



COVID-19 RETURNING TO SCHOOL

ST MUNCHIN'S COLLEGE

RETURN TO SCHOOL SAFELY

- This induction training is designed with the aim of implementing safety measures to prevent the spread of Covid-19 in the school.
- This training presentation incorporates advice about measures to reduce the spread of Covid-19 in the community, as issued by the National Public Health Emergency Team (NPHE), the Department of Education and Skills and the Health Protection Surveillance Centre.
- As the advice on reducing the spread of Covid-19 in the community is liable to change, so too is the contents of the Covid-19 Policy that has been implemented in the school.
- All changes will be brought to the notice of all employees / students / parents / guardians

COVID-19 MANAGER

- The Return to Work Safely Protocol requires the appointment of a “Covid-19 Manager”.
- The Covid-19 Manager for the school is:
Name : David Quilter Principal

COVID-19 SIGNS & SYMPTOMS

- **Common Symptoms of Covid-19 are**
 - Fever (higher temperature – 38 degrees C. (100.4 degrees F.) or above
 - Cough this can be any kind of cough, not just a dry cough
 - Shortness of breath or breathing difficulties
 - Loss of smell, of taste or distortion of taste
- **Additional symptoms may include:**
 - Fatigue, Aches and Pains, Sore Throat – sometimes Headaches, Runny or Stuffy Nose, Sore Throat,
 - Some people infected with Covid-19 have **experienced no symptoms** and they are called 'asymptomatic' cases.

HOW COVID-19 CAN SPREAD?

- Covid-19 is mainly spread from close contact with an infected person. The likelihood of risk of infection increases the longer a person is in close contact with an infected person.
- The virus is transmitted through direct contact with respiratory droplets of an infected person (generated through coughing, sneezing or speaking) land directly on the mucous membranes of the eye, nose or mouth of a third party.
- Individuals can also be infected from touching surfaces contaminated with the virus and then touching their face (e.g., eyes, nose, mouth).



HOW LONG CAN COVID-19 SURVIVE?

- It is still not known how long the virus survives on surfaces in different conditions, which can vary depending on the type of surface, temperature and humidity
- Some studies indicate that Covid-19 can persist from hours up to several days in the absence of cleaning.
 - Up to 72 hours on plastic and stainless steel
 - Less than 4 hours on copper
 - Less than 24 hours on cardboard

Note: common household disinfectants kills the virus (99.9%) on surfaces, however, it is important to clean the surface first and then use a disinfectant.



WHAT TO DO TO PROTECT YOURSELF?

- The HSE state that the most important action people can take to protect themselves from Covid-19 is
 - regular hand-washing,
 - good respiratory hygiene and
 - follow social distancing guidelines.

HANDWASHING

- Wash hands properly and regularly
- The HSE has provided a '**Video on Washing Hands**'
 - Press 'Ctrl & Click' on this Link to watch this video.
<https://www.facebook.com/HSElive/videos/2565481743493628/>
- Regular hand washing with soap and water is effective for the removal of Covid-19.
- Between handwashing use of hand sanitisers (70% alcohol base) is recommended.
- **Caution:** Beware of open flames if using alcohol-based sanitisers – risk of injury from burns.

WHEN SHOULD YOU WASH YOUR HANDS?

You should wash your hands:

- before and after eating / preparing food
- after coughing or sneezing.
- before and after wearing gloves
- if you were in contact with someone who is displaying covid-19 symptoms such
- before and after being on public transport,
- After each class
- After touching potentially contaminated surfaces
- before and after being in a crowd (especially an indoor crowd).
- when you arrive and leave the school / buildings including your home or anyone else's home and work .
- if you have handled animals or animal waste.
- before having a cigarette or vaping.
- if your hands are dirty.
- after toilet use.
- keep your hands in good condition.
- moisturise them often.

RESPIRATORY HYGIENE / COUGH ETIQUETTE

- Good respiratory hygiene and etiquette is necessary in preventing the spread of Covid-19
 - Cover mouth when coughing and sneezing.
 - Cover your nose and mouth with disposable tissues.
 - Place used tissues into a sealed bin
 - If you don't have a tissue, cough or sneeze into your arm or sleeve (not hand), and then wash your hands.

PHYSICAL DISTANCING IN THE SCHOOL

- The current recommended social distancing to be maintained between staff and students within the school to minimise risk of transmission of Covid-19 is 2 metres.
- Where teachers / staff / students are unable to adhere to 2 metre social distancing within the school they are required to wear face masks / covering.
- Students should avoid making close contact, when dealing with other students or teachers / staff
- Students will avoid shaking hand with other students, teachers or staff.

PHYSICAL DISTANCING IN THE SCHOOL CONTD.

- Students will avoid hugging or other close contact type of greetings with other students
- Students are to avoid behaviours that involve hand to mouth contact (putting pens/pencils in the mouth etc.)

CLEANING OF DESKS / AREAS / SHARED EQUIPMENT

- In the interest of the safety, welfare and protection of all students the following procedures are required to be complied with.
- Students are required to clean and sanitise their desks / study areas at the commencement and at the termination periods of learning.
- Students are required to clean and sanitise shared equipment at the commencement and at the termination of their use of the shared equipment.
- Cleaning and sanitising materials will be made available.



CLEANING SCHEDULES

- Cleaning schedules have been increased in relation to the school, shared facilities and areas such as toilets, door handles, handrails on stairs, and surface areas within shared / communal areas.

CLEANING LOCATIONS OF SYMPTOMATIC / CONFIRMED CASES OF COVID-19

- All areas including offices, desks, classroom, study areas, public spaces associated with any symptomatic or confirmed cases of Covid-19 will be isolated, cleaned and sanitised.
- All used cleaning materials to be placed in the bins provided.
- All rubbish including tissues from such circumstances will be double packed in plastic bags and isolated for a period of 72 hours prior to disposal.



PERSONAL PROTECTION EQUIPMENT

- While correct use of PPE can help prevent some exposures, it should not take the place of other preventative measures.
- Personal Protection Equipment include gloves, goggles, respiratory protection etc.
- PPE is selected based on assessment of hazard to staff and students in the school.
- The Health Protection Surveillance Centre's advice is that the wearing a face mask / covering is required in situations where it is difficult to practice social distancing within the school premises.



PERSONAL PROTECTION EQUIPMENT

- Gloves are generally not required for infection prevention and control purposes.
- However, where gloves are necessary, they must not be considered a substitute for hand hygiene and hands must be cleaned whenever gloves are removed.
- Where Personal Protection Equipment is deemed necessary, it must be consistently and properly worn when required.
- The purpose of wearing a cloth face covering is not to protect oneself, but to reduce the possibility of onward transmission, however, any such benefit is reliant on ensuring the mask is worn appropriately.

WHAT TO DO IF YOU DEVELOP SYMPTOMS?

- If you have symptoms of Covid-19 you will need to **Self Isolate**, which means staying at home, indoors and completely avoiding contact with other people
- If Covid-19 symptoms get worse, immediately phone your GP or out of hours GP or 999 in cases of emergency – This includes feeling very unwell, breathing changes or becomes difficult or if cough gets worse or if you feel you are getting short of breath.
- Older people or people with underlying conditions can get worse suddenly so care need to be exercised in such cases.
- This link contains HSE advice on managing Covid-19 at home. (**Press Ctrl & Click to access link**) <https://www2.hse.ie/conditions/coronavirus/managing-coronavirus-at-home/self-isolation.html>

IN THE EVENT A STUDENT DEVELOPING SYMPTOMS AT SCHOOL

- Covid-19 Manager / Principal / Deputy Principal to be notified
- Symptomatic student to be accompanied and brought to designated Isolation Room
- Accompanying person to keep at least 2 meters away from symptomatic student and should record details of route taken to Isolation Room so cleaning may be arranged later.
- The symptomatic student is required to wear a face mask within the school premises
- The Covid-19 Manager / Principal / Deputy Principal shall assess whether the symptomatic student can go directly home or whether they feel they need to call their Doctor and facilitate this as necessary.

MITIGATION OF THE RISKS OF SPREADING COVID-19

- A risk assessment has been undertaken in relation to the risk of the spread of Covid-19 in the school.
- Details of all actions taken to mitigate against the risk of Covid-19 Virus spreading in the school environment are outlined in the School's Risk Assessment.

STUDENT'S MENTAL HEALTH STATUS

- Students returning to the school after a period of isolation are likely to have concerns about the risk of infection or changes to their school schedule / procedure due to the implementation of measures to prevent the spread of Covid-19.
- The following sources of information are publicly available to students and offer information, support and advice

SUPPORTS SERVICES AND HELPLINES

- **Minding your Mental Health (HSE)** <https://www2.hse.ie/wellbeing/mental-health/covid-19/minding-your-mental-health-during-the-coronavirus-outbreak.html>
- **Mental Health Support Services (HSE)** <https://www2.hse.ie/services/mental-health/services-search/> Search for online resources and information about mental health and support services
- **Support Service updates Covid-19 (HSE)** <https://www2.hse.ie/services/mental-health-supports-and-services-during-coronavirus/mental-health-supports-and-services-during-coronavirus.html>
- **Talking to Children and Young People about Covid-19** <https://www.education.ie/en/The-Department/Announcements/talking-to-children-and-young-people-about-covid-19-coronavirus-advice-for-parents-and-schools.pdf> published by the Department of Education.
- **Restricted Movements and Self Isolation (HSE)** <https://www2.hse.ie/conditions/coronavirus/managing-coronavirus-at-home/self-isolation.html>
- **Inspire Workplaces Looking after your Mental Health during Covid-19** http://tipperary.etb.ie/wp-content/uploads/sites/23/2020/04/Inspire-Workplaces-Flyer_Mental-Health.pdf

SUPPORTS SERVICES AND HELPLINES

- **Your Mental Health.ie (HSE)** <https://www2.hse.ie/mental-health/>
- **Pieta House 1800 247247 or text HELP to 51444** – free therapy for self-harm, suicidal ideation or bereaved by suicide.
- **Childline 1800666666 or free text 50101** – for all children and young people up to the age of 18 years of age.
- **Jigsaw Limerick 061 974510**– Jigsaw is a free, non-judgemental and confidential mental health support service for young persons aged 12 to 25 years of age.
- **Aware 1800 804848**– information and support to over 18's in relation to mood of oneself, friend or family member or who experiences depression or bipolar.
- **Samaritans 116123**– Support and information if on is in difficult time or worried about your mental health during the Covid-19 Virus outbreak.
- **Calm.com** – Resources for mindfulness

QUESTIONS

MAY BE RAISED WITH THE
PRINCIPAL / DEPUTY PRINCIPAL

