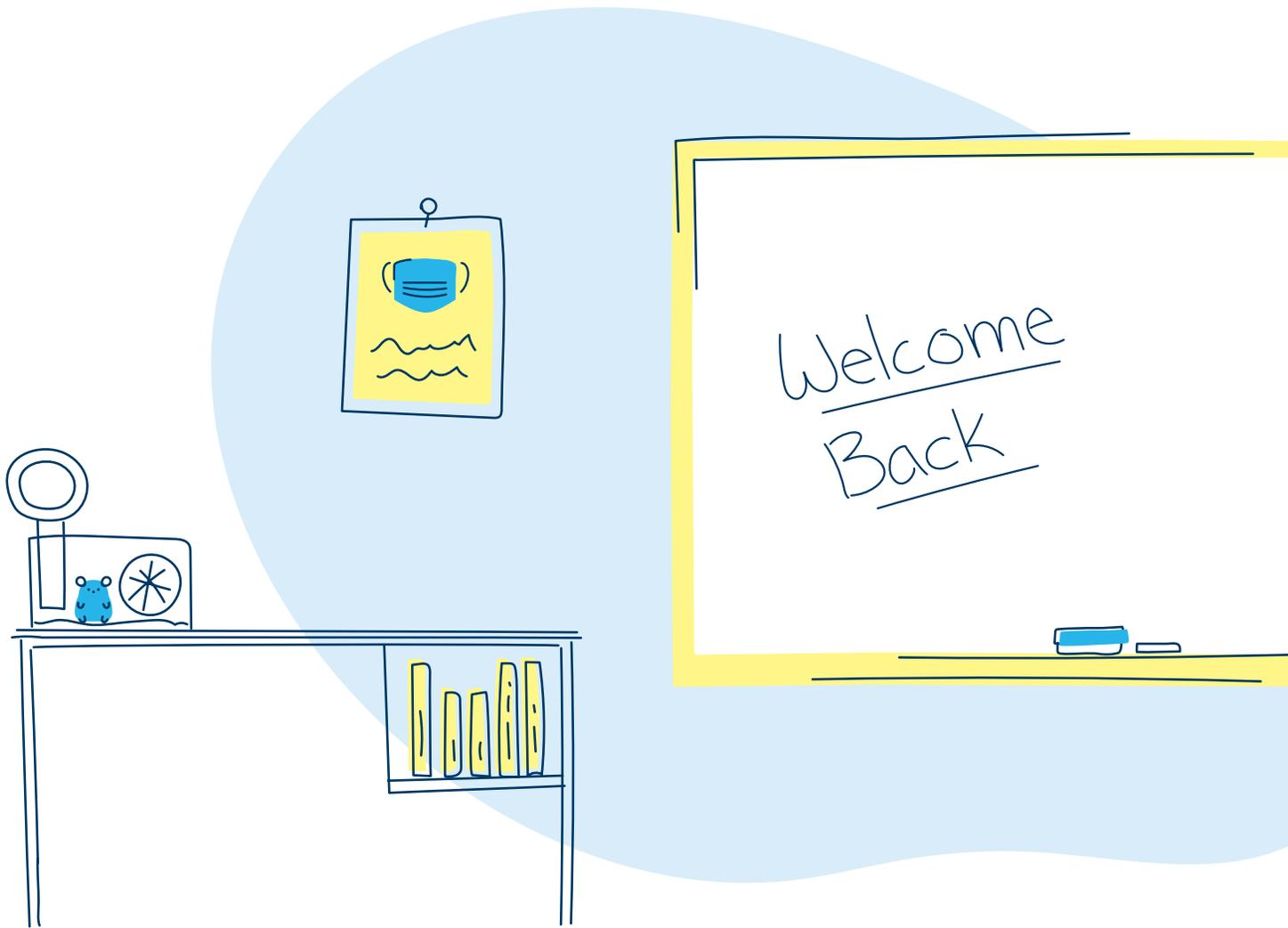


Your guide to a safer classroom.

Tips on handling Coronavirus and resources from Highmark.



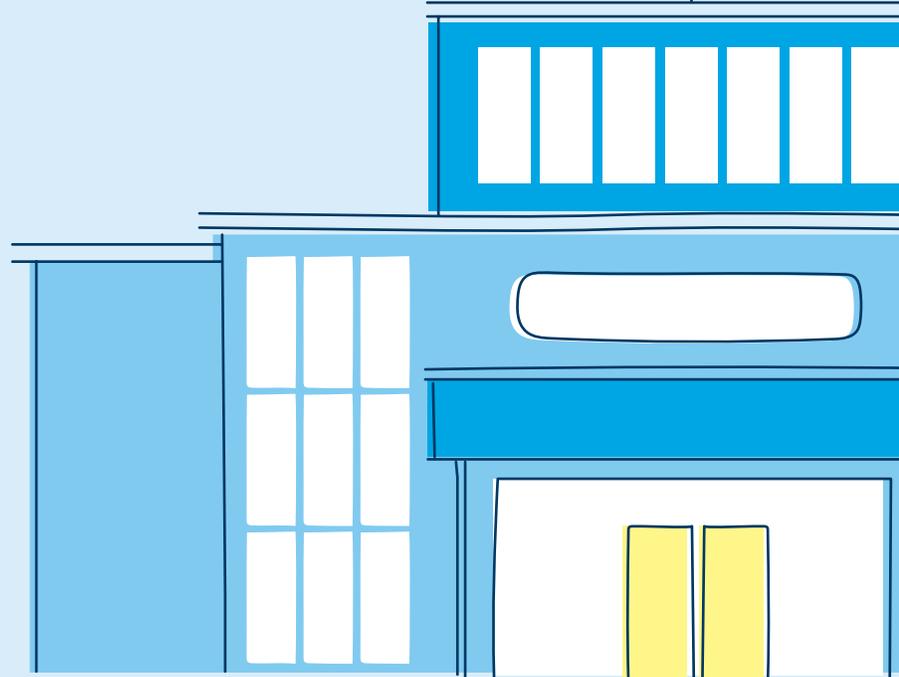
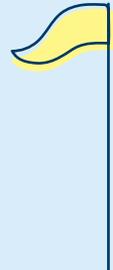
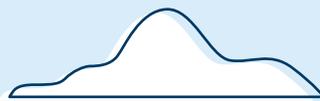
This school year is going to be different. There's no doubting that.

The Coronavirus (COVID-19) pandemic has caused new challenges for everyone, especially for you as an educator. You already go above and beyond for your students and, as you face new obstacles this year, Highmark is here to help.

We've created safety signage to be used throughout your school and provided face masks, face shields, and hand sanitizer to help slow the spread of the virus. We've also compiled this guide.

Inside, you'll find guidance on handling Coronavirus, tips for speaking to students about safety protocols, and resources for you to use.

Let's make the most of this school year. You're doing remarkable work.



Handling Coronavirus.

Your school district should have specific protocols in place when it comes to Coronavirus screenings, what to do if a student is sick, and steps to take if you're not feeling well. We encourage you to speak with your administrators to ensure you have a clear understanding of these steps.

Common symptoms

Here's what to look out for in yourself and others:

- Cough
- Shortness of breath or difficulty breathing
- Temperature greater than 100.4 degrees
- Chills or repeated shaking with chills
- Sore throat
- New loss of smell or taste

If you believe one of your students is showing these symptoms, send them to the nurse immediately. Stay calm and remember that many common illnesses — like ear infections and strep throat — display similar symptoms.



If you begin to feel any of these symptoms, or think you were exposed to Coronavirus, do not hesitate to follow your district's protocols. It's always better to err on the side of caution.

NOTE: Coronavirus screenings and protocols could change over time, and may vary by state or even county. Be on the lookout for communications from your district on any potential changes.

Talking to your students about new rules.

You have a full curriculum ahead of you and now you have to educate your students on Coronavirus safety protocols, too.

While you likely have plenty of ideas from your school administration, we've compiled a few helpful talking points below. You certainly know your students better than anyone, and depending on their age, understanding of these new safety steps may vary. Continue to do what's best for you and your classroom.



Face masks

- Chat with your students about why they should wear a face mask. Explain that masks help to slow the spread of Coronavirus and are especially important in protecting vulnerable groups — like their grandparents.
- Reiterate the importance of covering their noses and mouths with the face mask.
- Tell students they must wear a mask any time they're around others. If your school allows masks off in some areas, remind students to stay 6 feet apart.
- To be extra careful, instruct students to sneeze or cough into their elbows even while wearing a face mask. Be sure students know not to touch their face, too.

Handwashing

- Viruses can easily jump from hands to the mouth, nose, and eyes. Talk to students about how handwashing is key in keeping them healthy.
- Give students handwashing tips — scrubbing their hands with warm water and soap for up to 20 seconds. If they're away from a sink, point out hand sanitizer stations within the school.
- Encourage handwashing breaks frequently throughout the day, especially before eating.

Social distancing

- While it's hard for kids to stay away from their friends, remind them of the “6 feet rule.” Proper social distancing is extremely important to contain Coronavirus.
- To allow for social distancing, space out desks within your classroom and have all students face the same direction.
- Encourage students to space out in the hallways and not to congregate in the bathrooms or by lockers.

A few simple tricks to make these rules stick.

If you're an elementary education teacher, stressing the importance of the new safety rules may be difficult. Talk to your students about the signage throughout the school and what they mean. You could also gamify these new behaviors – rewarding students who follow the rules.

To further drive home the safety steps, consider teaching these catchy call and repeat chants and rhyme schemes.

Call and repeat chants

Using the school signage as inspiration, lead the students through these call and repeat chants. You say the first line and have the students answer back to you.

TEACHER: Back in school.

CLASS: Safety rules.

TEACHER: In your class?

CLASS: Wear your mask.

TEACHER: Keep us stronger.

CLASS: Wash hands longer.

TEACHER: Be consistent.

CLASS: Keep your distance.

Rhyme schemes

These singsongy phrases will help students remember safety tips and encourage proper behaviors.

HANDWASHING

Fronts and backs
and in between,
count up to 20,
your hands are clean.

MASK WEARING

Above the nose,
below the chin,
wear masks right,
and we all win.

SOCIAL DISTANCING

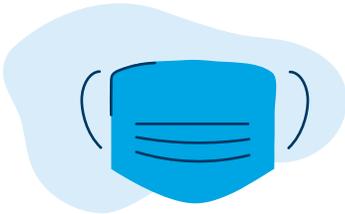
It's hard to keep
apart from friends,
but stay spaced out
so COVID ends.



No matter what you're doing, follow these safety steps:



Wash or sanitize your hands frequently. When washing, do so for at least 20 seconds with soap and hot water.



Wear a face covering any time you're around students or other adults.



Practice social distancing, staying at least six feet away from others.



Don't touch your face, especially your eyes, nose, and mouth.



Clean and disinfect commonly touched surfaces frequently, like classroom desks and your computer.

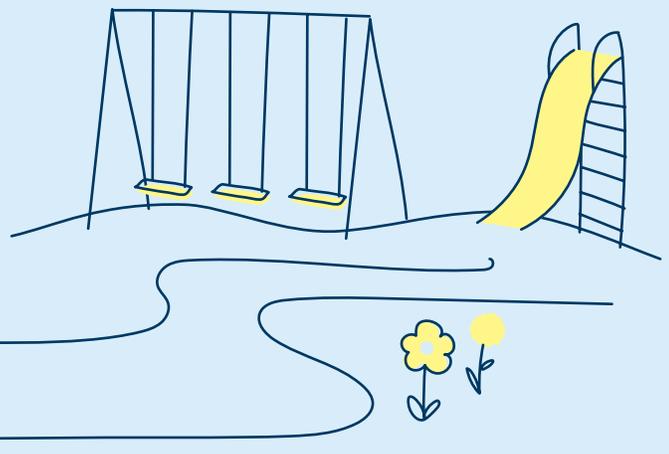
Helpful resources from Highmark and beyond.

Things seem to be changing daily, and we know how frustrating that can be. Make sure you're managing your stress and taking care of yourself. Do your best to get a good night's sleep, exercise when you can, and chat with friends and family.

As you navigate this upcoming school year, know that Highmark is always here to help. Take a look at the resources below and reach out to your school administrators if you have any concerns.

Be calm. Be safe. Have a wonderful year.

- **Highmark Answers:** If you're looking for Coronavirus updates, available resources, and common FAQs, visit highmarkanswers.com. This is your one-stop-shop for all information related to Coronavirus — there's even a helpful symptom checker.
- **Aunt Bertha:** Visit highmark.auntbertha.com to access this free, online tool that connects you to local social service programs, like food banks, housing, behavioral health support, and other community services. Feel free to share this helpful resource with parents and students.
- **CDC:** Visit cdc.gov/coronavirus for a variety of tools — from ways to protect yourself to school screening details.



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