

# COVID-19

## A GUIDE FOR TEACHERS IN SUPPORTING STUDENTS

The World Health Organization (WHO) has declared a public health emergency related to COVID-19 (Coronavirus). Symptoms include fever, cough and difficulty breathing.

To limit the spread of the virus and promote health and wellness in our school communities, we share the following preventative measures with you.

Through instruction, modeling and on-going monitoring, encourage students to:

- sneeze or cough into their elbow or tissues;
- dispose of tissues, napkins and wipes;
- frequently wash their hands with soap and water for at least 20 seconds, especially after going to the bathroom, before eating and after blowing their noses. If water is not readily available, use an alcohol-based hand sanitizer with at least 60 % alcohol;
- avoid touching eyes, nose and mouth with hands; and
- avoid sharing food, water bottles and musical instrument mouth pieces.

Please provide additional time in the school-day schedule for these important preventative measures.



### Social-emotional Considerations

During this time, it is normal for students to feel anxious or worried and to have questions, especially if someone they know is sick or they hear messages in the media. This may be especially stressful for students who have families in the hot-spot countries. Maintaining familiar activities and routines at school can help reinforce students' sense of security.

Communication should reflect the diverse linguistic, cultural characteristics and needs of the students and their families. It is important during this time to monitor for incidences of discrimination and/or bullying.

Additional information may be found on the [Public Health Agency of Canada website](#) for schools (K-12) and childcare programs, and [GNB's Coronavirus website](#).