

Victory Christian Academy

COVID-19 Frequently Asked Questions



January 2021

Victory Christian Academy

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1. What are the symptoms of coronavirus?

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear 2-14 days after exposure to the virus. People with these symptoms may have COVID-19:

Fever or chills

- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

2. If anyone in my family has symptoms, what should we do?

Provide support and help cover basic needs

- Help the person who is sick follow their doctor's instructions for care and medicine.
- For most people, symptoms last a few days, and people usually feel better after a week.
- See if over-the-counter medicines for fever help the person feel better.
- Make sure the person who is sick drinks a lot of fluids and rests.
- Help them with grocery shopping, filling prescriptions, and getting other items they may need. Consider having the items delivered through a delivery service, if possible.

Watch for warning signs

- Have their doctor's phone number on hand.
- Use CDC's self-checker tool to help you make decisions about seeking appropriate medical care.
- Call their doctor if the person keeps getting sicker. For medical emergencies, call 911 and tell the dispatcher that the person has or might have COVID-19.

Limit contact

- COVID-19 spreads between people who are in close contact (within about 6 feet) through respiratory droplets, created when someone talks, coughs or sneezes.
- The caregiver, when possible, should not be someone who is at higher risk for severe illness from COVID-19.
- If possible, have the person who is sick use a separate bedroom and bathroom. If possible, have the person who is sick stay in their own “sick room” or area and away from others. Try to stay at least 6 feet away from the sick person.
- Shared space: If you have to share space, make sure the room has good air flow.
- Open the window and turn on a fan (if possible) to increase air circulation.
- Improving ventilation helps remove respiratory droplets from the air.
- Avoid having visitors. Avoid having any unnecessary visitors, especially visits by people who are at higher risk for severe illness.

Eat in separate rooms or areas

- Stay separated: The person who is sick should eat (or be fed) in their room, if possible.
- Wash dishes and utensils using gloves and hot water: Handle any dishes, cups/glasses, or silverware used by the person who is sick with gloves. Wash them with soap and hot water or in a dishwasher.
- Clean hands after taking off gloves or handling used items.

Avoid sharing personal items

- **Do not share:** Do not share dishes, cups/glasses, silverware, towels, bedding, or electronics (like a cell phone) with the person who is sick.

When to wear a cloth face cover or gloves

- **Sick person:**

The person who is sick should wear a cloth face covering when they are around other people at home and out (including before they enter a doctor’s office).

The cloth face covering helps prevent a person who is sick from spreading the virus to others. It keeps respiratory droplets contained and from reaching other people.

Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is not able to remove the covering without help.

- **Caregiver:**

Wear gloves when you touch or have contact with the sick person’s blood, stool, or body fluids, such as saliva, mucus, vomit, and urine. Throw out gloves into a lined trash can and wash hands right away.

The caregiver should ask the sick person to put on a cloth face covering before entering the room.

The caregiver may also wear a cloth face covering when caring for a person who is sick.

To prevent getting sick, make sure you practice everyday preventive actions: clean hands often; avoid touching your eyes, nose, and mouth with unwashed hands; and frequently clean and disinfect surfaces.

Clean your hands:

- With soap and water for at least 20 seconds, especially after being near the person who is sick.
- With Hand Sanitizer that contains 60% alcohol at the least.
- Avoid touching your eyes, nose, and mouth with unwashed hands.

Clean and disinfect:

- “high-touch” surfaces and items every day: This includes tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, and electronics.
- Clean the area or item with soap and water if it is dirty. Then, use a household disinfectant.

Bedroom and Bathroom:

- If you are using a separate bedroom and bathroom: Only clean the area around the person who is sick when needed.
- If sharing a bathroom: The person who is sick should clean and then disinfect after each use. If this is not possible, wear a cloth face covering and wait as long as possible after the sick person has used the bathroom before coming in to clean and use the bathroom.

Wash and dry laundry

- Do not shake dirty laundry.
- Wear disposable gloves while handling dirty laundry.
- Dirty laundry from a person who is sick can be washed with other people’s items.
- Wash items according to the label instructions. Use the warmest water setting you can.
- Remove gloves, and wash hands right away.
- Dry laundry, on hot if possible, completely.
- Wash hands after putting clothes in the dryer.
- Clean and disinfect clothes hampers. Wash hands afterwards.

Trash

- Use lined trash can
- Place used disposable gloves and other contaminated items in a lined trash can.
- Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined trash can.
- If possible, dedicate a lined trash can for the person who is sick.
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Remember to Track your own health

3. What will Victory Christian Academy do to keep students and staff from catching Covid-19?

Victory Christian Academy Staff will take everyday preventive actions to prevent the spread of respiratory illness:

- Wash hands every 30 minutes with soap and water. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Always wash hands with soap and water if hands are visibly dirty.
- Remember to supervise young children when they use hand sanitizer to prevent swallowing alcohol.
- Clean and disinfect frequently touched surfaces.
- Cover cough and sneezes with arms and not hands.
- Covering the mouth and nose with a cloth face covering when going out in public and around students.
- Remind students of appropriate social distancing and mask wear.

4. Will kids be going outside and how will the Academy social distancing?

- Yes, Students will be going outside. Victory Christian Academy classes will include the same group each day, and the same teacher will remain with the same group each day.
- Keep each class in a separate room.
- Staggered playground times and keeping groups separate for special activities such as art, music, and exercising.
- At nap time, Victory Christian Academy teacher will ensure that children's naptime sleeping items are spaced out as much as possible, ideally 6 feet apart.

5. Will Academy staff have to wearing mask?

- Yes, Victory Christian Academy staff will have to wear mask to prevent the spread of Covid-19.

6. Do children in the Academy programs and youth camps need to wear face masks?

- Yes, children 2 and over will wear face mask inside the facility to prevent the spread of Covid -19 and other Respiratory illnesses. Unless, a doctors note is provided with a reason why a student cannot wear a mask.

8. What process will you use to screen staff and children as they come in each day?

- Persons who have a fever of 100.40 (38.00C) or above or other signs of illness will not be admitted to the facility.
- Victory Christian Academy Staff will do visual inspection of the child for signs of illness, which could include flushed cheeks, rapid breathing or difficulty breathing (without recent physical activity), fatigue, or extreme fussiness, and confirm that the child is not experiencing coughing or shortness of breath.
- Assigned staff will take the child's temperature.
- When a staff member is performing a temperature check on multiple individuals, the staff member will use a clean pair of gloves and will make sure that the thermometer has been thoroughly cleaned in between each check.
- After each screening, staff will remove and discard PPE, and wash hands.
- Staff will use an alcohol-based hand sanitizer that contains at least 60% alcohol or wash hands with soap and water for at least 20 seconds.
- If hands are visibly soiled, soap and water should be used before using alcohol-based hand sanitizer.

9. How will Victory Christian Academy handle the situation if a child has been exposed to a confirmed case of COVID-19?

- If a student/child develops fever or other respiratory symptoms while at school the student will be isolated from other children in a separate room staff with supervision while the child's parent or guardian is immediately contacted.
 - Whoever is providing supervision will wear gloves and a mask and practice appropriate hand hygiene.
 - The parent or guardian will be encouraged to separate the child from others at home and to contact their child's healthcare provider to report their illness and recent travel.
 - Surfaces and objects within the classroom and isolation room should be cleaned and disinfected as soon as possible and upon the student's or staff member's exit to prevent transmission.
- The child or staff member will not be allowed to return to VCA until one of the following occurs.
 - 14 days without worsening symptoms
 - A negative Covid-19 test result
 - An alternate diagnosis (by a health care professional) that explains the symptoms

10. How will Victory Christian Academy handle snacks?

- Victory Christian Academy staff will not be handing out snacks. Students should have snacks, drinks, and lunch for student to have during the day.

11. What will parents do during drop off and pick up?

- Hand hygiene stations will be set up at the entrance of the facility, so that children can clean their hands before they enter
- If possible, sign-in stations will be outside and pens will be cleaned between each use.
- We will have arrival and drop off times.
- Please plan to limit direct contact with staff as much as possible.
- Victory Christian Academy staff will greet children outside as they arrive.
- The assigned Victory Christian Academy teacher will be the drop off/pick up volunteer to walk all children to their classroom, and at the end of the day.
- Ideally, the same parent or designated person should drop off and pick up the child every day.
- If possible, older people such as grandparents or those with serious underlying medical conditions should not pick up children, because they are more at risk for severe illness from COVID-19.

12. What happens if the Academy must close for Covid-19 related reasons?

Tuition is non-refundable in the case of a government mandated shut down. If VCA is required to close for any length of time due to COVID-19, tuition is non-refundable. Tuition will not be required if the school is closed for more than 3 consecutive weeks. Example: If VCA closes for 2 weeks due to possible COVID-19 exposure tuition is still due like normal but if the center closes for more than 3 consecutive weeks tuition is not required for the next due date unless the school opens prior to the next due date.

VCA will do its absolute best to prevent closure, if closure is needed, we will do everything possible to open back up as soon as possible.

13. How can I help?

Follow all of CDC and VCAs guidelines to prevent the spread. Donate any PPE, speak with the students about the importance of following COVID-19 policies.