

Wildcat Academy News



Back to School Safely

What are we doing to keep you safe from Covid-19, and what you can do to keep the school open!

A new school year filled with new opportunity and adventure is ahead. In our new COVID-19 Pandemic culture we are having to change things in order to stay safe and disease free. Here are a few tips to make this next year a positive and healthy one for you and your classmates.

1

WEAR A MASK

Choose a mask that has 2 or more layers to help protect yourself & others from COVID-19.

2

WASH YOUR HANDS

Washing your hands with soap and water for 20 seconds will destroy most of the live virus.

3

STAY 6 FEET APART

COVID-19 is spread from person to person through the air that we breathe out.



Wear A Mask. Cover your nose and mouth to help protect others and slow the spread of COVID-19



Physical touch is the most likely way a person will catch the coronavirus.



People can spread the virus for at least 5 days before they show symptoms.

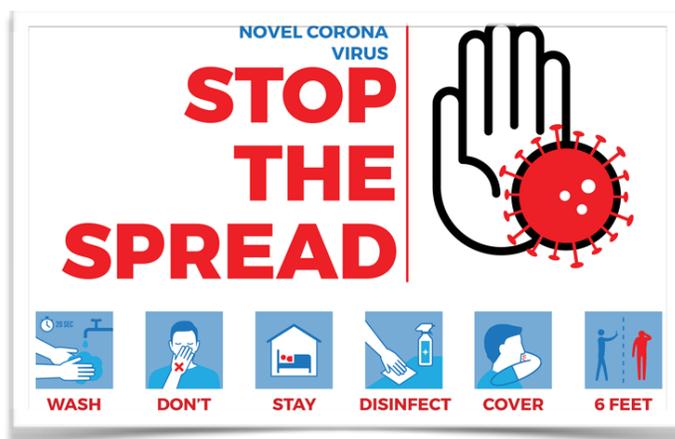
What You Need to Know Now About COVID-19

As New York City reopens and we leave home more, coming back to school, keep in mind the “Core Four” actions to prevent COVID-19 transmission:

Stay at home if sick: Monitor your health and if you feel sick stay home (Except for getting medical care or COVID-19 testing).

Physical distancing: Stay at least 6 feet away from people who are not members of your household.

Wear a face covering: Protect those around you. Wearing a cover over your mouth and nose helps reduce the spread of COVID-19, especially if you are contagious and don’t have any symptoms. For more about masks, the Do’s & Dont’s please visit nyc.gov/health/coronavirus and look for “[FAQ About Face Coverings.](#)”



Wash your hands: Use an alcohol-based hand sanitizer if soap and water are not available. Wash your hands often, when you get home, or when you get to school. Wash again before and after you eat as well as before and after using the restroom. Wash frequently touched surfaces (Cell Phones!), avoid touching your face and cover coughs and sneezes with your arm- not your hands.

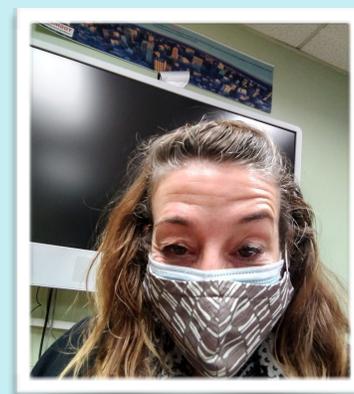
“How does COVID-19 spread?”

The virus is most likely spread to people who are in close contact (within about 6 feet) with a person who has COVID-19. It is spread

My name is Jennifer Hogan and I am a registered nurse hired by the Department of Education to support students and staff of the John V Lindsay Wildcat Academy during this COVID-19 pandemic.

I have a background in Emergency medicine, Medical-Surgical as well as Nursing Education. I have worked on the front-lines during the COVID-19 Epidemic and want to stress the ways you can stay safe. The information presented in this newsletter is supported by the CDC and DOE websites. Please feel free to stop in and introduce yourself when you are in the building, I am here to help!

Jennifer Hogan MSN, RN



through droplets that are sprayed when a person coughs, sneezes, sings or talks.

People who have no symptoms can spread the virus. It may be possible to pick up the virus by touching a surface that has the virus on it, but this is not thought to be the main way it is spread.



“What are the symptoms of COVID-19?”

People with COVID-19 have reported a wide range of symptoms, ranging from mild to severe. Some people do not have any symptoms. Symptoms take awhile to develop-sometimes 2-14 days after exposure.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- Loss of taste or smell
- Sore throat
- Congestion or runny nose

- Nausea or vomiting
- Diarrhea

“What kinds of COVID-19 tests are available?”

There are two types of tests:

- Diagnostic tests: swab or saliva tests used to identify whether someone currently has COVID-19.
- Antibody tests (Or serology tests): blood tests used to identify whether someone had COVID-19.

For more information, visit nyc.gov/health/coronavirus and look for “COVID-19 Testing: Frequently Asked Questions”

“How can I manage the stress & Anxiety I am feeling?”

It is natural to be feeling overwhelmed, sad, anxious and afraid. You may be experiencing symptoms of distress such as having a hard time sleeping. To lower your stress and manage the situation try to keep a good attitude, stay connected with friends via phone or social media applications, enjoy the outdoors: go for a walk, get some exercise- remember to follow the Core-4 when you do!

A good rule of thumb is to follow H.A.L.T.

HALT stands for Hungry, Angry, Lonely & Tired. If you avoid getting too hungry, too angry, too lonely or too tired you will be much happier. So eat regularly, if you can. Talk about your feelings with a trusted friend or counselor. Put

down that video game controller and get some sleep. As always JVL Wildcat Academy has many ways to help - just let us know!

Protocols for Isolation

Students showing symptoms for COVID-19 while at school will be escorted to an isolation room by a Health Monitor who is wearing appropriate PPE. Sick students will not be allowed to move about school premises and must remain in the isolation room until a parent/guardian is there to pick up the student or the parent/guardian authorizes the student to leave school. The parent or guardian of the student will be advised to visit their healthcare provider and get the student tested for COVID-19.

School personnel showing symptoms for COVID-19 while at school will be directed to leave the school and the Principal and A/P will arrange for coverage of duties, if applicable. The staff member will be advised to visit their healthcare provider and get tested for COVID-19.

The isolation room will be closed and properly disinfected before it can be used again.

Criteria for Returning to School After Showing Symptoms

Any student or staff member showing signs of COVID-19 can only return to school when all the following conditions are met:

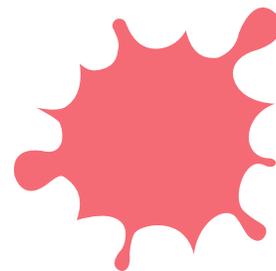
- Received a positive COVID-19 test AND
- Isolated for 10 days AND
- Presents clearance from a healthcare provider AND

- The individual has been symptom free for 24 hours without the use of medication. OR
- Received a negative COVID-19 test AND
- Presents clearance from a healthcare provider AND
- The individual has been symptom free for 24 hours without the use of medication. OR
- Never got a COVID-19 test AND
- At least 10 days have passed since symptoms started AND
- Presents clearance from a healthcare provider AND
- The individual has been symptom free for 24 hours without the use of medication.

If DOH or NYC Test & Trace Corps determine the individual is considered a close contact of a positive case, the individual can only return to school when all the follow are met:

- The individual has completed a 14-day quarantine regardless of symptoms or COVID-19 test results since their last exposure to that case AND
- Presents clearance from a health care provider evaluation AND
- The student has been symptom free for 24 hours without the use of medication.

Students in quarantine should participate in remote learning if feeling well enough. School



personnel in quarantine should teach/work remotely if feeling well enough.