

WRCCISD Safety Plan 2022-2023

Safe Conduct Regarding Exposure to Viruses

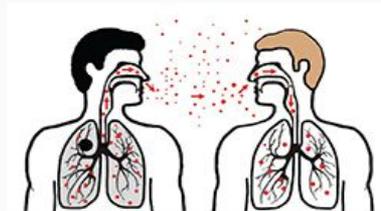
Changes to the public health situation may necessitate changes to this guidance. (Updated Mar. 2, 2023)

Learning Objectives

- Identify methods by which infectious diseases can spread
- List steps to limit the spread of infectious diseases
- Identify the steps of proper handwashing
- Define respiratory etiquette and identify methods to practice respiratory etiquette
- Identify ways to protect our students/staff on campus from spread of infectious diseases (Germblast, bus transportation, and visitors)
- Identify actions to take if you think you may have COVID-19
- List steps to mitigate the spread during UIL and WR sponsored events

How Respiratory Viruses Spread

- Direct Contact: skin-to-skin contact (shaking hands, hugging, kissing, etc.)
- Droplet Spread: spray produced when a person sneezes, coughs, sings, or talks
- Airborne Transmission: agents carried by dust or small droplets suspended in the air
- Vehicles: spread by food, water, blood, and objects like door handles, phones, desks, etc.



Screening for Symptoms of COVID-19

WRCCISD requests parents to screen, scan, and evaluate their children prior to entering WR buses or campuses.

People with COVID-19 report a wide range of symptoms, ranging from mild to severe illness.

Symptoms may appear within 72 hours after exposure to the virus.

Some may not experience symptoms at all, but may still be able to spread the infection to others.

If you feel any of these symptoms, contact your primary care provider for guidance and report these concerns to the campus office.

Asymptomatic: Some may not experience symptoms but can still spread the virus.

- Feeling feverish or a measured temperature greater than or equal to 100.0 degrees Fahrenheit
- Loss of taste or smell
- Cough
- Difficulty breathing
- Shortness of breath
- Fatigue
- Headache
- Chills
- Sore throat
- Congestion or runny nose
- Shaking or exaggerated shivering
- Significant muscle pain or ache
- Diarrhea
- Nausea or vomiting

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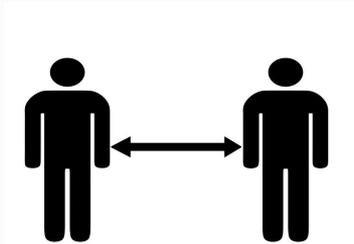
Limiting the Spread



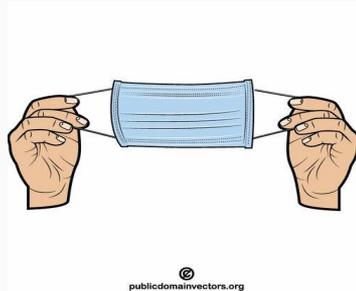
Limiting the Spread

There are several important ways to limit the spread of respiratory viruses, including COVID-19:

Physical Distancing



Face Covering



Hand Washing



Respiratory Etiquette



Physical Distancing

Limit physical distance between yourself and others to reduce the risk of breathing in infected droplets.

- Keep a **safe distance** between yourself and others
- Limit gatherings that require close contact, and consider virtual meetings when possible
- Don't share phones, computers, make-up, or other personal items without proper sanitation
- Respect communal spaces and limit the number of people sharing those spaces
 - Respect posted capacity limits, do not crowd stairwells or hallways, keep distance in seating areas, etc.

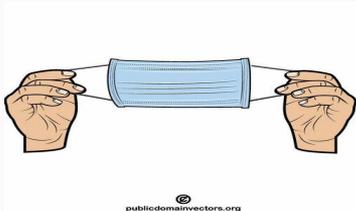
Face Coverings

Staff and Students are no longer required to wear face coverings as of April 20, 2021 board meeting

Regarding face coverings, per Gov. Abbott's Executive Order GA-29, **must** be worn by all individuals (faculty, staff, students age 10 and over, and visitors). West Rusk 4th - 12th grade students must wear a face covering. **As of June 4, 2021 Governor Abbott rescinded the above requirement.**

The following are allowable face coverings:

- Non-medical grade disposable face masks
- Cloth face coverings (over the nose and mouth)
- Cloth neck gaiter, pulled up to cover the nose and mouth
- Full-face shields to protect eyes, nose, and mouth



Face Coverings, Continued

Exceptions to the wearing of face coverings include:

- Any student or visitor 9 years of age or younger (PK - 3rd grade students);
- Any person with a medical condition or disability that prevents wearing a face covering (documentation required);
- While a person is consuming food or drink; or
- When a congregating group of persons maintains **at least 3 feet** of social distancing.

As of June 4, 2021 Governor Abbott rescinded the above requirement.

Face Coverings, Continued

It is recommended to have 3 to 5 face coverings available to use throughout the week in order to begin each day with a new or cleaned face covering.

Coverings should:

- Cover mouth and nose
- Fit snugly but comfortably
- Be secured with ties or ear loops

Wash your cloth face covering in a washing machine after each use, and wash your hands after removing from your face.

As of June 4, 2021 Governor Abbott rescinded the above requirement.

Hand Washing

Frequent hand washing can remove infectious particles from your hands that may have been acquired from touching objects.

When to wash hands:

- After you have been in a public place
- Before touching your eyes, nose, or mouth
- After using the bathroom
- Before, during, and after preparing food
- Before eating
- Before and after caring for someone who is sick

Hand Washing, Continued

Continued - When to wash hands:

- After changing diapers or cleaning up a child
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food, or animal waste
- After touching garbage

Hand Washing, Continued

Steps for proper hand washing:

- **Wet** your hands with clean, warm running water, turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Lather the back of your hands, between your fingers, and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

If soap and water is not available, use hand sanitizer and wash as soon as you can.

Hand Sanitizer

Hand sanitizers can quickly reduce the number of germs on your hands in many situations. However:

- Sanitizers do **not** get rid of all types of germs.
- Hand sanitizers may not be as effective when hands are visibly dirty or greasy.
- Hand sanitizers might not remove harmful chemicals.
- Hand sanitizers under 60% alcohol concentration may not be effective.

How to use hand sanitizer:

- Apply to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together especially between fingers and tops of hands.
- Rub the gel over all the surfaces of your hands and fingers until your hands are dry. This should take around 20 seconds.

Respiratory Etiquette

Many infectious diseases are spread through respiratory secretions (ex: coughing, sneezing, sniffles, speaking, laughing, heavy breathing, etc.)

Cover coughs and sneezes with a tissue, then throw it away.



Wash your hands for at least 20 seconds.



Clean and disinfect surfaces that may have come into contact with droplets (think six feet around you).



West Rusk CCISD

Protecting our Students/Staff



Sanitation Methods

Each department (Athletics, Cafeteria, Transportation, Campus Buildings, etc.) will have a daily schedule for sanitation. The procedures used for sanitation will be based on the CDC guidelines.

West Rusk CCISD is utilizing GermBlast for additional sanitation for our school district. GermBlast offers the most complete and detailed service on the market to combat the spread of illness and infection. GermBlast offers on-site sanitation and a disinfecting process that kills bacteria, viruses, and fungi. West Rusk CCISD utilizes GermBlast for all buildings, facilities, and buses.

Bus Transportation

Staff and Students are no longer required to wear face coverings as of April 20, 2021 board meeting

West Rusk will utilize the same bus routes as last year. Precautions and sanitation procedures will be in place for the bus riders and drivers.

- Hand sanitizer will be provided at entrance/exit of the bus
- Face coverings must be worn by the driver and students in grades 4th-12th
- Students will be asked to sit with family members

All buses will be sanitized after each route.

As of June 4, 2021 Governor Abbott rescinded the above requirement.

Visitors on Campus

Due to safety concerns, West Rusk will limit access to the campus by visitors/parents/guardians.

- All WRCCISD buildings are equipped with a doorbell system to gain access.
- All visitors must bring a current ID to check in at the campus office through the Raptor System to receive a visitor badge.

Updated: March 2, 2023

West Rusk CCISD

What To Do If You Feel Sick



If You Get Sick

If you think you may have COVID-19, follow these tips:

- Call your doctor first before seeking care
- Monitor your symptoms
- Stay home, but if you have to go out, avoid close contact with others



If You Get Sick

- Separate yourself from other people.
- Stay in a specific room and away from household residents and pets as much as possible.
- If you must be around other people, wear a face covering.
- Avoid public areas and restrooms.
- Monitor your symptoms and follow care instructions from your healthcare provider.

Confirmed Cases or Symptoms of COVID-19

Any individuals who themselves either: (a) are lab-confirmed to have COVID-19; or (b) experience the symptoms of COVID-19 must stay home throughout the infection period, and cannot return to campus until the school system screens the individual to determine any of the below conditions for campus re-entry have been met:

- In the case of a student who was diagnosed with COVID-19, the student may return to school when all three of the following criteria are met:
 - at least one day (24 hours) has passed since recovery (resolution of fever without the use of fever-reducing medications);
 - the individual has improvement in symptoms (e.g., cough, shortness of breath); and
 - at least ten days have passed since symptoms first appeared. (7 days with a negative test - updated by CDC guidelines)
- In the case of a **staff member**, the staff must stay home if they are actively sick, suspected of being actively sick, or who have received a positive test result. They may return to work when the following criteria are met:
 - If symptomatic, at least 5 days have passed since symptom onset, and fever free, and other symptoms have improved.
 - For those with no symptoms, at least 5 days after the day they tested positive. (updated 1-7-2022)

If a student experiences symptoms of COVID-19 while at school, the school will:

- Separate any student who shows symptoms until the student can be picked up by a parent or guardian
- Clean the areas used by the individual who shows symptoms as soon as feasible
- Complete a temperature check to determine if they have a temperature of 100.0 degrees Fahrenheit or higher.
- Notify the parents of that campus of a lab-confirmed COVID-19 case

West Rusk CCISD

WR Athletic Events

Precautions taken for UIL and WR sponsored events



Mitigate the Spread during UIL and WR events

Staff and Students are no longer required to wear face coverings as of April 20, 2021 board meeting

- Follow the general operational guidelines required of all schools found at uiltexas.org/policy/covid-19/2020-2021-uil-covid-19-risk-mitigation-guidelines, including
 - Face coverings (as described in the WRCCISD Safety Plan 2020-2021)
 - Required Screening (as described in the WRCCISD Safety Plan 2020-2021)
 - Hand Sanitizer Stations readily available
 - 50% Occupancy Rule (as described on the WRCCISD website using the following link: <http://www.westrusk.esc7.net/documents/50%20Occupancy%20Rule%20-%20Ticket%20Presales%20information.pdf>)

As of May 2021, all UIL and WR events returned to full occupancy.

West Rusk CCISD

Help Do Your Part to Return
to Campus Safely!!