

# Beach School District High School



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## HEALTH & SAFETY SMART RESTART PLAN

Beach School Board Approved  
August 12, 2020

Dear Beach Families,

It has been a challenge for our entire community since March, but we hope you have found ways to cope and go forward during this new normal. Thank you to the students, staff, parents, and community members who have helped us succeed in these difficult times. The 2019-2020 school year was challenging but we are proud of our students and thankful the district was able to celebrate our seniors' accomplishments with a graduation.

The challenge now is planning for what school will look like during the 2020-2021 school year. This is a daunting task as we all realize how the impact and response to COVID-19 has changed rapidly over the past four months. This plan will try to address these challenges, while providing a flexible framework to guide our response over the next school year.

For academic, social-emotional, and economic reasons, we are compelled to strive to return to an in-person model. Yet, we cannot disregard that the health and safety concerns associated with the virus remain. The district must consider all practical steps to keep our schools from contributing to virus spread in our community.

This plan presents hundreds of hours of critical thinking, research, modeling, and work by our educators, staff, and school board. This group reviewed input gathered from our employees and parents. In order to provide the best possible online learning opportunity experience for staff, students and families we have decided to close school on August 21<sup>st</sup>, 28<sup>th</sup> and September 4<sup>th</sup> for professional development for all. We are exploring options to provide information and training to students and parents during these days as well.

We realize that this plan may not address every question you have. We recognize some concepts and actions may be polarizing, and there are strong opinions about what the school should do or should not. However, we feel that the best practice is to follow the CDC and North Dakota Department of Health guidelines. This will be a fluid document as we learn, new information becomes available and/or our situation is altered.

Thank you for your time reviewing this plan. We encourage everyone to ask questions and communicate their concerns as we move forward. Together, our school can provide quality education to our children in a safe manner, if we work together to solve problems.

Respectfully,

Dave Wegner  
Superintendent

Kim Gaugler  
School Board President

# Assumptions & Assurances

## Beach Public School believes:

- Every student should have the opportunity to engage in learning, regardless of the spread of a pandemic in our community.
- Schools have a vital role in providing safe environments for students, focusing on both social-emotional and physical health.
- By working together with educators, staff, health care professionals, parents, students, and community members we can solve most challenges.
- Our district will make decisions based on the most current guidance from local, state, and national health care officials.
- Our School Board will ensure our plan meets the needs of our students, educators, staff and community.

## Our Planning Team

The Beach School's Return to Learning Plan was crafted and reviewed by a team consisting of the following

- Educators
- Custodial Staff
- Parents
- Southwest District Health Unit (NDDoH)
- Local medical professionals
- Secretaries
- a School Board member
- Students
- School Principals

Input was gathered by various means to allow for a wide range of input, while maintaining social distancing.

Beach School District (BSD)

North Dakota Department of Public Instruction (ND DPI)

North Dakota Department of Health (NDDoH)

Southwest District Health Unit (SWDHU)

Center of Disease Control (CDC)

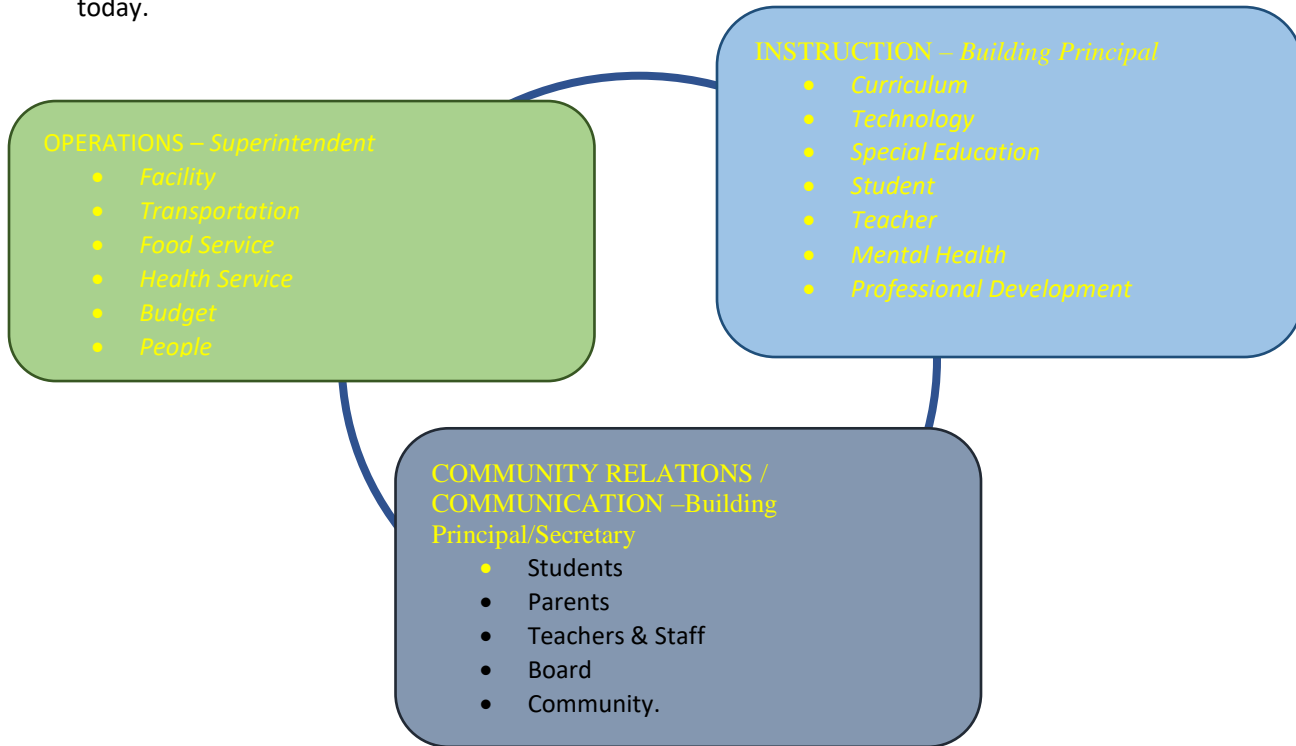
Northwest Evaluation Association/Measure of Academic Progress (NWEA/MAP)

North Dakota High School Activities Association (NDHSAA)

Person Protection Equipment (PPE)

# Pandemic Response Team & Coordinators

This organizational structure was crafted to assist in the development and monitoring of the district return to learning plan. This structure identifies leaders and guiding team members that will serve as a voice in how the district responds to a pandemic during the school year. This plan is designed to address the issues of reopening as well as provide a nimble and responsive process to address issues that may not be recognized today.



The three components have been identified as key operational teams that consist of multiple departments. Each operational team will work to implement the return to learn plan and address challenges as they arise.

## Pandemic Building Level Coordinators

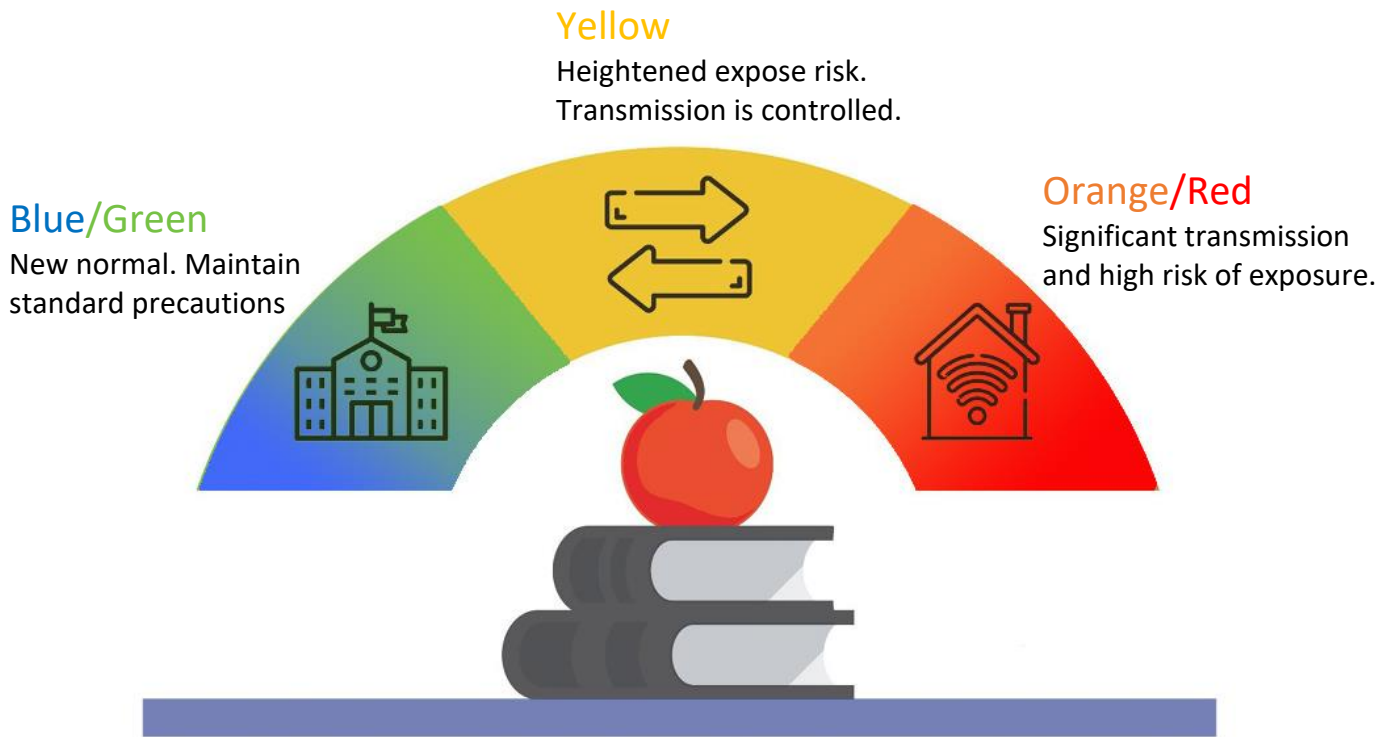
Each school building will have an identified COVID-19 Coordinator who will be responsible for the health and safety preparedness and response planning. Coordinators will make themselves available to the NDDoH 24 hours a day /7 days a week to respond to phone calls from public health. This position will assist public health in identifying and notifying close contacts in the school setting. The coordinator will report cases of a pandemic, found in the school setting, to health officials and the State Superintendent's office.



*Taryn Sweet* will assume the role of building level coordinator for Beach High School. If the coordinator is unable to be reached the secondary contacts will be Lynn Swanson or Shalee Tescher.

# Phases

The following phases will be used to define the community risk level associated with COVID-19. These phases align with the color-coded guidance in the ND Smart Restart Plan. Each level is reported to schools by the NDDOH after rigorous testing and assessment of cases in the community. [ND Smart Restart Plan](#)



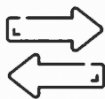
## Instructional Models

The instructional models used by the district will be guided, in part, by the risk level of COVID-19 in the community as defined within the phases above. This is a guide as instructional models could be altered based on other factors, such as occupancy levels, age of children, and abilities to move certain classes online.



### Traditional Learning

All instruction is delivered in-person with some building and group modifications. Teachers and students maintain a normal daily schedule. Safety precautions are implemented to enhance staff and student safety.



### Hybrid Learning

Multiple hybrid models of instructional delivery may be appropriate to meet the educational needs through a variety of delivery models.



### Distance Learning (Microsoft Teams)

All instruction is provided off-campus through the use of distance learning resources or suited to the unique needs of the student. This option will also be available to students/families who are unable/uncomfortable returning to instruction in person.

# Health and Safety Guidance

The district strives to provide a healthy and safe environment for all who occupy our schools. The following guidelines are intended to provide a framework for the district's response to COVID-19 or another pandemic. This document has been approved by the Southwest District Health Unit as well as our School Board with the understanding that with the fluidity of pandemics this document is a working document subject to change.

## Resources

ND Department of Public Instruction - <https://www.nd.gov/dpi/parentscommunity/nddpi-updates-and-guidance-covid-19>

ND Department of Health - <https://www.health.nd.gov/diseases-conditions/coronavirus>

Center for Disease Control and Prevention - <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>

## Best Intentions

Despite taking every reasonable precaution, there is no guarantee that our school will be without risk as it relates to COVID-19 or another pandemic. The virus will be present on our buses, in our classrooms, and at our activities. In certain situations, social distancing is not possible in a school setting. Our actions, as outlined in this plan, will not prevent any student or staff member from being in contact with the virus.

## Protect Yourself and Others

### *Wash your hands often*



- Wash with soap and water for at least 20 seconds especially after blowing your nose, coughing, or sneezing.
- If soap and water are not available, use hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Students are encouraged to wash their hands often throughout the day.

### *Avoid close contact*



- Keep social distance from others especially important for people who are at a higher risk of getting sick.
- Alternate or modified schedules, adjustments to use of common areas, use of outdoor spaces and other actions that increase physical separation may be considered.
- The sharing of instructional materials should be limited as much as possible.
- Physical separation on busing, one student per seat, will be recommended but cannot be guaranteed.
- *Entry to school buildings, by visitors, shall be restricted to essential visitors only. No one will be allowed by the front office, without the permission of the building principal.*
- *Parents/Guardians may accompany their child to the school but are encouraged to not enter classrooms without permission of the building principal and classroom teacher. Parents/guardians should remain in common areas.*

### Cover coughs and sneezes



- Always cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw tissues away and wash hands or use hand sanitizer to prevent spread.

### Clean and disinfect



- School staff should clean and disinfect frequently touched surfaces daily.
- Shared materials (not recommended) should be cleaned.
- Classrooms will be cleaned nightly by custodial staff.

### Cover your mouth and nose with a cloth face cover when around others.



- The wearing of masks will be applied in phases based on the phases within the [ND Smart Restart Guidance](#).
- CDC and NDDoH encourage the use of a mask over a shield as a better protection against COVID-19. The School District strongly encourages a mask but will allow face shields as PPE.
- When unable to social distance, everyone within the school will be required to wear a face covering.
- Educators need to teach students how to properly wear a face covering so they are prepared to use them on school buses or other situations in close proximity with others.
  - Resources from NDDPI and BHS will be provided to teachers.
  - Face Coverings requirement can be altered dependent on color and in consultation with NDDoH



## XYZ COVID-19 PPE Guidance

STAFF	PPE
All staff (other than what is outlined)	<b>Required</b> to wear cloth face coverings if social distancing not possible. <b>Required</b> to wear face coverings on school transportation (bus)
All Students	<b>Required</b> to wear cloth face coverings if social distancing is not possible. <b>Required</b> to wear face coverings if using school transportation (bus) Students exhibiting symptoms of the common cold or flu without a temperature of 100.4 degrees or higher may be asked to wear a mask.
Public facing staff (i.e. receptionists/clerical) unless plexiglass partition is in place.	<b>Required</b> face shield or cloth face mask
Staff caring for / instructing a student in a small space – small group – for more than 15 minutes. (i.e. Nurse, SPED, EL, educator)	<b>Face Shield or Mask is required if social distancing is not possible.</b> This may be influenced by instructional and learning needs of the student and health considerations of all occupants in the room.

All staff	<b>Required to wear a cloth face covering.</b>
All Students	<b>Required to wear a face mask.</b> Students will be provided breaks and allowed to remove their mask when outside or in spaces that can accommodate social distancing. Students exhibiting symptoms of the common cold or flu without a temperature over 100.4 degrees or higher may be asked to wear a mask.
<i>All staff and students in school bus</i>	<b>Required to wear a face covering</b>

### Monitor your health daily



- Be alert for symptoms. Watch for a fever, cough, or shortness of breath.
- Parents are asked to screen their children each day before sending them to school. Use the screening guidance provided (see appendix).
- Staff and students who are sick should stay home.
- Temperatures of symptomatic students or staff may be taken at the school office.
  - Symptomatic students will be isolated, and their guardians contacted.

## Health & Safety Protocols

### Student & Staff Health

Monitoring the health of students and staff will be an important component of a safe and healthy educational environment. Beach High School will take the following measures to ensure all students and staff are healthy while they are at school.

### Identifying Students & Staff at Higher Risk

- Back to School and enrollment processes will include questions asking families to identify if their child is at-risk, based on a health professionals' diagnosis. This information will be provided to the building principal (COVID-19 Coordinator) who will contact the family and discuss instructional model options.
- The COVID-19 Coordinator will inquire of all employees if they are at-risk, based on a health professionals' diagnosis. Administration will work in partnership with the employee to coordinate adjustments to the work schedule or workplace.
- When the NDDOH or our Southwest District Health unit inform the district of a student or staff member that is COVID-19 positive that information will be passed on to the COVID-19 Building Coordinator as allowable within district policy and law.

### Isolation & Quarantine

- Definitions (see appendix for more information).
  - Isolation – For people who are already sick from the virus. A prevention strategy used to separate people who are sick with the virus from healthy people.
  - Quarantine – For people who are not sick but have been exposed to the virus. A prevention strategy used to monitor people who were exposed for a period of time.



- Beach High School will follow isolation and quarantine guidelines and directives as set by NDDOH and Southwest District health unit.
- If you have been identified for quarantine or isolation by the NDDoH and/or Southwest District Health Unit, we will not readmit the student/staff to school without a letter clearing them for a return to school/work.

### *If a student or staff members becomes sick at school (or school event)*

- Student
  - Direct / escort the child to the office.
  - The child shall be provided a facial covering and isolated in the building sick room.
  - Parent / guardian will be contacted to pick up their child.
- Staff
  - Inform your supervisor immediately and wear a face mask / shield until they can be replaced by a N95 if supervising students at that time.
  - Leave the school building/grounds and consult with a health care professional.

### *Report of Positive Case*

- Constant monitoring and communication between districts, families, and public health will occur regarding current cases.
  - Any positive case MUST be reported to the school district administration.
  - Students and staff who are ill are not to be in the school building. They will follow CDC and NDDOH guidance for positive cases and close contact quarantine/isolation procedures.
    - If positive, we will require a letter from their NDDoH case manager that they may return to school/work.
  - Personally identifiable information will be kept confidential.
  - We will evaluate on a case by case basis in conjunction with the Southwest District Health Unit to determine the next step. If they require closure to clean, we will let the building sit for the rest of the day and allow the following day for cleaning. We will attempt to come back as soon as possible after discussion with the Southwest District Health Unit.
  - The Southwest District Health Unit will instruct us on how long we need to have a building closure. We will use the *Swift Reach* system and Facebook to alert staff, families and students about any closures.
- \*Close contact is defined as within 6 feet of an individual for 15 minutes or more.**

### *Return to School*

- When a student or staff member has been isolated or quarantined as directed by NDDOH or Southwest District Health they will be allowed to return to school after being cleared by the NDDOH.

## Guidance for Grade Level & School Building Level Closure

This is intended as guidance for COVID-19 Coordinators and school leaders on when to close classrooms, grades, and buildings.

- Close contact as defined as being within 6 ft. of another individual for 15 min or greater.
- If a school is closed for any length of time, the district will determine which mode of instruction will resume.
- NDDoH may close a school or district at their discretion

School districts are required to utilize the phases outlined by the North Dakota Department of Health, North Dakota Department of Public Instruction and Governor's Office. The district has created guidelines that correspond with each phase. To accommodate specific needs within the school district and building levels, the district may opt to, as appropriate, implement health and safety measures in a higher tier. This may include, up to, school closures. This will only be done after consultation with Southwestern District Health and the impacted Building(s) COVID-19 Coordinator. Any change to level or color would be immediately communicated to allow for appropriate implementation for families and at the building/district level.

Students may change instructional models that they choose at semester. They are allowed one change in models per semester or in consultation with the Building Principal.

## Facility Accommodations & Protocols

Social distancing rules will be followed in the bathrooms, when unable to distance, masks will be required. In order to prevent cross contamination, allow for janitorial staff to clean and limit exposures/touch surfaces students will be instructed to stay in the classroom during the class period. We will limit hallway usage when not passing time. Handwashing signs will be posted. We will have hand sanitizers available throughout the school.

Hand sanitizer stations will be placed throughout the building and enforced. Teachers will either clean desks themselves or instruct students to sanitize their desks before leaving the classrooms. Classroom cleaning protocols will be determined by teachers. Doors will be left open as much as possible to minimize touch surfaces and staff will be asked to open the doors for the student.

Doors: The front doors will be the only open entrance for students. The doors by the senior hall will be locked and not used. Temperature check stations will be stationed by the front doors for students to be checked before being allowed in the building.

Doors and lockers will be asked to be kept free of paper and posters to create an ease of cleaning. Between classes, janitors will wipe down sinks, door handles etc. any high touch surfaces.

Locker rooms only for PE students, all others need to stay out. After each class, the touch surfaces will be wiped down in between classes. Coaches room will be locked and off limits to students.

## Transportation

Safety/Health on Bus Routes – First, all students will have their temperatures checked as they get on the bus, if a student has a temperature of 100.4 or higher, we will request they not get on the bus. Secondly, masks will be required on and off the bus. If students are able to social distance, they may take their masks off if they choose. Hand Sanitizers will be available for the students to utilize as they enter the bus. After every usage the buses will be sanitized.

Until further notice, Home On The Range will be self-contained at their facility, teaching will be distance learning. Please see the attachment for HOCR protocols and safety measures.

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## Operational Guidance –

Blue / Green	
Priorities:	<ul style="list-style-type: none"> <li>• Ensure students and staff who are symptomatic stay at home.</li> <li>• Implement reasonable accommodations to reduce school-wide and community spread.</li> </ul>
Districtwide Practices:	<ul style="list-style-type: none"> <li>• Social distancing where possible and reasonable.                             <ul style="list-style-type: none"> <li>○ Distancing on a school bus will be unachievable, we encourage parents to consider alternate transportation for their child or to wear a face covering on the bus.</li> </ul> </li> <li>• Buildings routinely cleaned and disinfected according to CDC guidelines. Special focus on high touch/traffic areas.</li> <li>• Handwashing integrated throughout the day.</li> <li>• Hand sanitizer available throughout each building.</li> <li>• Support and train parents on use of technology tools and online curricular resources.</li> </ul>
Schools:	<ul style="list-style-type: none"> <li>• Protective measures will be implemented in office spaces.</li> <li>• Some school events, assemblies and gatherings may be changed or cancelled.</li> <li>• Access to campus may be limited, with new protocols.</li> </ul>
Classrooms:	<ul style="list-style-type: none"> <li>• Students trained on how to access online learning resources including LMS system (Microsoft Teams) adopted by school.</li> <li>• Limited use of shared materials and supplies.</li> <li>• Desks arranged to allow for cohort groups and social distancing where possible and reasonable.</li> <li>• Staff and students working in close proximity will be required to wear a face covering.</li> <li>• Students exhibiting symptoms of the common cold or flu, may be asked to wear a mask more frequently than other students.</li> </ul> <p><b>Level I Blue/Green will be the new normal, with social distancing and masks if unable to distance.</b></p> <p><b>Level II Blue/Green will be an AB Schedule with the A group being grades 7-9 and B group being grades 10-12. The schedule will be AABB with Friday a remediation day.</b></p> <p><b>Level III Blue/Green will be small group meetings or instruction may be allowed particularly for special needs students or academic interventions.</b></p>

	<b>Level IV Blue/Green will have students online only, no students allowed in the building and staff will work at home.</b>
Common Areas:	<ul style="list-style-type: none"> <li>• Students will be required to wear masks if social distancing not possible.</li> <li>• Junior High/Bus Kids will be transported down to the elementary for lunch. Masks will be required until they are sitting down socially distanced to eat. High School/Open Campus kids will be given their lunch to go. They will be required to wear a mask in line and until they leave the building.</li> <li>• Social distancing will be practiced, when not possible masks will be possible.</li> </ul>
Extracurricular& Activities:	<ul style="list-style-type: none"> <li>• Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities including spectators. Spectator rules: We will maintain 75% capacity up to 200 for games. Social distancing guidelines will be in place, masks will be recommended if you cannot social distance. Temperatures will be taken at the door. There will be sport specific guidelines determined by the venue that will be addressed as well.</li> <li>• Coaches will provide athletes with team specific guidelines for practice and games.</li> </ul>
Communications:	<ul style="list-style-type: none"> <li>• Share information about how to stop the spread of COVID-19.</li> </ul>

<h1>Yellow</h1>	
Priorities:	<ul style="list-style-type: none"> <li>• Ensure students and staff who are symptomatic stay at home.</li> <li>• Maximize social distancing where possible.</li> <li>• Support blended learning model.</li> </ul>
Districtwide Practices:	<ul style="list-style-type: none"> <li>• Based on identified COVID cases of students and staff targeted closures may be implemented.</li> <li>• Social distancing where possible and reasonable. Masks will be required if social distancing not possible.</li> <li>• Buildings routinely cleaned and disinfected according to CDC guidelines. Special focus on high touch/traffic areas.</li> <li>• Handwashing integrated throughout the day.</li> <li>• Hand sanitizer available throughout each building.</li> <li>• Support and train parents on use of technology tools and online curricular resources.</li> </ul>
Schools:	<ul style="list-style-type: none"> <li>• Protective measures will be maintained in office spaces.</li> <li>• Some school events, assemblies and gatherings may be changed or cancelled.</li> <li>• Access to campus may be additionally limited, with new protocols.</li> </ul>

Classrooms:	<ul style="list-style-type: none"> <li>• Students may be attending school on a hybrid schedule.</li> <li>• Students will be expected to engage in learning opportunities online using district LMS system on days they are not in school.</li> <li>• Teachers are expected to make direct student/family contact at least twice per week.</li> <li>• Limited use of shared materials and supplies when students are in school.</li> <li>• Desks arranged to allow for cohort groups and social distancing where possible and reasonable.</li> <li>• Staff and students working in close proximity will be required to wear a face covering.</li> <li>• Students exhibiting symptoms of the common cold or flu, may be asked to wear a mask.</li> </ul> <p><b>Level I Yellow will be the new normal, with social distancing and masks if unable to distance.</b></p> <p><b>Level II Yellow will be an AB Schedule with the A group being grades 7-9 and B group being grades 10-12. The schedule will be AABB with Friday a remediation day.</b></p> <p><b>Level III Yellow will be small group meetings or instruction may be allowed particularly for special needs students or academic interventions.</b></p> <p><b>Level IV yellow will have students online only, no students allowed in the building and staff will work at home.</b></p>
Common Areas:	<ul style="list-style-type: none"> <li>• Junior High/Bus Kids will be transported down to the elementary for lunch. Masks will be required until they are sitting down socially distanced to eat. High School/Open Campus kids will be given their lunch to go. They will be required to wear a mask in line and until they leave the building.</li> <li>• Options dependent upon other factors will include closed campus and meal delivery up to the school.</li> <li>• Social Distancing will be observed and if unable to distance masks will be required.</li> </ul>
Extracurricular& Activities:	<ul style="list-style-type: none"> <li>• Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities.</li> <li>• Capacity for venues will be limited to 50% up to 100 people. Masks will be required, and we will be conducting temperature checks before you enter. We will be keeping a record of those in attendance for contact tracing.</li> </ul>
Communications:	<ul style="list-style-type: none"> <li>• Share information about how to stop the spread of COVID-19.</li> <li>• Share technology support resources for parents.</li> </ul>
<b>Orange / Red</b>	
Priorities:	<ul style="list-style-type: none"> <li>• Reduce the risk of community spread by closing schools.</li> </ul>
Districtwide Practices:	<ul style="list-style-type: none"> <li>• Online instruction will be used district wide in all courses at all grade levels.</li> </ul>

	<ul style="list-style-type: none"> <li>• Instruction will focus on essential learning targets.</li> <li>• Attendance and academic progress will be expected.</li> <li>• Grading policies will not be suspended.</li> <li>• Implement internet access protocols to support distance learning for those that may not have it in their homes.</li> <li>• Local food distribution may be implemented by food service program.</li> </ul>
Schools:	<ul style="list-style-type: none"> <li>• Closed to the general public except by special arrangement with the district office.</li> <li>• Small group meetings or instruction may be allowed, particularly for special needs students or academic interventions.</li> </ul>
Classrooms:	<ul style="list-style-type: none"> <li>• Students will engage in learning at the home.</li> <li>• Students will be expected to engage in learning opportunities online (Microsoft Teams).</li> <li>• Teachers are expected to make direct student/family contact at least twice per week.</li> <li>• Students exhibiting symptoms of the common cold or flu, may be asked to where a mask more frequently than other students.</li> </ul> <p><b>Level I Orange will be the new normal, with social distancing and masks if unable to distance.</b></p> <p><b>Level II Orange will be an AB Schedule with the A group being grades 7-9 and B group being grades 10-12. The schedule will be AABB with Friday a remediation day.</b></p> <p><b>Level III Orange will be students with special considerations on campus while most students engaging online.</b></p> <p><b>Level IV Orange will have students online only, no students allowed in the building and staff will work at home.</b></p> <ul style="list-style-type: none"> <li>• <b>Red will have students online only, no students allowed in the building and staff will work at home.</b></li> </ul>
Extracurricular & Activities:	<ul style="list-style-type: none"> <li>• Guidance and directives from the NDHSAA and other governing boards will be used to guide these activities.</li> <li>• Orange capacity will be at 25% up to 50 people. In the event we go to Red, athletic and other extra/co-curricular activities likely suspended.</li> </ul>
Communications:	<ul style="list-style-type: none"> <li>• Clear communication about academic expectations and grading shared with students and families.</li> <li>• Share technology support resources for parents.</li> </ul>



# BEFORE SCHOOL!



Parents are asked to review this daily health checklist by answering these questions before sending their child to school.

(Parents do not need to send the questionnaire to school)

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Has your child had close contact with a confirmed case of COVID-19 in the past 14 days?

Yes \_\_\_ No \_\_\_

Does your child have a new or worsening shortness of breath?

Yes \_\_\_ No \_\_\_

Does your child have new or worsening cough?

Yes \_\_\_ No \_\_\_

Does your child have a fever of 100.4 or greater?

Yes \_\_\_ No \_\_\_

Does your child have chills?

Yes \_\_\_ No \_\_\_

Does your child have a sore throat?

Yes \_\_\_ No \_\_\_

Does your child have a new loss of taste or smell?

Yes \_\_\_ No \_\_\_



If **YES** to any of the questions **STOP!**

Do not send your child to school. Contact your healthcare provider. Contact your child's school to inform them of your child's absence.



If you are able to answer **NO** to all questions, go to school.

## COVID-19: What's the Difference Between Physical Distancing, Quarantine and Isolation?

	PHYSICAL DISTANCING	QUARANTINE	ISOLATION
<b>Who is it for?</b>	People who haven't been exposed to the virus or are not aware of exposure to the virus.	People who don't currently have symptoms of the virus but were exposed to the virus.	People who are already sick from the virus.
<b>What is it?</b>	A precautionary measure used to help prevent the spread of the virus.	A prevention strategy used to monitor people who were exposed to the virus for a period of time to see if they become ill.	A prevention strategy used to separate people who are sick with the virus from healthy people.
<b>Where does it take place?</b>	Takes place outside the home in public places like grocery stores and work environments.	Takes place in a home setting.	Can take place in a home when medical attention is not required. Takes place in a hospital when medical care is required.
<b>When do I use it?</b>	At all times until further directed by the ND Department of Health.	If you have recently traveled internationally or have known exposure to the virus.	If you have tested positive or have symptoms and have not yet obtained a test.
<b>How long is it for?</b>	At all times until further directed by the ND Department of Health.	14 days after your last exposure. Once your quarantine period has ended, if you do not have symptoms, you may return to your normal routine.	A minimum of 10 days from the beginning of symptoms and 72 hours after your fever is gone without the use of fever-reducing medicine and other symptoms have significantly improved.
<b>What does this mean for my daily life?</b>	<ul style="list-style-type: none"> <li>• Avoid large gatherings.</li> <li>• Stay 6-feet away from people.</li> <li>• If you are unable to stay 6-feet away from other people, wear a cloth face covering.</li> <li>• Call or video-chat with friends or loved ones, particularly those that are elderly or have underlying health conditions that places them at high-risk.</li> <li>• If possible, work from home.</li> <li>• Practice good hygiene and avoid shaking hands or touching your face.</li> <li>• If you become ill and need medical attention, call your health care provider.</li> </ul>	<ul style="list-style-type: none"> <li>• Stay at home and avoid close contact with others.</li> <li>• Do not attend school, work or any other setting where you cannot maintain a 6-foot distance from other people.</li> <li>• Call or video-chat loved ones.</li> <li>• For food, medication and other necessities, obtain through friends or family, or use a contactless delivery service.</li> <li>• Practice standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often.</li> <li>• Monitor your symptoms. If you become ill and need medical attention, call your health care provider.</li> </ul>	<ul style="list-style-type: none"> <li>• Do not leave your home unless it is in an emergency. If you are in a home with others, stay in a "sick" room by yourself and, if possible, do not share a bathroom.</li> <li>• If you have a pet and live with others, do not touch your pet.</li> <li>• For food, medication and other necessities, obtain through friends or family, or use a contactless delivery service. Try to stock up for the duration of the isolation.</li> <li>• Practice standard hygiene and precautionary measures like not sharing household items, washing your hands, and cleaning frequently touched surfaces often.</li> <li>• If a caregiver cleans your room or bathroom, they should wear a mask and wait as long as possible after you've used the bathroom.</li> <li>• Contact your health care provider immediately if you experience severe symptoms.</li> </ul>



