



Wilson School District Community Aquatic Program Health & Safety Plan

This guidance is preliminary; as more public health information becomes available, the administration may work with various entities to release further guidance which could impact community programs.

INTRODUCTION

The COVID-19 pandemic has presented participants of extracurricular activities across the world with a myriad of challenges. The COVID-19 virus is a highly contagious illness that primarily attacks the upper respiratory system. The virus that causes COVID-19 can infect people of all ages. Research from the Centers for Disease Control (CDC), among others, has found that while children do get infected by COVID-19, relatively few children with COVID-19 are hospitalized. However, some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the current science suggests that there are many steps schools can take to reduce the risks to students, staff, and their families.

The Wilson School District will take the necessary precautions and recommendations from the federal, state, and local governments, including, but not limited to, the CDC, National Federation of State High School Associations (NFHS), Pennsylvania Department of Education (PDE), and Pennsylvania Interscholastic Athletic Association (PIAA). The Wilson School District realizes that the knowledge regarding COVID-19 is constantly changing as new information and treatments become available. These recommendations will be adjusted as needed and as new information becomes available in order to decrease the risk of exposure for our students, staff, families, and spectators.

Currently, there is [no evidence that COVID-19 can spread to people through recreational water](#). The CDC has said, “there is no evidence that the virus that causes COVID-19 can be spread to people through the water in pools, hot tubs, or water playgrounds.” Our water chemistry is tested and monitored throughout the day to ensure we adhere to proper germ-killing levels. Get more info from the CDC [here](#).

POINT OF CONTACT

The primary point of contact at the Wilson School District for questions related to COVID-19 is Dr. Andrew Hoffert, Director of Student Supports and Services, @ hofand@wilsonsd.org or 610-670-0180 x 1124.

Questions specific to this plan can be directed to Mrs. Erin Goodhart Kurtz, Director of Aquatics, @ gooeri@share.wilsonsd.org or 610-670-0180 x 3072.



GUIDANCE APPLICABLE TO NATATORIUM COMMUNITY ACTIVITIES

Recommendations for **ALL LEVELS** of Community/Youth Natatorium Use:

1. Participants and staff may undergo a COVID-19 health screening prior to any community program, (i.e. swimming lessons, lap swim, aqua aerobics). The purpose is to check for signs and symptoms of COVID-19. If individuals participating in a community program shows symptoms of COVID-19, or are sick, they must be sent home.
2. Participants and their parents/guardians will be asked to complete and sign the *Participation Waiver for Communicable Diseases Including COVID 19*.
3. Promote healthy hygiene practices such as hand washing (20 seconds with warm water and soap).
4. Face coverings will be used per state/local government requirements. Face coverings are recommended to help decrease potential exposure to COVID-19 respiratory droplets by an infected individual. When conducting activities indoors, all participants (i.e. including students) should wear face coverings at all times, except when actively engaged in workouts or other activities that prevent the wearing of face coverings. When conducting activities in the pool, face coverings will not be required while in the water; however, participants should maintain physical distance from others while in the water. Once out of the water, all participants should wear face coverings and maintain social distancing of at least 6 feet from others. All learn to swim instructors and aqua aerobic instructors will be required to teach programs in a face shield.
5. Hand sanitizer will be available for use as resources allow.
6. Intensify cleaning, disinfection, and ventilation in all facilities.
7. Whenever possible, equipment and other personal items should be separated and not shared. If equipment must be shared, all equipment should be properly disinfected between users if possible.
8. Encourage social distancing (six feet minimum) through increased spacing, small groups, and limited mixing between groups, if feasible. During downtime, participants and coaches should not congregate.
9. Educate participants, coaches, and staff on health and safety protocols.
10. Anyone who is sick must stay home.
11. Any person with a positive COVID-19 diagnosis should not be allowed to participate in community activities and should contact his or her primary care provider or other appropriate health care professional. Said person must have medical clearance from their primary care provider or other appropriate health-care professionals in order to return.
12. Regularly communicate and monitor developments with local authorities, employees, and families regarding cases, exposures, and updates to policies and procedures.
13. Participants and coaches **MUST** provide their own water bottle for hydration. Water bottles should be labeled and must not be shared.
14. Personal Protective Equipment (PPE) such as gloves, masks, and eye protection will be used as needed and when situations warrant, or as determined by state/local governments.
15. Identify staff and students who may be at a higher risk of severe illness from COVID-19 due to underlying medical conditions (Reference the CDC's "People Who are at a Higher Risk for Severe Illness").



16. Concession stands or other food must adhere to the Guidance for Businesses in the Restaurant Industry.

Natatorium Community Re-Opening Phase One

The Roy G. Snyder Natatorium offers a myriad of community and youth programs to our school district. Its services save lives, build healthy lifestyles of character and discipline, ensure an aquatics workforce is available, and transform communities. The Wilson School District plans to restart service delivery to the community, consistent with its mission and guidance from the State of Pennsylvania, Pennsylvania Department of Health, Berks County, and the Center for Disease Control (CDC).

We pride ourselves on offering one of the most comprehensive aquatic programs in Pennsylvania, with state championship level swimming, diving, and water polo. Wilson Aquatics is a member of various national governing bodies and has included in this guide the best practices from USA Swimming, USA Water Polo, U.S. Masters Swimming, Aquatic Resource Group, Competitive Aquatics Facilities Directors Association, American Swim Coaches Association, Occupational Safety and Health Administration (OSHA), and the American Red Cross. Our reopening process and procedures will be amended as new information or guidance is released.

The following reopening guide keeps the safety of Wilson School District staff and participants as its priority. This proposal is meant to provide clarity to opening procedures and safety measures for staff and participants.

Guiding Principles:

- Ensure a safe work environment for our staff.
- Ensure a safe environment for our participants
- Adjust as guidance changes from the State of Pennsylvania, Department of Health, and CDC.

In this proposal we will present detailed guidance on reinstating of the following programs during phase one of our natatorium re-opening:

1. Staff Policy & Procedures
2. Age Group Programs
3. Community Learn To Swim
4. American Red Cross Courses

Phase two includes full reinstatement of our community programs which would allow our facility to be rented for outside use and reopened for recreational swims, master swimming, aqua aerobics and community events like our movie nights and Easter Egg Hunt; however, at this time we will only explore the introduction of the above programs.



I. STAFF POLICY & PROCEDURES

(a) Report-to -Work Screening - Staff and Vendors

To ensure the safety of all participants, all staff members and vendors will be screened for illness prior to clocking in for his/her shift. The staff screening station is located in the pool office. The staff and vendor entrance door will be the side entry door(LH 19) located behind Gurski Stadium.

COVID screening will consist of a [questionnaire](#) and a temperature check. Staff members can complete the screening form on their smartphone. Vendors and contractors will be required to fill out a written questionnaire.

The temperature check must be performed using the thermometer and if the reading is over 100.0 degrees the employee must notify Erin Kurtz immediately and leave the building seeking medical attention.

All staff members will be trained to use the thermometer device. Upon entering the screening station for staff and vendors:

1. Be sure your face covering/mask is in place over your mouth and nose.
2. Sanitize or wash hands for at least 20 seconds. DO NOT PROCEED BEFORE COMPLETING THIS STEP.
3. Take your temperature using the office thermometer.
4. Complete the online screening form or a written document.
5. Sanitize the pen that was just used by placing it in the bucket marked to be sanitized.

(b) First aid/emergency response: role of the professional rescuer

All WSD Aquatic staff are trained in American Red Cross Lifeguarding, CPR and First Aid. Our lifeguards and safety team are additionally trained and drilled in professional rescuing in our environment. We will alter their routine training to best support the life safety needs during a pandemic, epidemic of a local significant disease outbreak.

› *First Aid and Emergency Response Hip Packs*

We have increased the number of emergency response hip packs to include one in each of the following: lifeguard station, diving board area, scorers table, one on each backboard hook, and in the pool office. Each hip pack will have first aid equipment to include standard first aid supplies, a breathing mask, and non-latex gloves. A Bag Valve Masks (BVM) was added to our AED station located in the lobby and must be used in the event of a breathing emergency. Additional PPE, first aid supplies, surgical masks, and face shields are all located in the storage closet where the first aid station remains.

› *Masks*

Staff and participants will be required to wear masks while inside the Roy G. Snyder facility. A face shield will be provided to each of our learn to swim instructors. We do have surgical masks on-site in the event an employee does not have a mask.



Lifeguards will wear a mask while on duty. Lifeguards have a few exemptions from the mask rule as professional rescuers. If a lifeguard needs to blow their whistle to either correct behavior or activate the Emergency Action Plan (EAP,) they may lower their mask to blow the whistle. When in the lifeguard stand, lifeguards will be required to lower their masks in anticipation of having to go in the water to make a save. Lifeguards must do surveillance from a lifeguard stand UNLESS serving as a 2nd lifeguard during the learn to swim program.* Before leaving the lifeguard stand for rotation, the lifeguard will put the everyday mask back on their face. Masks should be worn over the mouth and nose during rotations and “down” time. If a lifeguard goes into the water for a rescue, the mask will not be on. Upon exiting the water, the rescuing lifeguard will put on a surgical mask to provide care for the victim. All other lifeguards responding to the emergency will ensure a proper fitting surgical mask and face shield is on. If a lifeguard’s mask gets wet, a backup mask or a surgical mask may be worn.

› *For an unconscious victim with a pulse - on land or in water*

After activating the EAP, the staff member responding will put on PPE which will include non-latex gloves and surgical masks in place of everyday barrier masks and face shields. The staff member will monitor the victim for any changes. The staff member will be prepared to immediately start CPR and ventilations with a BVM if the condition worsens. If the victim has a family member or friend present, a brief medical history can be taken from them. Once the patient's care is complete all surgical masks, gloves, soiled equipment will be placed in a small trash bag and sealed or immediately disinfected.

› *For a conscious victim - life-threatening or non-life-threatening (Includes all First Aid Responses by WSD Aquatic Staff)*

After activating the EAP, the staff member will put on PPE which will include non-latex gloves and a surgical mask in place of an everyday barrier mask and a face shield. The staff member will then put a surgical mask on the patient. Staff will provide care as normal. Once the patient's care is complete, all surgical masks, gloves, soiled equipment will be placed in a small trash bag and sealed or immediately disinfected.

› *Rescue for a victim with a suspected spinal injury*

If a spinal injury is suspected in the water, all aquatic areas will be cleared and all rescuers will respond. After activating the EAP, any rescuer entering the water will remove their mask before entering the water. All “dry” rescuers will ensure that proper PPE are on, including non-latex gloves and a surgical mask in place of everyday barrier mask and face shield. The rescuer team will work together to stabilize and extricate the victim. Once the victim is on land and it is safe to do so, a surgical mask will be placed on the victim. If the victim has respiratory distress, a surgical mask will not be applied. Care will be provided as normal. Once the patient's care is complete all surgical masks, gloves, and soiled equipment will be placed in a small trash bag and sealed or immediately disinfected.



II. YOUTH SWIMMING & DIVING/ MIDDLE SCHOOL WATER POLO & SPLASHBALL

AREA 1: Entering The Building, Area after Entry, and Lobby Bathrooms

INSTRUCTOR ENTRY PROCESS

ATHLETE ENTRY PROCESS

- Entrance for youth practices will be through the main lobby doors and you will check-in for the class in the pool office.
- Face masks will be necessary upon check-in for parents and participants.
- Doors will be specifically marked as entrance and exit points, proper signage will be posted regarding masks, symptoms of COVID 19, and the space for maximum occupancy.
- A screening form must be complete for each participant.
- A hand sanitizing station is at the front door for all patrons entering the facility to utilize.
- Participants will be asked to arrive 5 minutes before their practice time. If arriving early, you will be asked to wait outside the facility.
- Athletes must come dressed in their bathing suits to limit the use of locker rooms.
- Lobby Bathrooms: Lobby bathrooms will only be permitted for use upon arrival.
- We will designate the general locker rooms on the pool deck for use only as needed. Athletes will not be permitted to use the locker rooms after practice to change.
- Athletes will sit on designated bleachers and wait for practice to begin.
- All belongings will be kept on the pool deck.

AREA 2: POOL

● PROTECTION FOR PARTICIPANTS

- Proper pool chemistry is more important than ever. Our pool chemistry is tested twice per day and we use top of the line chemical controllers to ensure proper water treatment and disinfection.
- Face masks will be required for each participant upon entering the pool. The masks can be removed once you prepare to enter the pool for practice.
- Age Group Swimming & Diving must adhere to the on deck capacity of 68 people.
- Any equipment used during practice will be sterilized on a nightly basis.
- All personal belongings should fit into one bag and be kept on the pool deck.
- No goggles or caps will be kept in the office or loaned to a participant who does not have their own pair for practice.
- Athletes must provide their own water bottle, cap, goggles, face mask, towel etc.

AREA 3: GENERAL LOCKER ROOM USE

- Locker rooms are to be used on a limited basis. The expectation will be that all participants come dressed in his/her bathing suit and leave to go home in his/her bathing suit.
- Locker rooms have been designated with orange stickers to indicate social distancing guidelines.
- If a coach grants permission for locker room use, use only the locker space marked in orange.



- Showers will not be permitted for use at this time.

AREA 4: POOL LOBBY & GALLERY

- **PARENT/GUARDIAN PROTOCOL**
 - Parents/guardians will not be permitted to stand inside the facility during practice. We recommend waiting in your vehicle if you plan to wait on campus for the conclusion of practice.
 - A coach will be on site at the pool entrance to collect screening forms.
 - The pool gallery will be open for meets and competition only. A voucher will be assigned to one parent/guardian to attend the meet or competition. If you do not present a voucher to the ticket taker you will not be permitted into the pool gallery.
 - In the event of an emergency, it is expected that one parent/guardian will attend the meet or competition.
 - The bleachers have a designated mark for seating and spectators are expected to adhere to social distancing guidelines.
 - A mask is required to be worn at all times while in the Natatorium.
 - No one will be allowed to stand along the catwalk. You can view competition from either side of the bleacher area.



PRACTICE

Required	<ul style="list-style-type: none"> ● A COVID Screening Form is required at each practice. Parents are expected to print this form at home and have it completed to turn in upon arrival. ● If your child is sick they MUST stay home. ● Masks are always required for athletes, coaches, and other team personnel when not training. ● Divers should keep their masks on when not on the boards. ● Athletes will only be permitted to enter the pool 5 minutes before their practice time. ● Athletes will be responsible for their own equipment and mesh bag. No equipment may be shared. ● No goggles or caps will be shared. ● Swimmers should minimize getting in and out of water. ● Locker rooms are to be used on a limited basis. The expectation will be that all participants come dressed in his/her bathing suit and leave to go home in his/her bathing suit. ● Attendance must be taken at each practice. Coaches will keep a running google document with attendance records for the season. ● Athletes will be staggered at both ends of the pool during practice. At no time should more than 4 athletes be assigned to a side at one time (a total of 8 athletes per lane). ● Only 68 athletes/coaches will be permitted on the pool deck at one time.
Recommendations	<ul style="list-style-type: none"> ●

Parent Protocol

Required	<ul style="list-style-type: none"> ● Parents/guardians will not be permitted to stand inside the facility during practice. If you plan to wait on campus we recommend waiting in your vehicle until the conclusion of practice. ● A coach will meet athletes at the main doors to
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	collect screening forms and take attendance.
Recommendations	<ul style="list-style-type: none"> If a parent needs to communicate with the coaching staff they can meet a coach in the lobby for a brief interaction or send a note via email but they will not be permitted to linger in the lobby.

COMPETITION

Mask/Face Coverings

Required	<ul style="list-style-type: none"> Coaches, officials, and meet personnel must wear a mask at all times. Athletes must wear a mask when NOT swimming or diving Spectators must wear a mask at all times in the building.
Recommendations	

Equipment

Required	<ul style="list-style-type: none"> No sharing of swimming or diving equipment
Recommendations	

Site Set Up

Required	<ul style="list-style-type: none"> A designated number of athletes will be assigned to each lane for warm ups. No more than 8 per lane (4 starting at the boys locker room side and 4 starting at the scoreboard side). Bleachers will be set up and designated with markings for athletes to sit and socially distance until their event. Signs and markers will be put in place to designate areas for athletes to sit/stand. Teams will be placed on separate sides of the pool deck.
Recommendations Athlete Flow In and Out of Facility	<ul style="list-style-type: none"> Doors will be specifically marked as entrance and exit points, proper signage will be posted regarding masks, symptoms of COVID 19, and the space for maximum occupancy.



	<ul style="list-style-type: none"> • A screening form must be complete for each participant. • A hand sanitizing station is at the front door for all patrons entering the facility to utilize. • Athletes will use the main entrance of the facility to enter the pool area. • Once competition concludes athletes will exit home team out the LH 19 doors and away team out the main lobby doors.
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Competition

Required	<ul style="list-style-type: none"> • Meet Personal—One timer per lane. A maximum of 3 people on the timing table, one of which can be the announcer. • Starting Area--Only competitors for each event will be allowed behind the blocks. They will proceed to the starting area after the event has been announced. They will not proceed to the starting area while a previous event is being swum. Once the event is finished the competitors will exit the pool immediately and move to their designated team area. Athletes are not to congregate in the starting area. Sides of the pool must also be clear so officials can do their job. • Relays- Relays will be swum in multiple heats. Teams will leave every other lane open to ensure social distancing. All swimmers are to leave the starting area and proceed to their designated team area once their leg of the race is finished. • Divers: All divers must wear masks during the diving event until their dive is announced. They should then perform their dive, exit the pool, and put their mask back on. Once the diving event is finished, they should then distance themselves from other competitors.
Recommendations	<ul style="list-style-type: none"> • Submission of Entries: In the event of changes send one representative from the opposing team to make those updates.

Parent Protocol at Competitions



<p>Required</p>	<ul style="list-style-type: none"> ● The pool gallery will be open for meets and competition only. A voucher will be assigned to one parent/guardian to attend the meet or competition. If you do not present a voucher to the ticket taker you will not be permitted into the pool gallery. ● In the event of an emergency, it is expected that one parent/guardian will attend the meet or competition. ● The bleachers have a designated mark for seating and spectators are expected to adhere to social distancing guidelines. ● A mask is required to be worn at all times while in the Natatorium. ● No one will be allowed to stand along the catwalk. You can view competition from either side of the bleacher area.
<p>Recommendations</p>	<ul style="list-style-type: none"> ●

Post-Competition

<p>Required</p>	<ul style="list-style-type: none"> ● No post-race handshakes, fist bumps, and hugs. ● No award ceremonies following meet or events.
<p>Recommendations</p>	



APPENDIX

Wilson School District Athletic and Extracurricular Activities Participation Waiver for Communicable Diseases Including COVID-19

The COVID-19 pandemic has presented participants of extracurricular activities across the world with a myriad of challenges concerning this highly contagious illness that primarily attacks the upper respiratory system. Some severe outcomes have been reported in children, and a child with a mild or even asymptomatic case of COVID-19 can spread the infection to others who may be far more vulnerable. While it is not possible to eliminate all risk of furthering the spread of COVID-19, the Wilson School District will take necessary precautions and comply with recommendations from the federal, state, and local governments, including, but not limited to, the Centers for Disease Control (CDC), National Federation of State High School Associations (NFHS), Pennsylvania Department of Education (PDE), and Pennsylvania Interscholastic Athletic Association (PIAA), to reduce the risks to participants, coaches, staff, and their families. As knowledge regarding COVID-19 is constantly changing, the Wilson School District reserves the right to adjust and implement precautionary methods as necessary to decrease the risk of exposure for our students, coaches, staff, and their families.

The Wilson School District has created a comprehensive Athletics and Extracurricular Health and Safety Plan in order for participants to return to sports-related and other extracurricular activities safely. We ask that all of our participants, coaches, staff, and families read the Athletics and Extracurricular Health and Safety Plan prior to participating in any extracurricular activity. The Athletics and Extracurricular Health and Safety plan has been approved by our Board of School Directors and is posted on the Wilson Athletics website at www.wilsonsds.org

By signing this form, the undersigned voluntarily agree to the following waiver and release of liability. The undersigned agree to release and discharge all claims for ourselves, our heirs, and as a parent or legal guardian for the Student named below, against the Wilson School District, its Board of Directors, successors, assigns, officers, agents, employees, and volunteers and will hold them harmless from any and all liability or demands for personal injury, psychological injury, sickness, death, or claims resulting from personal injury or property damage, of any nature whatsoever which may be incurred by the Student or the undersigned relating to or as a result of the Student's participation in athletic programs, events, and activities during the COVID-19 pandemic.

The undersigned acknowledge that participating in athletic programs, events, and activities may include a possible exposure to a communicable disease including but not limited to MRSA, influenza, and COVID-19. The undersigned further acknowledge that they are aware of the risks associated with



COVID-19 and that certain vulnerable individuals may have greater health risks associated with exposure to COVID-19, including individuals with serious underlying health conditions such as, but not limited to high blood pressure, chronic lung disease, diabetes, asthma, and those whose immune systems that are compromised by chemotherapy for cancer, and other conditions requiring such therapy. While particular recommendations and personal discipline may reduce the risks associated with participating in athletics during the COVID-19 pandemic, the risk of serious illness, medical complications, and possible death does exist.

We knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of others, and assume full responsibility for Student's participation in athletics during the COVID-19 pandemic. We willingly agree to comply with the stated recommendations put forth by the Wilson School District to limit the exposure and spread of COVID-19 and other communicable diseases. We certify that Student is in good physical condition or believe Student to be in good physical condition and allow participation in this sport at our own risk.

Sport: _____

Signature of Parent/Guardian: _____

Date: _____

Signature of Student Athlete: _____

Date: _____



**Wilson School District
Participant and Staff COVID-19 Screening Form**

1.) In the last 14 days have you had any of the following symptoms: Fever or chills (100.0 or higher), cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea?

YES _____ NO _____

If yes, please describe:

If yes, did you seek medical treatment? YES _____ NO _____

2.) In the last 14 days have you had close contact with someone who is currently sick with suspected or confirmed COVID-19? (Note: Close contact is defined as within 6 feet for more than 10 consecutive minutes, without PPE equipment.)

YES _____ NO _____

If yes, please describe:

If yes, did you seek medical treatment? YES _____ NO _____



Participant/Staff Member Printed Name:

Participant/Staff Member Phone Number:

Date:



WHAT IS CONTACT TRACING?

BACKGROUND

Contact tracing is the process of reaching out to anyone who came into close contact with an individual who is positive for COVID-19. Contact tracing helps monitor close contacts for symptoms and to determine if they need to be tested. Contact tracing is a key strategy for preventing the further spread of infectious diseases such as COVID-19.

WHAT DOES THIS PROCESS LOOK LIKE?

- In contact tracing, public health staff work with a case to help them recall everyone they have had close contact with during the time they were infectious.
- Public health staff then inform individuals who have had close contact (e.g. “close contacts”) that they have potentially been exposed to COVID-19. Close contacts are only told that they may have been exposed to someone who has COVID-19; they are not told who may have exposed them.
- Close contacts are given education, information and support so they understand their risk. They receive information on what they should do to separate themselves from others who have not been exposed, how to monitor themselves for illness, and are made aware that they could possibly spread the infection to others, even if they do not feel sick.
- Close contacts will be asked to quarantine themselves and are encouraged to stay home and maintain social distancing through the end of their infectious period, which is about 14 days, in case they become sick. They should monitor themselves by checking their temperature twice a day and watch for any other symptoms of COVID-19. Public health staff will check in with these contacts to make sure they are self-monitoring and have not developed symptoms.
- If a close contact develops symptoms, they should isolate themselves and let public health staff know. The close contact will be evaluated to see if they need medical care. A test may be



necessary unless the individual is already in a household or long-term care facility with a confirmed case, then the close contact would be considered a probable case without a test.

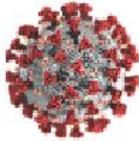
WHAT TERMS SHOULD I KNOW WHEN IT COMES TO CONTACT TRACING?

- A **case** is a patient who has been diagnosed with COVID-19. A case should isolate themselves, meaning they should stay away from other people who are not sick to avoid spreading the illness.
- A **close contact** is an individual who had close contact with a case while the case was infectious. A close contact should quarantine themselves, meaning they should stay at home to limit community exposure and self-monitor for symptoms.
- A **contact of a close contact** is an individual who had or continues to have contact with a close contact. A contact of a close contact should take all regular preventative actions, like washing hands, covering coughs and sneezes, and cleaning surfaces frequently. A contact of a close contact should be alert for symptoms.





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.



CE170521 04/12/2020

cdc.gov/coronavirus



RESOURCES:

*Commonwealth of Pennsylvania's website for the most up-to-date, reliable information:

<https://www.pa.gov/guides/responding-to-covid-19/>

*Guidance for All Sports Permitted to Operate During the COVID-19 Disaster Emergency to Ensure the Safety and Health of Employees, Participants and the Public

<https://www.governor.pa.gov/covid-19/sports-guidance/>

*Pennsylvania Department of Education Preliminary Guidance for Phased Reopening of Pre-K to 12 Schools

https://www.google.com/url?client=internal-element-cse&cx=007572080359491747877:kkqmv_r6zw4&q=https://www.education.pa.gov/Schools/safeschools/emergencyplanning/COVID-19/SchoolReopeningGuidance/Pages/default.aspx&sa=U&ved=2ahUKewiVsJqeylTqAhUogXIEHZVEBMgQFjAAegQIARAB&usg=AOvVaw00VHCjul6jC9eN2w1cWwAW

*PA Department of Health

<https://www.health.pa.gov/Pages/default.aspx>

*Centers for Disease Control and Prevention

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.cdc.gov/healthywater/swimming/swimmers/index.html>

*Guidance for Businesses in the Restaurant Industry

<https://www.governor.pa.gov/covid-19/restaurant-industry-guidance/>

*PIAA

<https://www.piaa.org>

*NFHS: Guidance for Opening Up High School Athletics and Activities

<https://drive.google.com/file/d/1kPOfKbilVFgRM3XuvljSM1ySkjSQNWhE/view>

*American Red Cross

<https://www.redcross.org/take-a-class/coronavirus-information/aquatic-facilities-operations-and-lifeguarding-during-covid-19>

*USA Swimming

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