



# **Pandemic Crisis Plan**

## **Achievers Early College Prep**

### **Charter School**

Updated March 24, 2020

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## Background

### From the NJ Department of Health Memo - March 2, 2020

Many childcare centers, school administrators, teachers and parents within New Jersey are concerned about how the current outbreak of the 2019 Novel Coronavirus (COVID-19) will impact their communities and wish to take appropriate steps to mitigate any risks. The word "novel" means new. The Centers for Disease Control and Prevention (CDC) is working hard to learn as much as possible about this new virus so that they can better understand how it spreads and its associated illness. The New Jersey Department of Health is also working hard by developing guidance and Education materials should this new virus impact our residents.

Though the CDC considers COVID-19 to be a serious public health concern based on current information, the immediate health risk to the general U.S. public is considered low at this time. The CDC and the World Health Organization are closely monitoring the national and global situation and providing ongoing guidance. At this time, the CDC recommends avoiding nonessential travel to China, Iran, Italy and South Korea. There are additional countries with travel alerts. Updated travel information specific to COVID-19 can be found at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>.

**What is the difference between seasonal and novel coronavirus?** Coronaviruses are a family of viruses and there are different types of coronavirus within that family, much like there are different types of influenza viruses. Coronaviruses in general are not new and are a frequent cause of respiratory illnesses such as the common cold. Coronaviruses tend to circulate in the fall and winter months, similar to influenza. Most people get infected with these viruses at some point in their lives. The type of coronavirus that has recently emerged in Wuhan, China **is a new type** of coronavirus and is infecting people for the first time (which means that people do not have any immunity to it). This newly discovered virus is called SARS-CoV-2 and is causing a disease named COVID-19.

**What are common symptoms of COVID-19?** Information to date suggests this virus is causing symptoms consistent with a respiratory illness such as cough, fever, and shortness of breath.

**How is COVID-19 spread?** At this time, it's unclear how easily or sustainably this virus is spreading between people. Typically, with most respiratory viruses, people are thought to be most contagious when they are most symptomatic (the sickest). Chinese officials report that sustained person-to-person spread in the community is occurring in China. Similar spread has been reported in other countries. Person-to-person spread in the United States has been detected but the risk to the general public remains low. Cases in healthcare settings, like hospitals, may also occur.

**What measures can be taken to prevent COVID-19?** There is currently no vaccine to prevent COVID-19 infection. The best way to prevent infection is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventive actions to help prevent the spread of respiratory viruses.

**How is COVID-19 treated?** Currently, there is no specific antiviral treatment recommended for the coronavirus. There is no vaccine to prevent this virus, and the CDC advises that the best way to prevent infection is to avoid being exposed to this virus.

## **How should schools prepare for the potential of a coronavirus outbreak in their community?**

To prepare for possible community transmission of COVID-19, the most important thing for schools to do now is **plan** and **prepare**. Interim Guidance for Administrators of US Childcare Programs and K-12 Schools to Plan, Prepare, and Respond to Coronavirus Disease 2019 (COVID-19) can be found at <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/guidance-for-schools.html>.

- Review and update or develop your outbreak response/pandemic plan and share with stakeholders before an outbreak occurs.
- Establish procedures to ensure students and staff who become sick at school or arrive at school sick are sent home as soon as possible.
- Prepare for the potential of school closures or dismissals or cancellation of school events.
- Prepare to offer home instruction to students.
- Implement flexible attendance and sick leave policies.
- Establish relationships with local public health officials and identify points of contact.
- Create emergency communication plan and maintain up to date contact information for everyone in your communication chain.
- Establish leadership team, identify essential staff functions, assign tasks and responsibilities.
- Plan workshops and training to educate staff on prevention measures.
- Continue to monitor current information from health officials.

## **What should a school do when a student or staff presents with symptoms of COVID-19?**

- COVID-19 presents with signs and symptoms that may be indistinguishable from much more common respiratory viruses. At this time, respiratory illnesses are much more likely to be due to common viruses (e.g., influenza, common cold) than COVID-19. If a community (or more specifically, a school) has cases of COVID-19, local health officials will help identify those individuals and will follow up on next steps. Schools are not expected to screen students or staff to identify cases of COVID-19.
- Students with fever, cough, or difficulty breathing should be placed away from others and asked to wear a face mask until they can be sent home.
- Staff members should be sent home and advised to seek medical advice.
- Notify your local health department with any questions or concern about an ill student [www.localhealth.nj.gov](http://www.localhealth.nj.gov).

# THE FOUR STAGES OF THE CRISIS PLAN

According to the World Health Organization (WHO), the medical arm of the United Nations:

Prevention – Mitigation

Preparedness

Response

Recovery

## Prevention – Mitigation

A. Review/Enhancement of Policies and Procedures

B. Training

C. Communications System

D. Prevention

## A. Review and Enhancement of Policies and Procedures

1. Members of the PPC are listed below and may be asked to meet as needed.
2. This plan may be modified based on new information and updates from the CDC, The NJ Health Department, and the NJDOE. Meetings may be held to review, update, and approve the Pandemic Crisis Plan for the upcoming school year and conduct tabletop emergency exercises. PPC committee members will review and understand their roles and responsibilities during a pandemic crisis.
3. Staff email and school based voice mail contact information will be posted/updated on the district website.

<u>Contact</u>	<u>Title</u>	<u>Contact Information</u>	<u>Alternate Contact</u>	<u>Title</u>	<u>Contact Information</u>
Efe Odeleye	Co-Director/Governance	856-656-1258	Osen Osagie	Co-Director/Instruction	609-458-9568
Osen Osagie	Co-Director	609-458-9568	Carla Hill-Brady	Operations and Culture Manager	609-218-1215
Imebet Stweart	Board Chair	609-532-8993	Lawrence Patton	Board Vice Chair	732-322-0736
Brenmarie Rentas	School Social Worker/Special Education Case Manager	609-847-9827	Carla Hill-Brady	Operations and Culture Manager	609-218-1215
Mike Falkowski	School Business Administrator	908-296-8572	Brian Falkowski	School Business Administrator	732-631-4009
Carla Hill Brady	Acting School Nurse	609-218-1215	Efe Odeleye	Co-Director/Governance	856-656-1258
Trenton Health Department	Trenton Health Dept.	609-9893242	Ewing Health Dept	Ewing Health Dept	609-883-2900 ext. 7691
Jose Gede	Cleaning Company- Keep It Clean	ext. 174	Carla Hill Brady	Operations and Culture Manager	609-218-1215
Carla Hill Brady	Food Service Contact	609-218-1215	Bob Kardane	Karson Foods	732-922-1900
Andy	Webmaster/Administrative Assistant	856-912-5147	Louis Pizzigoni	Director of Technology; IT	ext. 173

## Essential Personnel

List of Essential Employees by Category	Title	Name	Notes
Administration	Board Chair	Imebet Stewart	*Not employed by school
Administration	Board Sec/School SBA	Mike Falkowski	
Superintendent/Co-Leaders	Co-Leader	Osen Osagie	
Superintendent/Co-Leaders	Co-Leader	Efe Odeleye	
School Operations	Operations and Culture Manager	Carla Hill Brady	
School Operations	Administrative Assistant	Roxana Canastuj	
Maintenance and Custodial	Keep It Clean	Jose De Jesus	
Technology	Director of IT	Lou Pizzigoni	
Food Service Personnel	Karson Foods	Bob Kardane	

### B. Training

1. Annual training for staff members may be conducted as needed each year. The following topics may be discussed (Appendices A and A1)

- i. Prevention
- ii. Preparation
- iii. Symptom Recognition and Action
- iv. Communication
- v. Communication for Staff
- vi. Plan Distribution
- vii. Continuation of Instruction Development
- viii. Grading Expectations
- ix. Work Related Responsibilities During School Closure
- x. Student Expectation Communication/Rubrics

### C. Communications System

1. Co-Director/Governance will ensure that Appendices A and A1 are included in the teacher handbook and Appendix A information will be included on the district website. They will also



- ensure that all handbooks outline the specific calling out procedures to identify pandemic related symptoms in staff and students.
- 2. The Co-Director/Governance will serve as the contact person for addressing questions and concerns related to the topic of pandemic planning; the primary contact phone number will be 856-656-1258.
  - 3. Staff and student contact details will be annually updated into the Oncourse student data management system for the purpose of accurate communication.
  - 4. An electronic system will be used to communicate updates and information to all stakeholders in various formats (text, email, call, etc.).

D. Prevention

- 1. The school nurse will disseminate messages about preventive hygiene and conduct respiratory etiquette programs (cough in your sleeve). Dissemination techniques will include, but not be limited to, classroom presentations, press releases, school-wide posters, videos and training to staff via in-services or faculty meetings, hand washing signs in all bathrooms. Teachers will be trained in symptom identification via the annual mandatory universal precautions training completed through the district’s online professional development portal.
- 2. The School’s Custodial Company will ensure that all building bathrooms are continually stocked with soap and paper towels.
- 3. The School’s Custodial Company will ensure that all student contact spaces are sanitized on a frequent and regular basis; hand washing signs will be posted.
- 4. Teachers, building staff, and administrators will remind students to cover their coughs and sneezes.
- 5. The school nurse will encourage staff and students to obtain (on their own) flu shot vaccinations.
- 6. District health professionals are encouraged to obtain flu shot vaccinations annually.

Preparedness

A. The Surveillance System

## B. Updates, Research, and Precautions

## C. Continuity of Student Learning Preparation

## D. Stock

## E. Counseling Support

### A. The Surveillance System

The following processes and procedures are to be practiced by individual schools within the district to continually report the absentee rates for staff and students in collaboration with local health departments once a pandemic has been confirmed as present in New Jersey or once such information has been requested by the Health Department and/or County Superintendent's Office:

- The school nurse will authorize individual student and staff dismissal due to identified and pandemic related symptoms; any students and/or staff members with these symptoms will be

sent home immediately and required to remain at home for the infectious period or clearance from a physician. Students awaiting parents/guardians due to illness will be held in a separate area in the Nurse's Office or another designated location until pick up.

- The building receptionist responsible for attendance reporting will forward, on a daily basis, the names of **students** who are absent due to pandemic related symptoms to the school nurse (Appendix B); the school nurse will document and monitor medically based absentee rates internally looking for increased reports of absence due to pandemic related illness (Appendix D). Absentee rates will not be reported to the Health Department unless greater than 15% of the population or unless requested by the Health Department and/or County Superintendent's Office.
- Central office will forward the names of **staff** who are absent due to pandemic related illness to the appropriate school nurse (Appendix B) on a daily basis; the school nurse will document and track medically based absentee rates internally looking for increased reports of absence due to pandemic related illness (Appendix D). Absentee rates will not be reported to the Health Department unless greater than 15% of the population or unless requested by the Health Department and/or County Superintendent's Office.
- Staff will be reminded to send sick students to the Nurse's Office.

B. Updates, Research, and Precautions
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1. The Co-Director/Governance will provide updates and the latest research information to staff, students, and parents via the district website, and Realtime (school information and messaging system)/email.
2. The Co-Director/Governance will cancel and announce cancellation of all large group activities including sporting events if directed to do so by the NJ Health Department and/or County Superintendent's office.
3. Student seating will reflect social distancing to the fullest extent possible; student desks will be separated if directed to do so by the NJ Health Department and/or County Superintendent's office.
4. The school nurse will disseminate messages about preventive hygiene and conduct respiratory etiquette programs (cough in your sleeve). Dissemination techniques will include, but not be limited to, classroom presentations, press releases, school-wide posters, videos and training to staff via in-services or faculty meetings, hand washing signs in all bathrooms. Teachers will be trained in pandemic related symptom identification.
5. The School's Custodial Company will ensure that all building bathrooms are continually stocked with soap and paper towels.

6. The School’s Custodial Company will ensure that all student contact spaces are sanitized on a daily basis; hand washing signs will be posted.
7. Teachers, building staff, and administrators will remind students to cover their coughs and sneezes.
8. Informational literature will be sent home identifying the protocols parents should use to keep kids home (Appendix A).
9. District health professionals will be encouraged to obtain flu shot vaccinations.
10. Building administration will arrange for a standard informational mailing to go out to parents and guardians on the following topics (Appendix A).

- i.Prevention
- ii.Preparation
- iii.Pandemic Symptom Recognition and Action
- iv.Communication

11. Building administration will remind staff to review this plan.

In order to ensure educational continuity in the event of an extended emergency, the following steps will be implemented by the teaching staff with the assistance of administration in conjunction with the coaches:

C. Continuity of Student Learning Preparation (Policy #2412) Home Instruction		
Grade Groups	Instructional Resource	Comments

6-8	<p>Google Classroom, I-Ready lessons, Khan Academy (Language Arts and Math. History and Science).</p> <p>Zoom Videoconferencing/Bridge from 8 AM to 4 PM- Mon-Friday, 8 AM-12:30 PM- Thursday</p> <p>Class Link – academic sites</p>	Paper-based assignments for students without device and/or wifi.
6-8 Special Education: Students in POR or Self-contained settings	<p>Google classroom lessons assigned by special Education instructors to supplement I-Ready lessons (Language Arts and Math);</p> <p>Modifications/Accommodations provided in accordance with IEPs</p>	Paper-based assignments for students without device and/or wifi.

Related Services and students receiving Eligible for Speech and Language Services: Google classroom lessons assigned by related services staff to target IEP goals and objectives; paper based assignments for students without device and/or wi-fi. Compensatory services provided as needed upon return to school.

Counseling: Support will be provided via phone conference if warranted to address relevant concerns.

Section 504: School Social Worker to monitor and provide additional support per individual plans.

ADA Compliance: Assignments posted on the ADA compliant District Website.

#### D. Stock

- The School's Custodial Company will ensure ample storage of appropriate and adequate sanitation supplies such as soap, alcohol gel, and tissues in all bathrooms.
- All classrooms will receive hand sanitizing gel for regular use.

- The Director of Technology will monitor and maintain an offsite data file backup for all electronically stored data on a regular basis.

## Response

A. Protocol - Schools Open

B. Protocol - Schools Closed

C. Other Core Operations

A. Protocol - Schools Open
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When necessary, the Chief School Administrator will initiate the response process:

Central Office

- The Co-Director/Governance will send out message via R Realtime (school information and messaging system)/email and the district website informing parents that some students are sick but schools remain open, encouraging the school community to refer to handbooks, the school calendar, and school website for additional information.
- The Co-Director/Governance will provide updates and the latest research information to staff, students, and parents via the district website and Catapult / email.

School Nurse

- The school nurse will continue with surveillance reporting procedures, conduct student as well as staff assessments and provide updates to administration.
- The school nurse will serve as the primary authority for sending home sick staff and students. Students and staff deemed ill and having pandemic related symptoms will not remain at school and should return only after their symptoms resolve and they are physically ready to return to school; they will be required to remain at home for the infectious period.
- Student absences will be counted as excused and staff absences will be counted as sick days.
- Students and staff not reporting to school due to pandemic related symptoms and illness are only required to call once during the illness period to report absences.

Teachers

- Reinforce student infection control procedures.
- Send students to the school nurse who appear ill.

Building Administration

- Support and endorse nursing decisions.
- Monitor and report absences to central office.

Director of Technology

- Send out Catapult / email messages and relevant information as necessary on a regular basis.
- Regular update of website.

Custodial Staff

- Ensure ample supply of sanitizing supplies and daily sanitizations.
- Take appropriate actions to minimize the risk of viral transmission in school facilities to



the greatest extent possible.

- Prepare all facilities for reliable functioning as part of community response efforts (e.g., a building used as an isolation facility).
- Prepare to restore facilities to their normal use.
- Assure the provision of power, telecommunications, heat and ventilation, water, sewer, janitorial services, etc. appropriate to facilities based on their classification during an event.

#### Secretarial Staff

- Utilize absentee questionnaire and forward all attendance information to building nurse immediately (Appendix B).
- Reinforce student infection control procedures.
- Send students who appear ill to the school nurse.

#### School Counselors/ Child Study Team

- Promote students, faculty, and staff mental well being during the event via in-services, individual and group counseling sessions.

#### **Addressing Stigma**

Stigma can affect people, places, or things. It occurs when people associate a risk with something specific—like a minority population group—and there is no evidence that the risk is greater in that group than in the general population. Stigmatization is especially common in disease outbreaks.

Example: A 2002 outbreak of severe acute respiratory syndrome (SARS) in China caused global concern. Unfortunately, fear also led to a great deal of stigma. Although there were no associated cases of SARS in America, many citizens began to avoid Chinatowns and other Asian-American communities—including Japanese, Korean, and Vietnamese peoples—throughout the United States because they believed those groups were at greater risk for spreading SARS.

Stigmatized groups may suffer psychologically and economically. They may be subjected to:

- Social avoidance or rejection
- Denial of healthcare, Education, housing, or employment
- Physical violence

Stigmatizing minority groups may also distract people from focusing on the real risks in a crisis situation. When only part of a population is perceived as being affected, others may incorrectly believe they are not at risk. By assuming they are safe, majority population groups may not take important public health precautions, unintentionally compromising their own health and well-being.

Crisis communicators must work to counter stigmatization during a disaster. Messages should reinforce real risks through accurate information and awareness. Images should reflect all people who are susceptible to getting sick. Ideally, public health messages will proactively address

possible stigma before it begins. However, prepared communicators should be ready to challenge any negative stigmatizing behaviors that do emerge.

**Please note that there will be no transportation home for ill students.**

B. Protocol (Schools Closed)
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When necessary, the Co-Director/Governance will activate the response plan.

Main Office

- Co-Director/Governance closes the school when it is identified by the state; any non-academic events will be cancelled as well.
- Send out Realtime messaging /email, the district website, and WCTC 1450AM radio message informing parents that schools are closed; encourage school community to refer to handbooks, the school calendar, and school website for additional information.
- The Co-Director/Governance will provide updates and the latest research information to staff, students, and parents via the district website, Catapult / email, and press releases.

School Nurse

- Check, monitor, and respond to voicemail and email messages on a daily basis.
- Provide health updates to central administration for posting on Catapult / email, and district website.

Teachers

- Check, monitor, and respond to voicemail and email messages on a daily basis.
- Grade work submitted through continuation of learning process.
- Log pupil, parent, staff contacts.
- Prepare lesson plans for the recovery phase.
- Complete reports as necessary.

Administration/Supervisors

- Implement their continuity of Education services plan.
- Check, monitor, and respond to voicemail and email messages on a daily basis.
- Monitor staff health and work performance.
- Complete reports as necessary.

Director of Technology & Family Coordinator

- Send out Realtime messaging /email messages and relevant information as necessary on a regular basis.
- Regular update of district website and TV36.

#### Custodial Company and School Operations Team

- Restock ample supply of sanitizing supplies.
- Take appropriate actions to minimize the risk of viral transmission in school facilities to the greatest extent possible.
- Prepare all facilities for reliable functioning as part of community response efforts (e.g., a building used as an isolation facility).
- Prepare to restore facilities to their normal use.
- Assure the provision of power, telecommunications, heat and ventilation, water, sewer, janitorial services, etc. appropriate to facilities based on their classification during an event.

#### School Social Worker/ Child Study Team

- School Social Worker and child study team members will check, monitor, and respond to voicemail and email messages on a daily basis.
- Psychological first aid will be provided as necessary.

#### C. Other Core Operations

##### Payroll

- The Business Office will continue regular functioning from an outside location if necessary.

##### Food Service

(Policy #'s - 8500 Food Service; 8505 Wellness and Nutrition; 8550 School Meal Program Arrears; 8540 Free or Reduced-Price Lunches/Milk)

- Karson Foods will cease to provide meals in the event of school closure.

# Recovery

When necessary, the Co-Director/Governance, will initiate the recovery process. School closure days as a result of this pandemic will not result in an extended school year if permissible per NJDOE; ten-month staff will remain through June 30<sup>th</sup> to complete any unfinished work.

Those students who can document illness to self or a member of the immediate family will have one additional month to make up missed work; extenuating circumstances will also be taken into consideration.

## Main Office

- Identify healthy staff to determine the feasibility of reopening schools.
- The Co-Director/Governance will provide updates and the latest research information to staff, students, and parents via the district website, WCTC 1450AM radio, and Catapult.
- If appropriate, Co-Director/Governance will announce that Greater Brunswick Charter School is to reopen.

## School Nurse

- The school nurse will continue with surveillance reporting procedures, conduct student as well as staff assessments, communicate with parents/guardians as well as provide updates to administration.
- The school nurse will serve as the primary authority for sending home sick staff and students. Students and staff deemed ill and having pandemic related symptoms will not remain at school and should return only after their symptoms resolve and they are physically ready to return to school; they will be required to remain at home for the infectious period.
- Student absences will be counted as excused and staff absences will be counted as sick days.
- Students and staff not reporting to school due to pandemic related symptoms and illness are only required to call once during the flu period to report absences.
- Follow up with students who are deemed at high risk for pandemic related complications.
- Physical assessment and needs of students who made contact with school nurse during the response phase.

## Teachers

- Reinforce student infection control procedures.
- Send students to the school nurse who appear ill.
- Each classroom room teacher must maintain the structure of the class but have the class engage in a creative processing activity such as journal writing, discussion related to the event, tie in of content matter to event; this must happen for a minimum of one day.
- Each classroom teacher should acknowledge the loss and/or event.

#### Administration/Supervisors

- Support and endorse nursing decisions.
- Monitor and report absences to Co-Director/Governance.
- Serve as the primary contact person and authorizing body for all activities.
- Maintain contact with parents/guardians as well as school community keeping them abreast of what the building is doing for the reestablishment of a positive school climate.
- Monitor grading/record keeping and assist in the reestablishment of a positive school climate.

#### Custodial Staff

- Ensure ample supply of sanitizing supplies and daily sanitizations.
- Ensure appropriate actions are taken to minimize the risk of viral transmission in school facilities to the greatest extent possible.
- Prepare all facilities for reliable functioning as part of community response efforts (e.g., a building used as an isolation facility).
- Prepare to restore facilities to their normal use.
- Assure the provision of power, telecommunications, heat and ventilation, water, sewer, janitorial services, etc. appropriate to facilities based on their classification during an event.

#### Administrative Assistant and School Operations Staff

- Utilize absentee questionnaire and forward all attendance information to building nurse immediately (Appendix B).
- Reinforce student infection control procedures.
- Send students to the school nurse who appear ill.

#### School Social Worker/ Child Study Team\*

- Promote students, faculty, and staff mental well-being during the event via in-services, individual and group counseling sessions.
- Assessment of functioning and needs of students via referral system.
- Follow up with referrals.
- Follow up with students who called in/made contact during response.
- Stabilization groups will be conducted for students who cannot cope in the classroom setting.
- Coping groups will be conducted for the purpose of preventing post-traumatic stress.
- Conduct seminars for parents related to support, information, and referral services.

#### **Reactions to Stress**

#### **Managing Fears and Anxiety around Coronavirus (Covid-19)**

As information about Coronavirus unfolds, there can be a wide range of thoughts, feelings and reactions. Below is some helpful information.

**Common Reactions:** Please recognize that there can be a wide range of reactions and that over the next few days or weeks you may experience periods of:

- Difficulty concentrating and sleeping
- Anger
- Hyper-vigilance to your health and body
- Anxiety, worry, panic
- Feeling helplessness
- Social withdrawal

**Ways to Manage Fears & Anxieties:**

- Get the facts. Stay informed. For further information, see the dedicated CDC website.  
<https://www.cdc.gov/coronavirus/2019-ncov/summary.html>
- Keep things in perspective. Limit worry and agitation by lessening the time you spend watching or listening to upsetting media coverage. Although you'll want to keep informed — especially if you have loved ones in affected countries — remember to take a break from watching the news and focus on the things that are positive in your life and things you have control over.
- Be mindful of your assumptions about others. Someone who has a cough or a fever does not necessarily have coronavirus. Self-awareness is important in not stigmatizing others in our community.
- Stay healthy. Adopting healthy hygienic habits such as washing your hands with soap and water or an alcohol-based hand sanitizer, frequently, and certainly after sneezing or before/after touching your face or a sick person. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Avoid touching your eyes, nose and mouth. Avoid contact with others who are sick and stay home while sick.
- Keep connected. Maintaining social networks can help maintain a sense of normalcy, and provide valuable outlets for sharing feelings and relieving stress.
- Seek additional help. Individuals who feel an overwhelming worry or anxiety can seek additional professional mental health support. You may call your school counselor (who will be available as usual when school is open and via phone and email if school is closed).

School's Custodial Company - Buildings and Grounds

- The school will be sanitized under the direction of the School's Custodial Company .

## Appendix A

What is Pandemic? A “pandemic” is a disease that spreads all over the world and affects a large number of people. If you are caring for a loved one during a pandemic, it’s important to take steps to protect yourself and others. Always follow the most current advice of the U.S. Department of Health and Human Services and your local Health Department.

### Prevention:

These healthy habits will help keep you and others from getting and passing on the virus:

- Clean your hands often with soap and water or alcohol-based hand sanitizer.
- Cover your mouth and nose with a tissue when you cough or sneeze and clean your hands afterward. Put used tissues in a wastebasket.
- Cough or sneeze into your upper sleeve if you don’t have a tissue.
- Keep your hands away from your eyes, nose and mouth to prevent germs from entering your body. Also, a person with signs of the virus should stay home from work, school and errands and avoid contact with others.
- **Disinfectant:** 1-gallon water, 1/4 cup bleach, Mix up a fresh batch every time you use it.
- **OBTAIN A FLU SHOT.**

### To limit the spread of germs and prevent infection:

- Teach your children to wash hands frequently with soap and water and model the correct behavior.
- Teach your children to cover coughs and sneezes with tissues and be sure to model that behavior.
- Teach your children to stay away from others as much as possible if they are sick.
- Stay home from work and school if sick.

Caregivers should always wash their hands before providing care. Afterward, wash again and apply alcohol-based hand sanitizer as well. Follow these steps for proper hand hygiene:

- Wet hands with warm, running water and apply liquid soap.
- Rub hands vigorously for 20 seconds, covering all surfaces and fingers.
- Scrub nails by rubbing them against the palms of your hands.
- Rinse your hands with water.
- Dry your hands thoroughly with a paper towel and use it to turn off the faucet. A shared towel will spread germs.

### Preparation:

You can prepare for a pandemic now. You should know both the magnitude of what can happen during a pandemic outbreak and what actions you can take to help lessen the impact of an

influenza pandemic on you and your family. This checklist will help you gather the information and resources you may need in case of a flu pandemic.

**Plan for an extended stay at home during a flu pandemic.**

- Ask your employer about how business will continue during a pandemic.
- Ask your employer if you can work from home during a flu pandemic.
- Plan for a possible reduction or loss of income, if you are unable to work or your place of employment is closed.
- Check with your employer or union about leave policies.
- Plan home learning activities and exercises. Have materials, such as books, on hand.
- Plan recreational activities that your children can do at home.

**Items to have on hand for an extended stay at home:** During a pandemic, if you cannot get to a store, or if stores are out of supplies, it will be important for you to have extra supplies on hand. This can be useful in other types of emergencies, such as power outages and disasters.

**Non-perishable foods**

- ~Ready to eat canned meats, fruits, vegetables, soups
- ~Protein or fruit bars
- ~Dry cereal or granola
- ~ Peanut butter and jelly
- ~Dried fruit, nuts, trail mix
- ~Baby formula
- ~Crackers
- ~Canned juices
- ~Bottled water
- ~Canned or jarred baby food
- ~Baby formula
- ~Pet food

**Health and emergency supplies**

- ~Prescribed medical supplies such as glucose and blood pressure monitoring
- ~Soap and water or alcohol-based hand wash
- ~Medicines for fever, such as acetaminophen (aspirin) or ibuprofen (Motrin)
- ~Thermometer
- ~Antidiarrheal medications
- ~Vitamins
- ~Fluids with electrolytes, such as Pedialyte®
- ~Flashlight with extra batteries
- ~Portable radio with extra batteries
- ~Manual can opener
- ~Garbage bags
- ~Tissues, toilet paper, disposable diapers

**To plan for a pandemic:**

- Ask your doctor and insurance company if you can get an extra supply of your regular prescription drugs.
- Talk with family members and loved ones about how they would be cared for if they got sick, or what will be needed to care for them in your home.
- Volunteer with local groups to prepare and assist with emergency response.
- Get involved in your community as it works to prepare for a pandemic.

Cold Symptoms	Flu Symptoms	COVID-19 Symptoms
Stuffy nose	Fever	Fever



Sneezing	Headache	Cough
Sore throat	Often and severe aches	Shortness of breath
Mild to moderate chest discomfort/cough	Extreme exhaustion	*Be mindful of recent travel or contact with people who recently traveled.
	Stuffy nose	
	Sneezing	
	Sore throat	

#### Communication:

The CO-DIRECTOR/GOVERNANCE will provide updates and the latest research information to staff, students, and parents via the district website and Catapult /email.

For more information, call your healthcare provider or visit the CDCs 2019 Novel Coronavirus Situation Summary at:

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

#### Reactions to Stress:

##### Managing Fears and Anxiety around Coronavirus

As information about Coronavirus unfolds, there can be a wide range of thoughts, feelings and reactions. Below is some helpful information.

**Common Reactions:** Please recognize that there can be a wide range of reactions and that over the next few days or weeks you may experience periods of:

- Difficulty concentrating and sleeping
- Anger
- Hyper-vigilance to your health and body
- Anxiety, worry, panic
- Feeling helplessness
- Social withdrawal

##### Ways to Manage Fears & Anxieties:

- Get the facts. Stay informed. For further information, see the dedicated CDC website.

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

- Keep things in perspective. Limit worry and agitation by lessening the time you spend watching or listening to upsetting media coverage. Although you'll want to keep informed — especially if you have loved ones in affected countries — remember to take a break from watching the news and focus on the things that are positive in your life and things you have control over.
- Be mindful of your assumptions about others. Someone who has a cough or a fever does not necessarily have coronavirus. Self-awareness is important in not stigmatizing others in our community.
- Stay healthy. Adopting healthy hygienic habits such as washing your hands with soap and water or an alcohol-based hand sanitizer, frequently, and certainly after sneezing or before/after touching your face or a sick person. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Avoid touching your eyes, nose and mouth. Avoid contact with others who are sick and stay home while sick.
- Keep connected. Maintaining social networks can help maintain a sense of normalcy, and provide valuable outlets for sharing feelings and relieving stress.
- Seek additional help. Individuals who feel an overwhelming worry or anxiety can seek additional professional mental health support. You may call your school counselor (who will be available as usual when school is open and via phone and email if school is closed).

## Appendix A1

### Communication for

Staff Members: Staff members are not to communicate with the media; the following statement should be utilized when questions and/or concerns from the media and/or the public arise:

“Achievers Early College Prep Charter School is taking all necessary measures to protect students, staff, and provide a continuity of operations as required. Added information will be provided from the Co-Director/Governance’s office when it becomes available. “

Plan Distribution: Please store and keep this plan in a safe place where you can access it if and when necessary.

Grading Expectations: Teachers are asked to grade assignments as they come in via email, while schools are closed. Google classroom, or other school platform.

Work Related and/or phone Responsibilities During Extended School Closures: Teachers are asked to maintain contact with students via email, Google classroom, phone, or other school platform while school is closed; logs are to be maintained.

Student Expectation Communication/ Rubrics: Teachers are required to communicate grading expectations for assignments in the case of an extended school closure.

## Appendix B

### Absentee Questionnaire for COVID-19

This form is to be completed by office staff if/when s/he receives a phone call for illness related reasons. This information is to be forwarded to the school nurse for informational purposes only.

Student Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Date: \_\_\_\_\_

Does your child:	Yes	No
1. have a fever	_____( Temperature:_____)	_____
2. have a cough	_____	_____
3. shortness of breath	_____	_____
4. under care of doctor	_____	_____
5. travelled out of the country	_____	_____
6. contact with people who traveled out of country	_____	_____

Please forward to the school nurse on a daily basis one hour after taking attendance.

## Appendix C

### Daily Pandemic Census Log

School \_\_\_\_\_ Date \_\_\_\_\_ Patient Category: Staff \_\_\_\_\_ Student \_\_\_\_\_

Once pandemic has been confirmed as present in Mercer County, use this form to log student absences.

Name	Symptoms	Absent: Yes/No

TOTALS		

## Appendix D

### Achievers Early College Prep Charter School Weekly Pandemic Census

When 15 percent or more of the school student and/or staff population is absent due to pandemic related symptoms, use this form to report weekly to Mercer County Health Services Public Health Division's Communicable Disease Programs.

Name of School \_\_\_\_\_ Phone Number \_\_\_\_\_ Week  
Ending \_\_\_\_\_

6-7th \_\_\_\_\_

City: Trenton School District: Achievers Early College Prep Charter School

Reporting Individual \_\_\_\_\_ Phone \_\_\_\_\_

### Students

Number of students absent with flu-like illness this week \_\_\_\_\_

Total number of students enrolled in your school \_\_\_\_\_

ADA for the week \_\_\_\_\_

### Staff/Faculty

Number of staff/faculty absent with flu-like illness this week \_\_\_\_\_

Total number of staff/faculty employed in your school \_\_\_\_\_

Assistance Needed/Comments:

**Fax this form each Friday during the period of Heightened Surveillance  
to NJ LINCS Agency**

### **Appendix E**

#### **SAMPLE KEY MESSAGES FOR SCHOOL OFFICIALS - OUTBREAK**

- We know this is an anxious time for our community and our hearts go out to those who are ill. We are working closely with local health officials to deal with the situation and will keep parents updated with any important information.
- At this time, under the guidance of the county Health Department, we believe students can safely attend classes and schools will remain open. Our thoughts are with all of our families and children who are affected.
- If the pandemic continues to spread and more students become ill, health officials may need to close schools for an extended period of time (for example, up to 6 weeks).
- The purpose of closing school will be to decrease contact among children in order to decrease their risk of getting sick and to limit the spread of infection. If schools are closed, children should stay at home.
- We urge parents to plan now for the possibility of schools closing. Arrange day care, and homeschooling.
- Parents can help protect their children and prevent the spread of a pandemic as they would colds and other flu by taking the following precautions:
- Teach your children to wash hands frequently with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
- Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow.

- Teach your children to stay away from people who are sick and stay home from work or school if you are sick.



## SCHOOL CLOSURE

### Sample Press Releases

- Mercer County health officials have ordered the closure of schools as a result of a pandemic outbreak in our county.
- Schools may be closed for an extended period of time (for example, up to 6 weeks).
- We know this is a difficult time for our community and our hearts go out to those who are ill. We are working closely with health officials to deal with the situation and will keep parents updated with any important information.
- Because a pandemic is easily spread from person-to-person, it is unsafe for large groups of people to gather and children should stay home. The purpose of closing schools is to decrease contact among children in order to decrease their risk of getting sick and to limit the spread of infection.
- During this time, children and adults should stay away from other people and groups, as much as possible. Health officials also advise people should not gather in other locations such as homes, shopping malls, movie theaters or community centers.
- Parents can help protect their children and prevent the spread of a pandemic as they would colds and other flu by taking the following precautions:
  - Teach your children to wash hands frequently with soap and water for 20 seconds. Be sure to set a good example by doing this yourself.
  - Teach your children to cover coughs and sneezes with tissues or by coughing into the inside of the elbow.
  - Teach your children to stay at least three feet from people who are sick and stay home from work or school if you are sick.