



We can't
"mask"
our excitement
to have
you back!

www.burnabyschools.ca

What Each of Us Does Matters

We are all working together to keep ourselves, each other, and our school community safe.

It's the big and little things we do that help.

Stop the Spread

Stop the spread of viruses that make you and others sick!

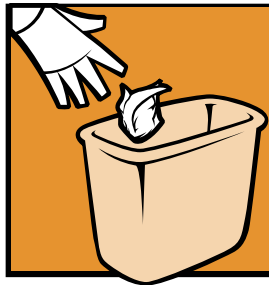
Cover your mouth

and nose with a tissue when you cough or sneeze



Throw tissues away

Immediately



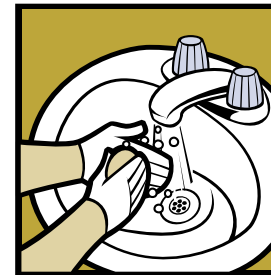
No tissue?

Cough or sneeze into your upper sleeve, not your hands



Wash your hands

often with soap and water or an alcohol-based hand sanitizer



Stay home

if you are sick



Wash your hands

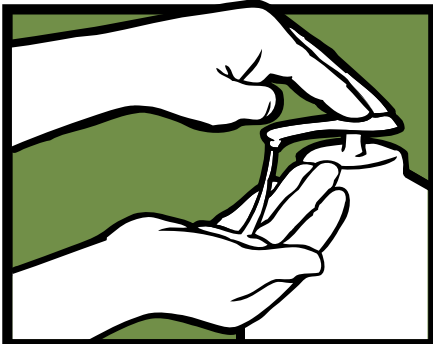


Washing your hands often will help protect you from getting sick.

When soap and water are not available, use alcohol-based disposable hand wipes or gel sanitizers.

Handwashing with Soap and Water

Viruses can live on hard surfaces for up to 2 days, and on hands for up to 5 minutes. Wash your hands often and keep yourself and others healthy.



1 **Remove jewelry.** Wet hands with water, add soap to palms and rub hands together to create lather.



2 **Thoroughly cover all surfaces** of your hands and fingers with lather and work fingertips into palms to clean under nails.



3 **Rinse hands well** under running water.

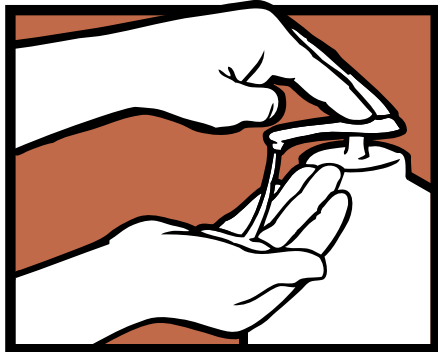


4 **Dry with a single-use towel** and then use towel to turn off the tap.

Hands should be washed for a minimum of 10-20 seconds. To help children wash long enough, say ABCs or sing "Twinkle, Twinkle Little Star"

Handwashing with Alcohol-based Sanitizer

Viruses can live on hard surfaces for up to 2 days, and on hands for up to 5 minutes. Wash your hands often and keep yourself and others healthy.



1

Remove jewelry and apply enough product to keep hands moist for 15 seconds.



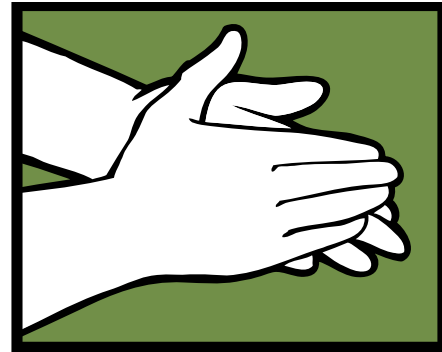
2

Rub product in palms and thoroughly cover all surfaces of the hands and fingers, including the backs and each thumb.



3

Rub fingertips each hand in opposite palm.



4

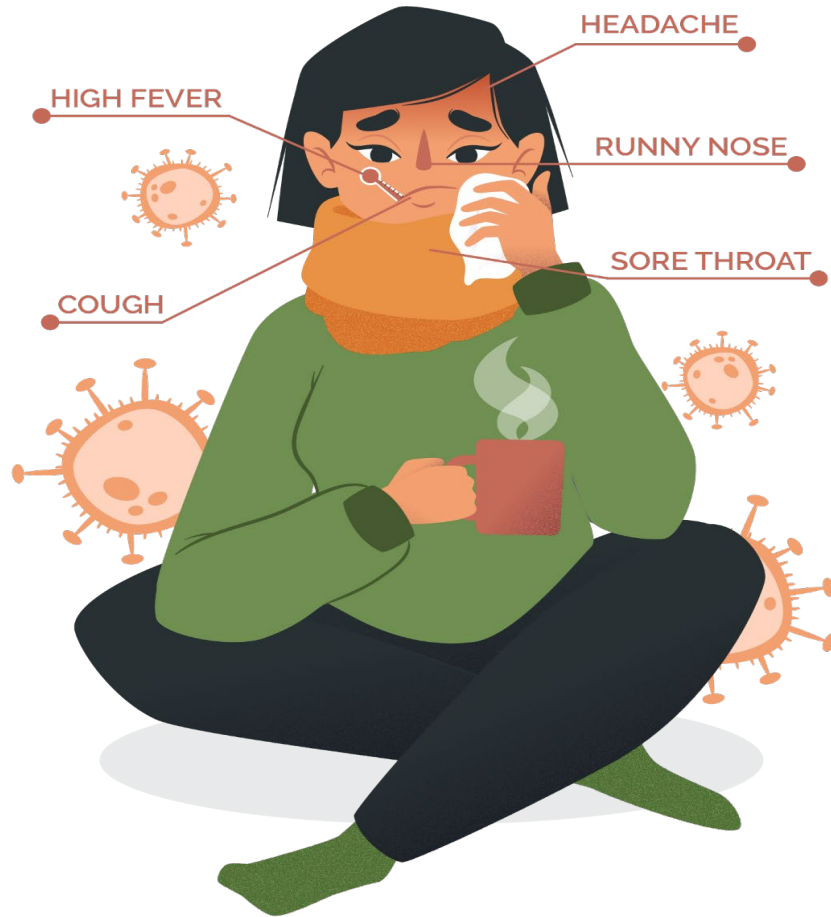
Keep rubbing until hands are dry.

Do **NOT** use hand sanitizer with water. Do **NOT** use paper towels to dry hands.

Note: Wash hands with soap and water if hands are visibly dirty.

Some manufacturers recommend washing hands with soap and water after 5-10 applications of gel.

Stay home when you're sick or have illness symptoms



Get plenty of rest and check with a health care provider as needed.

Avoid close contact with people who are sick



If you are sick at home, keep your distance from others to protect them from getting sick.

Cover your mouth and nose with a tissue when coughing or sneezing, and throw the tissue away immediately

It may prevent those around you from getting sick.



Avoid touching your eyes, nose, or mouth.

You can become ill by touching a surface contaminated with germs and then touching your eyes, nose, or mouth.



Masks are required for all K to 12 students.

If the mask gets dirty or you sneeze in it, put on a clean mask.

Avoid touching the front of your mask - it's the outside of it that can get others' germs. Take it off to eat and drink

COVID-19

HOW TO WEAR A CLOTH FACE MASK

PUTTING ON YOUR MASK



- 1 Wash or sanitize your hands before touching your mask
- 2 Put the loops around your ears
- 3 Cover your mouth and nose so there are no gaps, fitting the mask under your chin

REMOVING YOUR MASK



- 1 Wash or sanitize your hands
- 2 Do not touch the front of your mask, lean forward and gently remove it by the loops
- 3 Wash or sanitize your hands

If you forget your face mask...

- Please enter the school using the doors by the main office
- Ask for a disposable mask from the office staff

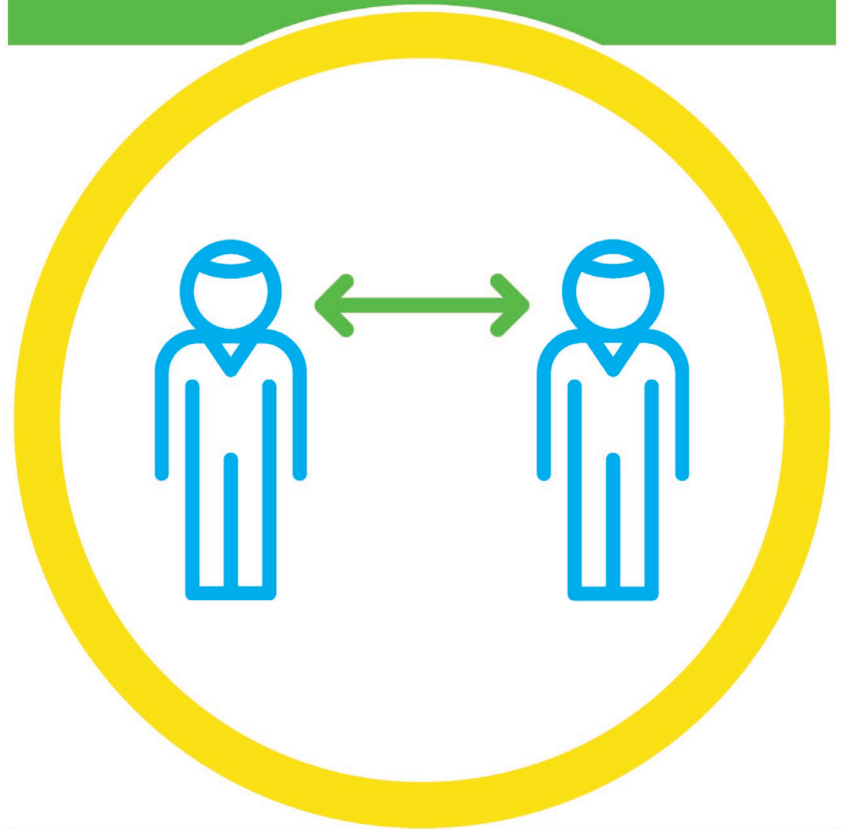



**Wear your mask
when required**

Physical Distance

- Consider and respect others personal space
- Maximize physical distance as much as possible

Maximize Physical Distance




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 BOARD OF EDUCATION
BURNABY
SCHOOL DISTRICT 41

08.21

Complete Your Daily Health Check

- Complete this **everyday before** you come to school
- Stay home if you are sick

 DAILY HEALTH CHECK	
KEY SYMPTOMS OF ILLNESS	WHAT TO DO
Fever (above 38°C) Chills Cough Difficulty breathing Loss of sense of smell or taste	If yes to 1 or more of these symptoms: Stay home. Contact a health care provider or call 8-1-1 about your symptoms and next steps.
OTHER SYMPTOMS	WHAT TO DO
Sore throat Loss of appetite Headache Body aches Extreme fatigue or tiredness Nausea or vomiting Diarrhea	If yes to 1 symptom: Stay home until you feel better. If yes to 2 or more of these symptoms: Stay home for 24 hours. If symptoms don't get better or get worse, contact a health care provider or call 8-1-1 about your symptoms and next steps.
INTERNATIONAL TRAVEL:	WHAT TO DO
Have you returned from travel outside Canada in the last 14 days?	If yes: Fully vaccinated students, staff and other adults who have travelled outside of Canada may qualify for the fully vaccinated traveller exemption . Students, staff and other adults who are not fully vaccinated and have travelled outside of Canada CANNOT attend school for 14 days after arrival , as part of federal requirements .
CLOSE CONTACT	WHAT TO DO
Have you been notified by public health that you are a close contact of a person confirmed to have COVID-19?	If yes: Follow the instructions provided by Public Health.

Capacity Limits for Washrooms

- This applies to **all** multi-stall student washrooms



Stop the Spread



Don't be Afraid to Reach Out for Help!

What am I Supposed to Do?

What Am I Supposed to Do?

<p>Stay at Home Keep yourself busy with things like a craft, watching t.v. or reading a book.</p>	<p>Wash Your Hands Use soap and water and wash long enough to sing "Happy Birthday" twice.</p>	<p>Don't Go Near Others Both of you reach your arms out. If you don't touch, you are as close as you should get.</p>
<p>Don't Feel Alone If you are by yourself make sure to phone someone to keep in touch.</p>	<p>Don't Share Dishes and Food Use only your own dishes and forks, knives, spoons and food.</p>	<p>Clean If you share a house, clean surfaces with soap and water or cleaner wipes at least once a day.</p>

Are you scared or anxious right now?
-Talk to your caregiver or family.

-Or call

Developmental Disabilities Mental Health Services information accurate April 2020

I Feel So Anxious!

I Feel So Anxious!

What Can I Do to Feel Better?

<p>Limit the News The news can be scary. Try to limit yourself to one half hour per day or less of viewing.</p>	<p>Write Down Your Worries It's normal to feel anxious. Write down your feelings and let them leave your mind.</p>	<p>Call a Friend Phone someone who makes you feel happy and have a great talk!</p>
<p>Think About What is Good in Your Life Think about the good things. You are cared for and loved.</p>	<p>Fill Your Time with Nice Activities Start a new routine at home. Do puzzles, sew, or do fun crafts.</p>	<p>Breathe Deeply and Exercise at Home Do exercises and stretches at home. Take the time to breathe deeply and slowly.</p>

Are you scared or anxious right now?
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Developmental Disabilities Mental Health Services information accurate April 2020

I Feel Sick

I Feel Sick

<p>Go to Bed Like any other time that you are sick you need to stay in your bed and sleep as much as you can.</p>	<p>Have Enough to Drink Drink water, juice, even soup! It is important to keep your body as healthy as you can.</p>	<p>Coughing + Sneezing Cough or sneeze into your elbows or use tissues and throw them out afterwards!</p>
<p>Wash Your Hands Before Touching Use soap and water and wash long enough to sing "Happy Birthday" twice.</p>	<p>Don't Share Dishes, Towels or Bedding This will keep others in your home safer from the Coronavirus.</p>	<p>Tell Your Caregiver Let them know you are not feeling well. Tell them especially if you have a hard time breathing.</p>

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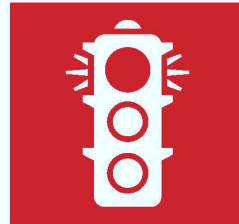
Practice other good health habits



Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, eat nutritious foods, and avoid smoking, which may increase the risk of serious consequences if you do contract the flu.

Limited Access

- Our schools have limited access to visitors
- For virtual appointments or meetings, parents and/or visitors should call the school directly



**Our buildings have
LIMITED ACCESS
for all – except staff**

**For inquiries or virtual appointments,
please call the school directly or the
District Administration Office**



Breaks

- On Wednesdays & Thursday (long block days), break times will be standardized
- Students are only permitted to take a 15-minute break, no longer (please be respectful of this)
- Morning breaks will be from 10:05-10:20, 10:20-10:35, 10:35-10:50
- Afternoon breaks will be from 1:30-1:45, 1:45-2:00, 2:00-2:15



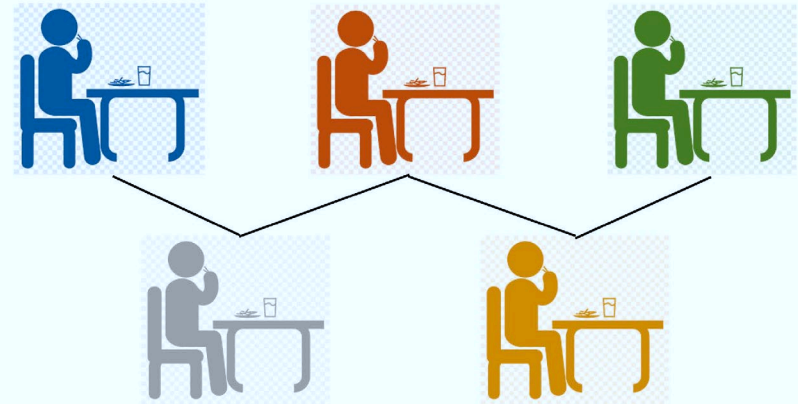
Lunch

- Students are encouraged to eat their lunch in the classroom they are in prior to lunch (during lunchtime)
- Students must be seated while they eat, **staggered from one another**
- Students cannot be standing or walking around while they eat
- Students should try to practice physical distancing as much as possible while eating lunch
- Capacity limits are in place for commons (tables & benches)

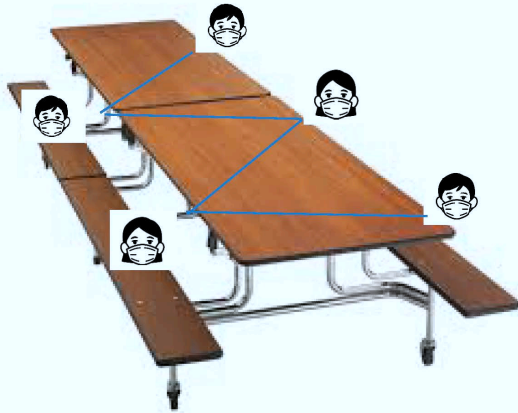


Sample School Signage

Must be **seated** while eating



Stagger your seating



Sample School Signage

**1 person
only
per bench**



**4 students
Only
At this table.**

Teams Access

- All students should be using Teams.
- Make sure you can access all your classes through Teams (speak to your teacher if you have questions or need help)
- In case of a functional school closure, please check Teams for communication from your teachers



School Entrances

Period 1/Flex First Floor Classes - 100 level classrooms, Gym	Students will enter the doors in the parking lot under the yellow outside stairs
Period 1/Flex Second Floor Classes - 200 level classrooms	Students will enter the main doors off of Eastlake by the rainbow crosswalk.
Period 1/Flex Third Floor Classes - 300 level classrooms	Students will enter the doors off of Gaglardi nearest to the cafeteria

School Exits

- Please exit the school according to the floor that your student locker is on.
- If you do not need to access your student locker at the end of the day, then please exit the school according to the floor that your last period is on.
- See table on the next page for exit doors for each floor.

School Exits

First Floor	Students will exit using the doors out to the parking lot under the yellow outside stairs <u>OR</u> the main entrance doors by the rainbow crosswalk
Second Floor	Students will exit using the doors nearest to the cafeteria <u>OR</u> using the stairs by room 204 into the parking lot
Third Floor	Students will exit using the yellow stairs out to the parking lot (beside room 308) <u>OR</u> using the doors nearest to the cafeteria

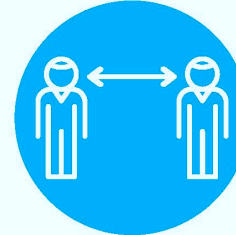
Health & Safety Reminders



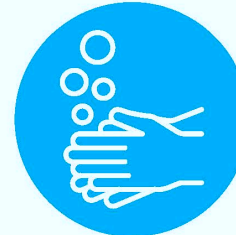
**Wear your mask
when required**



**Use the daily
health check
and stay home
if you are sick**



**Maximize
physical
distancing**



**Wash your
hands
frequently**

LEARN MORE:
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THANK YOU!

