HEALTH SERVICES
COVID-19 INFORMATION PACKET

Dear Parents/Guardians,

The Camp Hill School District is committed to providing a safe and healthy school environment. As we enter the new school year it will be essential for the school community to work together to prevent the introduction and spread of COVID-19 in the school environment and in the community. As such we will be following the recommendations by the Pennsylvania Department of Health (DOH) and the Centers for Disease Control and Prevention (CDC) on when to stay home due to possible COVID-19 infection. The following pages contain information regarding some of the District's expectations and resources for COVID-19.

As a parent/guardian of a Camp Hill student, you play a critical role in mitigating the spread of COVID-19 within our schools. We ask you to carefully review the Parent/Student Expectations, and to review them with your child(ren).

Additionally, should your child(ren) be exposed to anyone outside of school who tests positive for COVID-19, please contact your school's nurse. Their numbers can be found at the end of this packet.
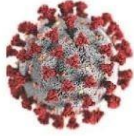
We are confident that by working together, we can create a school environment where students feel safe and supported during this pandemic. Know that our school nurses are available to answer any questions or concerns.

Sincerely,

CHSD Health Services Department

What you should know about COVID-19 to protect yourself and others

Know about COVID-19

- Coronavirus (COVID-19) is an illness caused by a virus that can spread from person to person.
- The virus that causes COVID-19 is a new coronavirus that has spread throughout the world.
- COVID-19 symptoms can range from mild (or no symptoms) to severe illness.

Know how COVID-19 is spread

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

Protect yourself and others from COVID-19

- There is currently no vaccine to protect against COVID-19. The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
- Stay home as much as possible and avoid close contact with others.
- Wear a cloth face covering that covers your nose and mouth in public settings.
- Clean and disinfect frequently touched surfaces.
- Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Practice social distancing

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.

Prevent the spread of COVID-19 if you are sick

- Stay home if you are sick, except to get medical care.
- Avoid public transportation, ride-sharing, or taxis.
- Separate yourself from other people and pets in your home.
- There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.
- If you need medical attention, call ahead.

Know your risk for severe illness

- Everyone is at risk of getting COVID-19.
- Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.

cdc.gov/coronavirus

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PARENT/STUDENT EXPECTATIONS

Expectations for Parents/Guardians:

1. **Check your child before they** come to school for signs or symptoms that could potentially be from COVID-19. You may use the [PA DOH Symptom Checker](#) or [CDC Home Screening Tool](#) as a reference.
   - Fever or chills
   - Temperature of 100.4 or higher
   - Cough
   - Shortness of breath or difficulty breathing
   - Fatigue
   - Muscle or body aches
   - New loss of taste or smell
   - Headache
   - Sore throat
   - Congestion or runny nose not due to allergies
   - Nausea, vomiting, diarrhea

2. If your child has any of the signs or symptoms above or they have been in close contact with someone diagnosed with COVID-19, **DO NOT SEND THEM TO SCHOOL**. Notify the school nurse or school office and call your family doctor. School nurses will be following the recommended guidance from the DOH and the Pennsylvania Department of Education (PDE) on responding to a symptomatic student or staff member which can be found [here](#).

3. **Be available during the school day for contact from your child's school**.

   Now more than ever, it is extremely important to update all changes, including: phone numbers, addresses, special situations and Emergency Contacts for your child. Most changes can be made at any time through the SIS parent portal. For instructions to change your address, visit www.camphillsd.k12.pa.us/registration.

   If your child exhibits symptoms while in school, the nurse will contact you. It is very important that you have alternate phone numbers/family members/caregivers available that we can reach. If you are not readily available for phone calls, please be sure to periodically check for any voice messages from the school throughout the day.

4. **Follow the Governor's directives** on safety measures related to the spread of COVID-19.

5. **Review Student Expectations** (below) with your child.

Student Expectations during school hours:

1. **Self-report** any of the signs and symptoms:
   - Fever or chills
   - Temperature of 100.4 or higher
   - Cough
   - Shortness of breath or difficulty breathing
   - Fatigue
   - Muscle or body aches
   - New loss of taste or smell
   - Headache
   - Sore throat
   - Congestion or runny nose not due to allergies
   - Nausea, vomiting, diarrhea

2. **Follow all school and District safety precautions** outlined in our [Health and Safety Plan](#)

   A. Hand Washing - For 20 seconds or how long it takes to sing the "Happy Birthday" song twice
      a. Should be done before and after eating
      b. After using the restroom
      c. Any time the student has dirty hands
   B. Wear a Mask
      a. In all public/common areas
      b. In the classroom
   C. Social Distance
      a. Must be 6 feet away from others
   D. Follow Teacher/Staff Instructions
      a. Procedure to safely share classroom materials
      b. Requirement to wear masks in class and all school settings
      c. Procedure for movement in the halls
      d. Procedure for eating lunch

HAND HYGIENE TIPS

Handwashing and Hand Sanitizer Use
at Home, at Play, and Out and About

Germs are everywhere! They can get onto hands and items we touch during daily activities and make you sick. Cleaning hands at key times with soap and water or hand sanitizer is one of the most important steps you can take to avoid getting sick and spreading germs to those around you.

There are important differences between washing hands with soap and water and cleaning them with hand sanitizer. For example, alcohol-based hand sanitizers don't kill ALL types of germs, such as a stomach bug called norovirus, some parasites, and *Clostridium difficile*, which causes severe diarrhea. Hand sanitizers also may not remove harmful chemicals, such as pesticides and heavy metals like lead. Handwashing reduces the amounts of all types of germs, pesticides, and metals on hands. Knowing when to clean your hands and which method to use will give you the best chance of preventing sickness.

When should I use?

Soap and Water

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the bathroom, changing diapers, or cleaning up a child who has used the bathroom
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal food or treats, animal cages, or animal waste
- After touching garbage
- If your hands are visibly dirty or greasy

Alcohol-Based Hand Sanitizer

- Before and after visiting a friend or a loved one in a hospital or nursing home, unless the person is sick with *Clostridium difficile* (if so, use soap and water to wash hands).
- If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol, and wash with soap and water as soon as you can.

* Do **NOT** use hand sanitizer if your hands are visibly dirty or greasy: for example, after gardening, playing outdoors, or after fishing or camping (unless a handwashing station is not available). Wash your hands with soap and water instead.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

How should I use?

Soap and Water

- **Wet** your hands with clean running water (warm or cold) and apply soap.
- **Lather** your hands by rubbing them together with the soap.
- **Scrub** all surfaces of your hands, including the palms, backs, fingers, between your fingers, and under your nails. Keep scrubbing for 20 seconds. Need a timer? Hum the "Happy Birthday" song twice.
- **Rinse** your hands under clean, running water.
- **Dry** your hands using a clean towel or air dry them.

Alcohol-Based Hand Sanitizer

Use an alcohol-based hand sanitizer that contains at least 60% alcohol. Supervise young children when they use hand sanitizer to prevent swallowing alcohol, especially in schools and childcare facilities.

- **Apply.** Put enough product on hands to cover all surfaces.
- **Rub** hands together, until hands feel dry. This should take around 20 seconds.

Note: Do not rinse or wipe off the hand sanitizer before it's dry; it may not work as well against germs.

HOW TO PROPERLY WEAR AND TAKE OFF A MASK

How to Safely Wear and Take Off a Mask

Accessible: https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html

WEAR YOUR MASK CORRECTLY

- Wash your hands before putting on your mask
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2
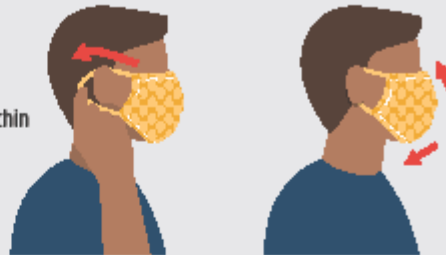
USE A MASK TO HELP PROTECT OTHERS

- Wear a mask to help protect others in case you're infected but don't have symptoms
- Keep the mask on your face the entire time you're in public
- Don't put the mask around your neck or up on your forehead
- Don't touch the mask, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available

TAKE OFF YOUR MASK CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place mask in the washing machine
- Wash your hands with soap and water

Personal masks are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a mask, see: **cdc.gov/coronavirus**

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10 things you can do to manage your COVID-19 symptoms at home

Accessible Version: https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html

If you have possible or confirmed COVID-19:

1. Stay home from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.

2. Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.

3. Get rest and stay hydrated.

4. If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.

5. For medical emergencies, call 911 and **notify the dispatch personnel** that you have or may have COVID-19.

6. Cover your cough and sneezes.

7. Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

8. As much as possible, **stay** in a specific room and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a facemask.

9. Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.

10. Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

cdc.gov/coronavirus

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Nurse Phone Numbers

Nurse Phone Numbers

High School	Dena Higgins	717-901-2500 Ext 3979	dhiggins@camphillsd.k12.pa.us	Fax 717-901-2568
Middle School	Dena Higgins	717-901-2500 Ext 3979	dhiggins@camphillsd.k12.pa.us	Fax 717-901-2568
Eisenhower	Terri Craig	717-901-2600 Ext 2075	tcraig@camphillsd.k12.pa.us	Fax 717-775-5076
Hoover	Kathleen Kadel	717-901-2550 Ext 1217	kkadel@camphillsd.k12.pa.us	Fax 717-775-5218

ADDITIONAL RESOURCES

CDC Coronavirus Information

Pennsylvania DOH Coronavirus Information

Resource for Testing Sites in Pennsylvania