



Self-Quarantining and Return to School Protocol – Updated Sept. 2020

Tasks



- Review and understand protocol.
- Adjust as necessary for local, legal and cultural environment
- Comply with local legal requirements and health authority direction.

Guidance for Self-Quarantining and Return to School: COVID-19

Clarification of “self-quarantine” requirement: Employees and students are requested to remain off the property for 14 days if COVID-19 symptoms are present (see the COVID-19 Self-Screening Information), directly exposed to COVID-19 or if a test shows positive results. Employees and students should avoid leaving the home if possible. Employees and students are expected to continue teaching/learning remotely if possible.

Additional Guidance

The following are suggestions only and individuals are to follow the advice and protocols from the BCCDC and the Ministry of Health.

- Stay away from other people in your home as much as possible, staying in a separate room and using a separate bathroom if available. Wear a mask around the house.
- No visitors unless the person needs to be in your home.
- If you need medical attention, call ahead to ensure you’re going to the right place and taking the necessary precautions.
- Wear a face mask if you must be around other people.
- When you cough/sneeze: cover your mouth and nose with a tissue; immediately throw tissues in garbage; wash your hands with soap and water for at least 20 seconds; if that’s not available, clean with hand sanitizer that has at least 60% alcohol.
- Avoid sharing household items, including drinking cups, eating utensils, towels or even bedding. Wash these items thoroughly after using.
- Clean high touch surfaces daily using a household cleaner or wipe. These include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables.
- Keep good airflow in your rooms. Avoid rooms being stuffy with stagnant air.
- Continue monitoring for any symptoms. If they worsen, call 811.
- Arrange to have groceries and toiletries delivered, if possible.

Employees and Students can only return to the school after they have self-quarantined for 14 days. In addition, if they tested positive for COVID-19, they must test negative for COVID-19 prior to their return.