab kev pab saibxyuas. Yog hais tias nov yog ib chav nyob ib qho, yuv tsum muaj cov neeg ua dejnum ntxiv los soj ntsuam cov tub/ntxhais kawm ntawv yog tias tsis nyob ze rau cov neeg ua dejnum muab kev pab saibxyuas rau cov tub/ntxhais kawm ntawv kom nyob zoo.</p>



<p>PPE: Cov neeg ua dejnum muab kev pab saibxyuas yuav tsum looj daim ntaub npog qhov ncauj thiab siv cov qauv kev ceev faj yog hais tias yuav muaj ntshav lossis tej yam kua hauv lub cev.</p>	<p>PPE: Cov neeg ua dejnum yuav tsum tau looj hlab looj tes, looj ncov ntaub npog qhov ncauj uas muab pov tseg tau, thiab siv daim thaiv qhov muag/thaiv ntsej muag.</p>
<p>Lub chav yuav tsum muaj: Xav txog siv lub nurse office tam sim no uas twb npaj lawm rau khoom pab</p> <ul style="list-style-type: none"> <li>○ Muaj ib lub sink, xab npum, thiab ntawv so tes</li> <li>○ Muaj chav dej/hoob nab</li> <li>○ Lub rooj pw thiab rooj zaum rau cov tub/ntxhais kawm ntawv</li> <li>○ Rooj loj, rooj rau khoom, rooj zaum</li> <li>○ Cov khoom siv pab</li> <li>○ Tshuaj</li> <li>○ Cov kev saibxyuas kev muab tshuaj</li> <li>○ Lub computer los yog laptop kom nkag mus tau rau IC los hu cov niamtxiv</li> </ul>	<p>Lub chav yuav tsum muaj: Xav txog siv ib lub chav tshiab lossis muab cov neeg mob txav mus rau ib lub chav kom loj zog uas nyob rau ib qho kom cov tub/ntxhais kawm ntawv uas tsis muaj mob thiab cov uas muaj mob thiab li nyob rau sib nrug deb tshaj li ntawm 6 feet thiab muab thaiv.</p> <ul style="list-style-type: none"> <li>○ Lub chav yuav tsum muaj kev dim pab zoo heev -qhib cov qhov rais thiab qhov rooj</li> <li>○ Xav txog muab tej yam khoom los thiav xws li cov iav plexiglass ntawm cov neeg ua dejnum thiab cov tub/ntxhais kawm ntawv uas muaj mob</li> <li>○ Muaj lub sink, xab npum, thiab ntawv so tes</li> <li>○ Muaj chav dej/hoob nab nyob ze</li> <li>○ Lub rooj pw thiab rooj zaum rau cov tub/ntxhais kawm ntawv uas nyob tos</li> <li>○ Lub xov tooj</li> <li>○ Rooj loj, rooj rau khoom, rooj zaum</li> <li>○ Lub computer los yog laptop kom nkag mus tau rau IC los hu cov niamtxiv</li> </ul>
<p>Cov khoom siv:</p> <ul style="list-style-type: none"> <li>● Cov khoom pab</li> <li>● PPE - cov hlab looj tes, lub ntaub npog qhov ncauj</li> <li>● Xab npum thiab ntawv so tes</li> <li>● Dej haus</li> <li>● Cov ntawv pua lub rooj pw</li> <li>● Cov khoom los tu kom txhob muaj kab mob - tshuaj thiab ntawv so tes</li> </ul>	<p>Cov khoom siv:</p> <ul style="list-style-type: none"> <li>● PPE - cov hlab looj tes, lub ntaub npog qhov ncauj</li> <li>● Tus pas ntsuas ib ce</li> <li>● Dej haus</li> <li>● Xab npum thiab ntawv so tes</li> <li>● Cov khoom los tu kom txhob muaj kab mob - tshuaj thiab ntawv so tes</li> <li>● Cov ntawv pua lub rooj pw</li> </ul>
<p>Cov txheej txheem rau cov tub/ntxhais kawm ntawv uas nyob zoo:</p> <ul style="list-style-type: none"> <li>○ Cov tub/ntxhais kawm ntawv yuav tsum ntxuav tes thaum tuaj txog</li> <li>○ Muab diam ntaub npog qhov ncauj looj rau tus tub/ntxhais kawm ntawv yog tias tsis tau looj ib lub rau</li> <li>○ Siv cov qauv ceev faj thaum pab cov tub/ntxhais kawm ntawv rau kev pab lossis cov txheej txheem</li> <li>○ Tu cov chaw kom tsis txhob muaj kab mob tom qab tus tub/ntxhais kawm ntawv mus</li> </ul>	<p><a href="#">Cov txheej txheem rau cov tub/ntxhais kawm ntawv uas muaj mob:</a></p> <ul style="list-style-type: none"> <li>○ Cov tub/ntxhais kawm ntawv yuav tsum ntxuav tes thaum tuaj txog</li> <li>○ Muab lub surgical mask looj rau tus tub/ntxhais kawm ntawv uas muaj mob</li> <li>○ Siv cov qauv ceev faj thaum pab cov tub/ntxhais kawm ntawv uas muaj mob- rau kev xoom xaim tias muaj tus kab mob COVID-19 qhov no yog xws li, ntaub npog qhov ncauj, daim thaiv ntsej muag, thiab hlab looj tes</li> </ul>

lawm thiab ua ntej yuav siv rau lwm

- Muab kev npaj los ntawm kev nyob sib nrug deb thiab txhob nyob ze ze li ua tau
- Nug seb lawv puas tau nyob ze ib tug neeg uas muaj tus kab mob COVID-19 los yog muaj cov tsos mob ntawm tus kab mob COVID-19
- Ntsuas ib ce. Nug txog cov tsos mob thiab muaj sau cia
- Hu tus niamtxiv/tus saibxyuas kom cياج li tuaj to tam sim ntawd
- Yog hais tias tus niamtxiv/tus saibxyuas tuaj tsis tau, xav txog seb yuav ua licas teem rau kev thauj mus rau tom lawv lub tsev
- Muab cov kev taw qhia [Stay at Home/When to Return to School](#) (Appendix B) rau tus niamtxiv/tus saibxyuas
- Tu cov chaw kom tsis txhob muaj kab mob tom qab tus tub/ntxhais kawm ntawv mus lawm thiab ua ntej yuav siv rau lwm
- Yog qhia tias xoom xaim muaj cov tsos mob ntawm tus kab mob COVID-19 lawm hu rau koj tus school nurse los yog Health Services:
  - Ua raws li Cov Kev Taw Qhia Yuav Ua Licas txog Tus Kab Mob kom paub ceeb toom rau Health Services tsam ho yog ib tug kab mob uas yuav kis loj thiab sai heev.

## **Appendix F - Cov Kev Taw Qhia rau Kev Saibxyuas Cov Tub/Ntxhais Kawm Ntawv uas Muaj Mob thaum Muaj Tus Kab Mob COVID-19 Pandemic**

Cov tsev kawm ntawv yuav tsum npaj kev saibxyuas cov tub/ntxhais kawm ntawv thiab cov neeg ua dejnum thaum lawv muaj mob hauv tse vkawm ntawv. Vim li yog cov kev uas yuav muaj peev xwm kis tau tus kab mob COVID-19 rau lwm tus, cov neeg uas muaj cov tsos mob ntawm tus mob yuav tsum mua cais tawm tam sim ntawd rau ib qho chaw. Cov neeg uas muaj mob yuav tsum mus tsev lossis mus rau lub chaw saibxyuas mob nyob ntawm seb cov tsos mob nyav licas.

Cov tub/ntxhais kawm ntawv uas muaj mob yuav tsum nyob rau lub chaw uas yog rau cov muaj mob nyob ib qho kom txog rau thaum cov niamtxiv/tus saibxyuas tuaj tos.

- Lub chaw yuav tsum muaj kev dim pab zoo - cov qhov rais thiab qhov rooj yuav tsum cia qhib.
- Nyob kom sib nrug deb li 6 ft ntawm lwm tus
- Tus neeg uas muaj mob yuav tsum looj daim npog qhov ncauj uas muab pov tseg.
- Cov neeg ua dejnum yuav tsum siv cov qauv ceev faj tus kab mob COVID-19 thaum pab cov tub/ntxhais kawm ntawv uas muaj mob
  - o Looj cov daim npog qhov ncauj uas muab pov tsev, daim thaiv ntsej muag, thiab hnab looj tes
  - o Nyob kom sib nrug deb li deb tau thiab tsis txhob nyob ze ze.

Muab cov kev qhia tias yuav ua licas [Stay at Home and When to Return to School](#) rau tus niamtxiv/tus saibxyuas.

Yog hais tias tus niamtxiv/tus saibxyuas tuaj tos tsis tau tus tub/ntxhais kawm ntawv ces xav seb yuav ua licas teev kev thauj mus rau tom lawv lub tsev.

Tu cov chaw kom tsis txhob muaj kab mob tom qab tus tub/ntxhais kawm ntawv mus lawm thiab ua ntej yuav siv rau lwm

Yog tias xoom xaim tsm yog muaj tus kab mob COVID-19 Ua raws li [Cov Kev Taw Qhia Yuav Ua Licas txog Tus Kab Mob](#) kom paub ceeb toom rau Health Services tsam ho yog ib tug kab mob uas yuav kis loj thiab sai heev

### **Muab tau qhov twg los:**

[Opening Schools Guidelines](#). California Department of Education. June 2020

[COVID-19 Health Services Recovery Plan Resource in Educational Settings](#), California School Nurse Organization. June 8, 2020.

[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.](#)

[Sacramento County 2020-2021 School Year Planning Guide](#). Sacramento County Office of Education. June 2, 2020.

## **Appendix G - Kev Cob Qhia rau Cov Neeg Ua Dejnum, Cov Niamtxiv thiab Cov Tub/Ntxhais Kawm Ntawv**

### **Cob Qhia Cov Neeg Ua Dejnum**

- Muab kev qhia txog hauv paus tsev kawm ntawv cov kev taw qhia kom muaj qab hau
- Soj ntsuam tus kheej thiab thaum tias kom nyob hauv tsev
- Cov kev taw qhia kom nyob sib nrug deb thiab lawv cov kev tseem ceeb
- Kev siv cov ntaub npog qhov ncauj
- Xyaum kev soj ntsuam
- Qhia seb tus kab mob COVID-19 cov tsos muab zoo licas thaib yuav ua licas
- Kev qhia tus kom huv si thiab tus kom tsis txhob muaj kab mob
- Tsis nyiam kev thab plaub ua saib tsis taus lwm tus, tsis nyiam kev ntsub ntshaug
- Cov kev pabcuam, tswj kev nyuaj siab ntshov plawv, kev xav, kev tus tus kheej

### **Cob Qhia Cov Tub/Ntxhais Kawm Ntawv**

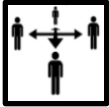



- Covid-19 yog dab tsi
- Soj ntsuam tus kheej thiab thaum tias kom nyob hauv tsev
- Cov kev ceev faj uas peb tau ua thiab vim licas - nyob kom sib nrug deb, ntaub npog qhov ncauj, kev ntshuav tes, cov kev taw qhia nyob hauv tsev.
- Kev yuav ntshuav tes licas
- Kev siv lub npog qhov ncauj licas
- 6 feet yog deb licas
- Tus lawv thaj chaw
- Tsis nyiam kev thab plaub ua saib tsis taus lwm tus, tsis nyiam kev ntsub ntshaug
- Cov kev pabcuam, tswj kev nyuaj siab ntshov plawv, kev xav, kev tus tus kheej

### **Cob Qhia Tus Niamtxiv/Tus Saibxyuas**

- Covid-19 yog dab tsi
- Muab kev qhia txog hauv paus tsev kawm ntawv cov kev taw qhia kom muaj qab hau
- Soj ntsuam tus kheej. Thaum cia cov tub/ntshais kawm ntawv nyob hauv tsev yog tias lawv mob thiab cov sijhawm lawv yuav tsum nyob hauv tsev ntev licas.
- Kuaj thiab ntsuam xyuas ib ce kub licas nyob nram tsev.
- Cov kev ceev faj kom tu cev huv si - nyob kom sib nrug deb, ntaub npog qhov ncauj, kev ntshuav tes
- Xav tau cov kev tiv toj kom yog thiab ob peb tus neeg tej kev tiv toj thaum muaj xwm txheej ceev
- Qhov tseem ceeb kom tuaj ntawm tsev kawm ntawv sai li sai tau tauj tos lawv tus menyuum, yog tias tau hu lawm
- Tsis nyiam kev thab plaub ua saib tsis taus lwm tus, tsis nyiam kev ntsub ntshaug
- Cov kev pabcuam, tswj kev nyuaj siab ntshov plawv, kev xav, kev tus tus kheej

## Appendix H - Cov Tswv Yim Teeb Chav Kawm Ntawv rau Cov Xibfwb Qhia Ntawv

Yuav kom txo tau kev sib kis ntawm tus kab mob COVID-19 ntawm tsev kawm ntawv, peb yuav tsum siv cov kev ntsuas los tiv thaiv kev sib kis ntawm tus kab mob COVID-19 thiab txoj kev sib kis kab mob. Txhua qhov chaw thiab pab menyuam yaus yuav sib txawv, lub tswv yim yog kom txo qhov kev sib kis kom tsawg los siv cov kev ceev faj uas yooj yim.

			
<b>Kev Nyob kom Sib Nrug Deb</b>	<b>Kev Ntxuav Tes thiab Cov Chaw uas Kov Heev Tshaj</b>	<b>Kev Npog Qhov Ncauj</b>	<b>Kev Coj Zoo thaum Hnoos/Txham</b>
<p>Kho dua kev tso cov rooj kawm ntawv thiab cov chaw nyob kawm ntawv kom muaj chaw seem (6ft) nyob nruab nrab ntawm cov tub/ntxhais kawm ntawv thiab qhov chaw peb hauv ntej chav kawm). Siv duab lossis khoom los pab qhia txog kev nyob sib nrug deb kom yog (piv txwv li lub hula hoop, muab ntaub nplaum los rau daim kaspev, tsu tes qhia).</p>	<p>Tsim ib lub sijhawm los mus ntxuav tes lossis siv tshuaj hand sanitizer thaum nkag los rau hauv chav kawm. Muaj ib lub npoom tshuaj hand sanitizer tso rau ntawm qhov chaw uas yuav nkag los.</p>	<p>Yog tias ua tau, qhia tias yuav looj daim ntaub npog qhov ncauj licias nyob rau hauv chav kawm. Muab cov ntaub npog qhov ncauj rau rau thaum nyob rau ntawm cov chaw nkag los</p>	<p>Muaj cov ntaub so ntswg nyob hauv chav kawm, lossis muab tso rau hauv ib lb hnab rau ib tug tub/ntxhais kawm ntawv.</p>
<p>Muab cov rooj kawm ntawv tig mus rau tib seem (dua li muab tig rau lwm tus) kom thiaj li txo tau kev sib kis kab mob uas yog los ntawm cov qaub ncaug (piv txwv li, los ntawm tham lus, hnoos, txham).</p>	<p>Muab sijhawm rau kev ntxuav tes lossis siv cov tshuaj cawv cuaj caum hand sanitizer ua ntej noj mov thiab thaum rov qab los rau hauv chav kawm.</p>	<p>Ua ib qhov kev kawm hauv chav los decorate daim ntaub npog qhov ncauj.</p>	<p>Muab cov paib poster qhia txog kev yuav thaiv licias thaum hnoos, nxuav koj ob txhais tes, thiab nyob hauv tsev yog tias koj muaj mob daim rau hauv koj chav kawm.</p>
<p>Coj cov neeg ua dejnum los rau hauv nyias lub chav kawm piv rau muab cov menyuam mus los ntawm cov chaw aus siv los ntawm txhua tus.</p> <p>Consider eating lunch within the classroom.</p>	<p>Tsis txhob cia muab cov khoom rau sawv daws sib koom siv yog thaum ua tau. Yog tsim nyog muab kev sib koom siv cov khoom, xav txog kev muab ib lub thawv cia rau cov khoom uas tsis tau siv thiab lub cia rau cov uas twb siv tag lawm. Cov kev sib koom siv khoom yog ib qho yuav kov heev tshaj thiab yuav tsum tau muab ntxuav kom huv si tas mus li.</p>	<p>Txhawb kom cov tub/ntxhais kawm ntawv looj cov ntaub npog qhov ncauj. Rov qab qhia txog kev looj daim ntaub npog qhov ncauj thiab muab tshem tawm licias. Txhawb cov tub/ntxhais kawm ntawv kom tsis txhob kov lawv lub ntsej muag nrog lawv txhais tes kom ntau lii ntau tau.</p>	<p>Muaj ib lub thoob khib nyiab uas yog qhib sab saum nyob rau hauv chav kawm, lossis muab ib leeg ib lub hnab tso rau ntawm lub rooj kawm ntawv kom thiaj li txo tau cov kev mus los hauv chav kawm ntawm cov menyuam.</p>
<p>Qhib cov qhov rais thiab qhov rooj koj muaj kev dim pa ntxiv.</p>	<p>Muab ib leeg ib yam khoom uasi rau cov tub/ntxhais kawm ntawv kom lawv thiaj li nti ntis rau ntawv lawv qhov chaw zoo dua li muab lawv mus nyob rau lub thawv uas nyob tsis tau twj ywm lossis lub chaw uas muab rau rau txim (time out)</p>	<p>Muab cov tub/ntxhais kawm ntawvthiab cov neeg ua dejnum cov duab uas looj daim ntaub npog qhov ncauj thiab cov uas tsis looj coj los dai rau hauv chav kawm.</p>	<p>Muab cov videos uas qhia txog kev coj zoo kom huv si thaum hnoos/txham thiab kev txhuas tes rau cov tub/ntxhais kawm ntawv saib.</p>

<p>Thaum twg ua tau, coj cov tub/ntxhais mus rau nraum zoo qhia ntawv rau lawv thiab hais kom lawv nyob sib nruag deb.</p>	<p>Tsis txhob sib koom siv cov cuab yeej nrog rau ntawm cov neeg ua dejnum, cov neeg tuaj pab dawb, thiab cov neeg tuaj koom thaum ua tau.</p>	<p>Rau cov ntaub ntawv ua uake nrog cov tub/ntxhais kawm ntawv, muab cov tub/ntxhais kawm ntawv tso uake nyob rau hauv internet kom thiaj txo tau kev mus los hauv chav kawm ntawm cov tub/ntxhais kawm ntawv.</p>	<p>Xav txog cov kev yuav ua pab tau rau cov menyuam thiab cov tsev neeg uas muaj mob hanyav heev los ntawm tus kab mob COVID-19.</p>
<p>Siv cov kev qhia kom pom duab los qhia txog kev nyob sib nruag deb zoo licas (los cov dot/cim rau hauv pes teb).</p>	<p>Tsis txhob cia cov tub/ntxhais kawm ntawv nqa khoom uasi tuaj lossis lawv tej khoom ntiag tug tuaj rau ntawm tsev kawm ntawv. Tsis txhob cia sib koom cov cuab yeej siv fais, khoom uasi, cov phau ntawv, lwm yam game lossis cov khoom pab kawm ntawv.</p>	<p>Tsim ib qho system rau cov tub/ntxhais kawm ntawv los qhia txog lawv cov kev dhuav siab los yog cov kev xav (piv txwv li cov card nyob ntawm lawv lub rooj, sau email, thiab lwm yam) vim tias thaum looj daim ntaub npog qhov ncauj lawv yuav tsis pom tias lawv lub ntsej muag qhia kev xav licas.</p>	<p>Saib cov cim ntawm tus mob uas muaj nyob rau ntawm cov tub/ntxhais kawm ntawv thiab cov neeg ua dejnum. Xav cov tub/ntxhais kawm ntawv uas pom tau tias muaj mob mus rau tom lub hoobkas.</p>
<p>Siv cov kev pab uas yog khoom (piv txwv li ntaub nplaum uas siv tha xim, cov stickers) los qhia txoj kev thaug thiab txhawb kev nyob sib nruag deb lwm tus kom yog.</p>	<p>Muab cov menyuam tej khoom cia nyias rau nyias thiab sau npe rau cov ntawv rau khoom xws cov containers, cubbies, lossis chov chaw yog leeg twg li. Muab cov backpacks/jackets ciam rau ntawm lub rooj kawm ntawv.</p>	<p><a href="#">Cloth Face Coverings for Children During COVID-19</a></p>	<p>Tswv kom cov neeg pab dawb tuaj rau hauv chav kawm kom tsawg zog.</p>
<p>Cia cov menyuam zaum thiab sawv kom tsis txhob sib ncag ntawm nyob rau ntawm cov rooj kawm ntawv zoo dua li lawv mus kev hauv chav kawm. Txhawb kom lawv ncaib ib ce.</p>	<p>Xyuas kom muaj cov khoom siv txaus los txo kev sib koom kov cov khoom heev tshaj rau txhua lub sijhawm yog ua tau, muab cov khoom siv cia rau ib tug tub/ntxhais kawm ntawv siv xwb, lossis txwv kom siv cov khoom siv tsawg zog thiab cai cov cuab yeej rau ib ob pab pawg siv ua ntej thiab mam li muab ntxuav thiab tus kom tsis txhob muaj kab mob rau ntawm kev siv.</p>		
<p>Xav txog siv cov cardboard los thaiv kev ntawm cov tub/ntxhais kawm ntawv.</p>	<p>So cov chaw uas siv los ntawm cov tub/ntxhais kawm ntawv kom huv si.</p>		

## Appendix I - Cov Tswv Yim txog Kev Ntxuav Tes rau Cov Xibfwb

Thaum qhia kev ntxuav tes hais txog cov ntsiab lus ntawm chav kawm zej zog, kev tiv thaiv thiab kev saibxyuas yus kheej thiab lwm tus. siv cov videos los qhia thiab ua kev qhia ntxuav tes. Xyaus kev ntxuav tes rau yus tus kheej.

Daim video rau cov menyuam yaus: [CDC - Wash Your Hands!](#) 30 seconds

Daim video rau cov menyuam loj: [CDC - Fight Germs, Wash Your Hands!](#) 3 nasthis

Cov kev pabcuam chav kawm rau kev qhia txog kev ntxuav tes: [Minnesota Dept of Health](#)

### Kev Ntxuav Tes Txhua Hnub: Qhia Cov Tub/Ntxhais Kawm Ntawv Ua Tseem Yaus

Kev ntxuav tes kom yog, tshwj xeeb yog rau cov tub/ntxhais kawm ntawv uas tseem yaus, yuav tsis yooj yim rau lawv. Tsim ib lub sijhawm nyob rau ntawm qhov chaw nkag los rau hauv chav kawm nyob rau thaum yuav pib hnub ntawd, tom qab lawb leeb thiab ua ntej mus noj mov pab tau kom cov tub/ntxhais kawm ntawv thiab cov neeg ua dejnum noj qab nyob zoo thaum paub meej tias kev ntxuav tes yuav tshem tawm tau tej kab mob ntawm txhais tes. Cov neeg uas sib pab (yog tias txaus siab) muab qhov kev pab no ua ib haujlwm rau sawv daws kom ua ib kev qho kev tiv thaiv tus kheej, thiab tiv thaiv koj cov khub kawm ntawv thiab tus xibfwb.

#### Cov Khoom Siv:

- o Lub tshuaj tsuag nrog rau cov dej uas huv
- o Koog tsev kawm ntawv cov tshuaj ntxuav tes uas pom zoo cia siv
- o Cov ntawv so tes thiab cov pas tais khoom
- o 3-4 tug tub/ntxhais kawm ntawv ua muab kev pab (ntxuav tes ua ntej, looj daim ntaub npog qhov ncauj)

#### Cov Txheej Txheem Yuav Ua Liacas:

1. Thaum los rau ntawm txoj line nkag mus rau hauv chav kawm (thaum nyob sib nrug deb kom raug cai)
  - a. Tus helper 1 yuav tsuag tshua rau cov tub/ntxhais kawm ntawv uas nyob ntawm txoj kab txhais tes kom ntub ntsuav
  - b. Tus helper 2 yuav tso cov xab npum me ntsis rau lawv cov tes
  - c. Cov tub/ntxhais kawm ntawv yuav txhuam lawv ob txhais tes uake thaib yuav suav 1 mus txog 20 lossis hu zaj nkauj Happy Birthday (hu yau yau rau lawv tus kheej) lossis hais cov ABCs thaum lawv maj mam mu kom txog rau ntawm lub sink.
2. Cov tub/ntxhais kawm ntawv yuav yaug lawv ob txhais tes tom qab txhuam ntev li ntawm 20 seconds kom zoo zoo.
3. Tus helper 3 yuav muab ntawv so tes rau lawv (siv cov pas tais khoom uas huv si – xyaum cov kev siv txhais tes)
4. Tus helper 4 xyuas kom cov ntawv so tes uas siv lawm muab pov tseg kom yog chaw.

### Kev Ntxuav Tes Txhua Hnub: Cov Tswv Yim rau Cov Chav uas tsis muaj lub Sink

Rau cov chav uas tsis muaj lub sink koj yuav tau kom tag nrho cov tub/ntxhais kawm ntawv uas raws li cov kev qhia saum toj no nyob rau ntawm ib lub sink uas nyob ze rau chav kawm. Yog hais tias qhov no siv tsis tau ces siv lub tshuaj hand sanitizer uas muaj cawv cuaj caum tsawg tshaj >60%.

**Cov Khoom Siv:** siv lub tshuaj hand sanitizer uas muaj cawv cuaj caum tsawg tshaj >60% nyob rau hauv lub taub uas muaj tus pas nias kom tawm los thiab yuav tsum muaj ob peb lub taub los siv.  
pump use multiple bottles

#### Cov Txheej Txheem Yuav Ua Liacas:

1. Cov tub/ntxhais kawm ntawv ua ine mus txog rau ntawm qhov chaw nkag rau hauv chav kawm kom nyob sib nrug deb li 6 ft.
2. Cov helpers yuav muaj lub tshuaj hand sanitizer los tso ib tee me me luaj li lub nyaim kaum xees rau hauv cov tub/ntxhais kawm ntawv txhais tes
3. Cov tub/ntxhais kawm ntawv yuav txhuam lawv ob txhais tes uake kom tias muaj ntub thoob plaws txhua qhov ntawm ob txhais tes, sab sauv thiab cov kis ntv tes.

## Appendix J - Kev Npaj txog ntawm Kev Txhaj Tshuaj

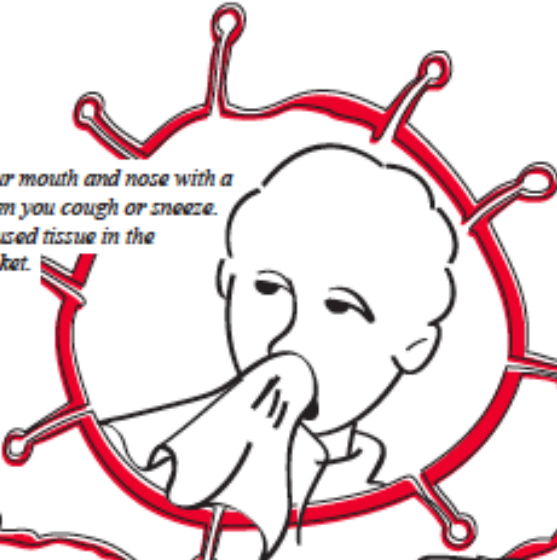
Cov chaw kawm ntawv nyob hauv xeev California yog lub tsev rau 6.3 laab tus menyuam kawm ntawv thiab muaj txog li 15% yog cov neeg nyob hauv California. Tsev kawm ntawv cov chaw txhaj tshuaj tau qhia hais tias yog ib qho kev ntsuas uas zoo tshaj plaws nyob rau kev txhaj tshuaj ntawm cov menyuam kawm ntawv thiab cov hluas. Yog tias thaum muaj koob tshuaj tiv thaiv tus kab mob COVID-19 lawm koog tsev kawm ntawv yuav koom nrog Sacramento County public health los muab cov koob tshuaj no txhaj rau sawv daws. Nyob rau hauv cov counties thoob plaws California, uas cov school nurses tau muab kev txhaj tshuaj rau qhia tau tias nws txo tau kev mob nkeeg mus pws tsev kho mob rau cov menyuam yaus thiab ua rau kev tuaj kawm ntawv ntawm cov tub/ntxhais kawm ntawv nce tuaj thaum muab piv mus rau lwm cov counties uas tsis muaj cov kev pabcuam no.



**Appendix K - Kev Qhia txog Kev Coj Zoo kom Huv Si thaum Ua Pa/Hnoos thiab Txham**

# Cover Cough

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



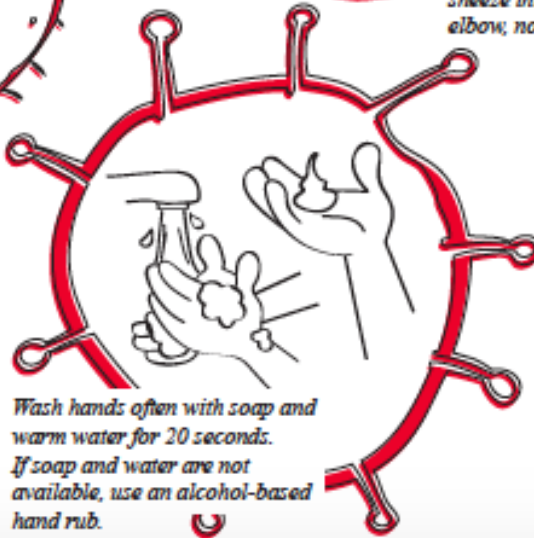
Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.



You may be asked to put on a facemask to protect others.



Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.

