



Academy Charter High School

COVID-19 Preparedness Plan

March 2020

1. Communication During Closing

- a. Leadership Team communicates with local agencies
- b. CrisisGo Notifications to Staff
- c. Parent Portal
- d. <https://academycharterhs.org/>
- e. Facebook
- f. Twitter
- g. School staff email
- h. Google Hangouts for necessary meetings

2. Home Instruction/Distance Learning

- a. Lessons will be available through Google Classroom, Google Hangouts, Google Meet, Google Drive and email for all students.
- b. Students will be provided with a Chromebook to use.
- c. Teachers will continue to prepare and post lessons that are accessible via Google Classroom.
- d. Students will use Google Classroom platform to turn in assignments for grading.
- e. Instruction will be differentiated in order to meet the needs of all our students.
- f. IEP and 504 related service plans will be designed to meet each student's needs by providing appropriate materials and resources.
- g. Related services-compensatory services will be provided once school resumes.

<https://drive.google.com/file/d/1NB-xZBdce27iGCe0soOk9bG5djRTaRtt/view?usp=sharing>

** Student survey conducted about internet connectivity and access. Our internet provider, Lightpath, will assist in providing access to the handful of students who indicated they do not have access.*

3. Continuity of Operations

- a. BOT Meetings will run remotely via conference call or Google Hangouts.
- b. Payroll will continue on schedule.
- c. Food Service- Karson's Food Service will provide meals to be distributed at a central location 301 1st Ave., Asbury Park.

Pandemic COVID-19 Action Plan

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases such as [Middle East Respiratory Syndrome \(MERS-CoV\)](#) and [Severe Acute Respiratory Syndrome \(SARS-CoV\)](#). COVID19 (fka nCoV) is a new strain that has not been previously identified in humans.

Coronaviruses are zoonotic, meaning they are transmitted between animals and people. Detailed investigations found that SARS-CoV was transmitted from civet cats to humans and MERS-CoV from dromedary camels to humans. Several known coronaviruses are circulating in animals that have not yet infected humans.

COVID 19 is believed to spread from person to person through droplets that come from the nose and the mouth when a sick person coughs, sneezes or talks. The flu virus may also spread when people touch something with flu virus on it, and then touch their eyes, nose or mouth. The virus that causes COVID-19 seems to be spreading easily and sustainably in the community spread, in some affected geographic areas. Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

- Symptoms may appear 2-14 days after exposure
 - Fever
 - Cough
 - Shortness of breath
- COVID is not the flu. It is a lung disease.
 - 90% develop a fever
 - 80% develop a cough
 - 30% develop shortness of breath & malaise
 - 4% runny nose

Personal Non-pharmaceutical Interventions

Personal NPIs are common-sense everyday preventive actions that can help keep yourself and others from getting and spreading viruses. During a pandemic, these personal NPI's become some of the most important ways that individuals can aid in prevention and protection. Personal NPI's include:

1. Staying home when you are sick.
 - If you develop [flu-like symptoms](#), stay home.
 - Stay home until afebrile for at least 24 hours, without the use of fever-reducing medicines. This will help ensure that your fever is truly gone and you are past the point of being contagious.
 - Children and people with weakened immune systems may need to stay home longer.
 - You can spread the flu virus up to 24 hours after symptoms subside.
2. Covering coughs and sneezes with a tissue.
3. Washing hands with soap and water or using hand sanitizer when soap and water is not available. Washing your hands lowers the amount of flu virus that can spread when you shake someone's hands or touch surfaces and objects, such as desks and doorknobs. It is especially important to wash your hands before and after touching your eyes, nose, or mouth.
4. Clean surface areas
 - a. You can also use a bleach-and-water solution or disinfectant with a label that says "EPA approved" for killing viruses and bacteria.
 - b. The virus can remain on surfaces for up to 48 hours. Cleaning frequently touched surfaces and objects lowers the amount of flu virus that can be spread by touching an infected surface and then touching your eyes, nose, or mouth.
 - c. Yes, soap and water are all you need to remove the flu virus.

- a. You can also use a bleach-and-water solution or disinfectant with a label that says “EPA approved” for killing viruses and bacteria.
2. Keeping your distance.

Droplets from coughs or sneezes containing flu virus can travel at least 3 feet, so keeping this distance from sick people can help lower your chance of becoming ill.

3. Staying home if you have been exposed to a family or household member who is sick.

Community Non-pharmaceutical Interventions

Community NPIs are policies and strategies that organizations and communities put into place to help slow the spread of illness during a pandemic. Two of the most used community NPIs include:

- **Social distancing:** Creating ways to increase distance between people in settings where people commonly come into close contact with one another. Specific priority settings include schools, workplaces, events, meetings, and places of worship.
- **Closures:** Temporarily closing childcare centers, schools, places of worship, events, and other settings where people gather.

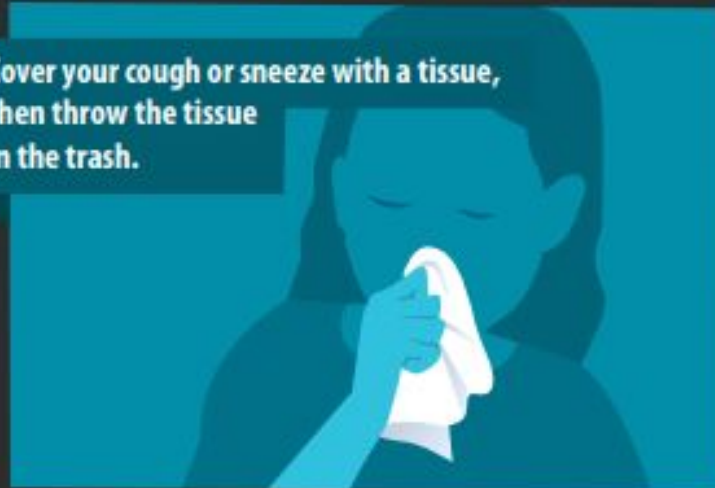
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



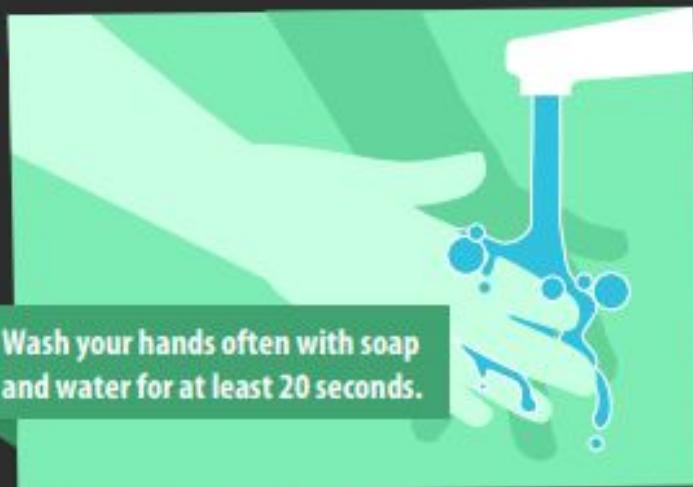
Clean and disinfect frequently touched objects and surfaces.



Stay home when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



DETENGA LA PROPAGACIÓN DE LOS MICROBIOS

Ayude a prevenir la propagación de virus respiratorios como el nuevo COVID-19.

Evite el contacto cercano con las personas enfermas.



Cúbrase la nariz y la boca con un pañuelo desechable al toser o estornudar y luego bótelo a la basura.



Evite tocarse los ojos, la nariz y la boca.



Limpie y desinfecte los objetos y las superficies que se tocan frecuentemente.



Quédese en casa si está enfermo, excepto para buscar atención médica.



Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.



Los pacientes con COVID-19 han presentado enfermedad respiratoria de leve a grave.

Los síntomas* pueden incluir

FIEBRE



TOS



*Los síntomas pueden aparecer de 2 a 14 días después de la exposición.

Si usted ha estado en China o ha tenido contacto cercano con alguien con COVID-19 confirmado en las últimas 2 semanas y presenta síntomas, llame al médico.

**DIFICULTAD
PARA RESPIRAR**



What you need to know about coronavirus disease 2019 (COVID-19)

What is coronavirus disease 2019 (COVID-19)?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get COVID-19?

Yes. COVID-19 is spreading from person to person in parts of the United States. Risk of infection with COVID-19 is higher for people who are close contacts of someone known to have COVID-19, for example healthcare workers, or household members. Other people at higher risk for infection are those who live in or have recently been in an area with ongoing spread of COVID-19. Learn more about places with ongoing spread at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html#geographic>.

Have there been cases of COVID-19 in the U.S.?

Yes. The first case of COVID-19 in the United States was reported on January 21, 2020. The current count of cases of COVID-19 in the United States is available on CDC's webpage at <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

How does COVID-19 spread?

The virus that causes COVID-19 probably emerged from an animal source, but is now spreading from person to person. The virus is thought to spread mainly between people who are in close contact with one another (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes. It also may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes, but this is not thought to be the main way the virus spreads. Learn what is known about the spread of newly emerged coronaviruses at <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html>.

What are the symptoms of COVID-19?

Patients with COVID-19 have had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath

What are severe complications from this virus?

Some patients have pneumonia in both lungs, multi-organ failure and in some cases death.

How can I help protect myself?

People can help protect themselves from respiratory illness with everyday preventive actions.

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled from an area with ongoing spread of COVID-19?

If you have traveled from an affected area, there may be restrictions on your movements for up to 2 weeks. If you develop symptoms during that period (fever, cough, trouble breathing), seek medical advice. Call the office of your health care provider before you go, and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to take everyday preventive actions, like avoiding close contact with people who are sick and washing your hands often.

Is there a treatment?

There is no specific antiviral treatment for COVID-19. People with COVID-19 can seek medical care to help relieve symptoms.



Lo que necesita saber sobre la enfermedad del coronavirus 2019(COVID-19)

¿Qué es la enfermedad del coronavirus 2019 (COVID-19)?

La enfermedad del coronavirus 2019 (COVID-19) es una afección respiratoria que se puede propagar de persona a persona. El virus que causa el COVID-19 es un nuevo coronavirus que se identificó por primera vez durante la investigación de un brote en Wuhan, China.

¿Pueden las personas en los EE. UU. contraer el COVID-19?

El COVID-19 se está propagando de persona a persona en China y se ha detectado propagación limitada entre contactos cercanos en algunos países fuera de China, incluso en los Estados Unidos. En la actualidad, sin embargo, este virus NO se está propagando en comunidades en los Estados Unidos. En estos momentos, el mayor riesgo de infección es para las personas en China o las personas que han viajado a China. El riesgo de infección depende de la exposición. Los contactos cercanos de las personas infectadas tienen un riesgo mayor de exposición, por ejemplo, los trabajadores del sector de la salud y los contactos cercanos de las personas infectadas por el virus que causa el COVID-19. Los CDC continúan vigilando de cerca la situación.

¿Ha habido casos de COVID-19 en los EE. UU.?

Si. El primer caso de COVID-19 en los Estados Unidos se notificó el 21 de enero del 2020. La cantidad actual de casos de COVID-19 en los Estados Unidos está disponible en la página web de los CDC en <https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html>.

¿Cómo se propaga el COVID-19?

Es probable que el virus que causa el COVID-19 haya surgido de una fuente animal, pero parece que ahora se está propagando de persona a persona. Es importante notar que la propagación de persona a persona puede darse en un proceso continuo. Algunas enfermedades son altamente contagiosas (como el sarampión), mientras que otras enfermedades no lo son tanto. En estos momentos, no está claro qué tan fácil o con qué continuidad el virus que causa el COVID-19 se esté propagando entre las personas. Infórmese sobre lo que se sabe acerca de la propagación del coronavirus de reciente aparición en <https://www.cdc.gov/coronavirus/2019-ncov/about/transmission-sp.html>.

¿Cuáles son los síntomas del COVID-19?

Los pacientes con COVID-19 han tenido enfermedad respiratoria de leve a grave con los siguientes síntomas:

- fiebre
- tos
- dificultad para respirar

¿Cuáles son las complicaciones graves provocadas por este virus?

Muchos pacientes tienen neumonía en ambos pulmones.

¿Qué puedo hacer para ayudar a protegerme?

La mejor manera de prevenir la infección es evitar la exposición al virus que causa el COVID-19.

Hay medidas simples preventivas y cotidianas para ayudar a prevenir la propagación de virus respiratorios. Estas incluyen las siguientes:

- Evitar el contacto cercano con personas enfermas.
- Evitar tocarse los ojos, la nariz y la boca con las manos sin lavar.
- Lavarse frecuentemente las manos con agua y jabón por al menos 20 segundos. Usar un desinfectante de manos que contenga al menos un 60 % de alcohol si no hay agua y jabón disponibles.
- Si está enfermo, para prevenir la propagación de la enfermedad respiratoria a los demás, debería hacer lo siguiente:
 - Quedarse en casa si está enfermo.
 - Cubrirse la nariz y la boca con un pañuelo desechable al toser o estornudar y luego botarlo a la basura.
 - Limpiar y desinfectar los objetos y las superficies que se tocan frecuentemente.

¿Qué debo hacer si recientemente viajé a China y me enfermé?

Si estuvo en China en los últimos 14 días, se siente enfermo y tiene fiebre, tos o dificultad para respirar, debería buscar atención médica. Llame al consultorio de su proveedor de atención médica antes de ir y dígame sobre su viaje y sus síntomas. Ellos le darán instrucciones sobre cómo conseguir atención médica sin exponer a los demás a su enfermedad. Mientras esté enfermo, evite el contacto con otras personas, no salga y postergue cualquier viaje para reducir la posibilidad de propagar la enfermedad a los demás.

¿Hay alguna vacuna?

En la actualidad no existe una vacuna que proteja contra el COVID-19. La mejor manera de prevenir la infección es evitar la exposición al virus que causa el COVID-19.

¿Existe un tratamiento?

No hay un tratamiento antiviral específico para el COVID-19. Las personas con el COVID-19 pueden buscar atención médica para ayudar a aliviar los síntomas.



SYMPTOMS OF CORONAVIRUS DISEASE 2019

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



*Symptoms may appear 2-14 days after exposure.

If you have been in China or in close contact with someone with confirmed COVID-19 in the past 2 weeks and develop symptoms, call your doctor.

SHORTNESS OF BREATH

