

# MRCS Communicable Disease Guidelines

Updated: Sep 19, 2023

These guidelines are based on the following documents:

[Communicable Disease Prevention in K-12 Schools](#)  
[Provincial COVID-19 Communicable Disease Guidelines for K-12 Settings](#)

Communicable disease prevention focuses on reducing the risk of transmission of communicable diseases and includes ongoing measures and additional measures as advised by public health.

## Health Awareness and What To Do When Sick

- **Students, staff or other adults should stay at home when sick**, as this is one of the most important ways to reduce the introduction to and the spread of communicable diseases in schools.
- All students, staff, and other visitors must perform regular health checks
- A health check means a person regularly checking to ensure they (or their child) are not experiencing symptoms of illness that would limit their ability to participate fully in regular activities before coming to school to prevent spread of communicable diseases within the school settings. Schools do not need to monitor students or staff for symptoms of illness.
- Staff, students, or other persons in the school setting who are exhibiting symptoms of illness, such as respiratory illness, should stay home until they are well enough to participate in regular activities or otherwise advised by a healthcare provider. Those experiencing certain illnesses, such as gastrointestinal illness caused by norovirus, may be advised to stay home for longer. Staff, children, or other persons can attend school if their symptoms are consistent with a previously diagnosed health condition (e.g., seasonal allergies) or symptoms have improved, and they feel well enough to return to regular activities. If you are unsure or concerned about your symptoms, connect with your health care provider or call 8-1-1

## Visitors Log

- Visitors should sign in and out
- The logbook will also be used for staff to sign in and out during non regular school days.
- Visitors should practice hand hygiene before and after signing in & out

## Reducing the Risk

Protocols that offer the highest level of protection while on campus.

- Daily Health check -stay home when sick
- Hygiene:

- Practice good hygiene (frequent hand washing with soap and water or using hand sanitizer; avoid touching one's face; respiratory etiquette for sneezing, coughing)
- Maintain established rules and guidelines for cleaning protocols
- Respect others' personal space

### **Mask Use**

- The decision to wear a mask or face covering is a personal choice for staff, students and visitors. A person's choice will be supported and respected
- The school will have non-medical masks available for those that would like to wear one

### **Outbreak Management**

- For all staff Health and Safety concerns, please report to your Health and Safety Committee representative and team leader

### **What to do When Sick at School/Work**

If a staff member, student, or other person develops symptoms of illness at school and is unable to participate in regular activities, they should be supported to go home until their symptoms have improved or otherwise advised by a healthcare provider. Appropriate infection control precautions should be taken while the person is preparing to leave the school premises, including use of appropriate hand hygiene and cleaning/disinfection of surfaces soiled with bodily fluids. They may use a mask if they are experiencing respiratory symptoms.

If a student or staff member develops symptoms at school:

- A mask will be provided for those that wish to wear one.
- Separated children will be supervised and cared for
- The student's parent or guardian will be contacted, and asked to have their child picked up as soon as possible
- Staff will be asked to go home as soon as possible
- Custodial staff will clean and disinfect the areas the person used

### **Hand Hygiene**

- Wash your hands when:
  - you arrive at school and when you leave to go home
  - Before eating and drinking
  - After using the washroom
  - Before and after using the water fountain
  - After sneezing or coughing into hands or tissue
  - After contact of any shared items (including PHE equipment)

- When moving between different learning environments (e.g., outdoor-indoor transitions)
- Handwashing signage will be located by all washing stations to communicate good handwashing practices
- After removing gloves
- After cleaning tasks (staff only)
- Staff will assist younger students with hand hygiene as needed.
- It is recommended to wash your hands with soap and water; where soap and water are not available, hand sanitizer can be used

### **Respiratory Etiquette**

Parents and staff can teach and reinforce good respiratory etiquette practices among students, including:

- Cough or sneeze into their elbow or a tissue. Throw away used tissues and immediately perform hand hygiene.
- Refrain from touching their eyes, nose, or mouth with unwashed hands.
- Refrain from sharing any food, drinks, unwashed utensils, cigarettes, or vaping devices.

### **Cleaning and Sanitizing**

- Cleaning and sanitizing protocols will follow the BC Centre for Disease Control and BC Ministry of Health guidelines
- General cleaning and disinfecting of all areas in the school will occur at least once a day
- Frequently touched surfaces (eg. water fountains) will be disinfected at least once a day
- Proper hand hygiene should be practiced before and after shared equipment use

### **Ventilation and Air Exchanges**

- The HVAC system are maintained as per standards and specifications for the main building
- Portables all have air purifiers to circulate the air in addition to utilizing the air exchange system within the portables (i.e. furnace fans with regular filter replacements)

### **Field Trips**

- Field trips are a key part of the learning experiences at MRCS
- Staff & students are expected to follow all health & safety measures related to the site they are visiting