Stay Healthy

• **Stay home if you are sick**, especially if you have any combination of the following symptoms:
  - Fever of 100.4° or higher
  - Sore throat
  - Cough
  - Diarrhea
  - Severe headache
  - Vomiting
  - Body aches

• If you are sick, **seek medical care and avoid public places**.

• If you or a member of your household has been in close contact with someone who has COVID-19, do not come to work. Stay home, except to seek medical care. Avoid public places.

• **Consider flu shots** for you and your family.

• When coming to work, pack water, hand sanitizer, an extra cloth face covering, and other materials.

• Wear a face covering when not at home, especially when social distancing cannot occur.
  - Choose face coverings with **breathable material that fit snugly**, but comfortably over the nose and mouth.
  - Before putting on the face covering, **hands should be clean** (soap and water or hand sanitizer)
  - Face coverings should not be touched while being worn and should only be removed with clean hands.
  - Face coverings should **not be worn while wet**, as it could be difficult to breathe.
  - Cloth face coverings should be **washed after every use**.

• Wash your hands or use hand sanitizer frequently.

• Become familiar with AACPS’ suite of safety protocols at [www.aacps.org/safetyprotocols](http://www.aacps.org/safetyprotocols).

• **Review the Confirmed Case Guidance protocol** at [www.aacps.org/safetyprotocols](http://www.aacps.org/safetyprotocols) to fully understand what happens if a school, Central Office, or satellite office is affected by laboratory confirmed case of COVID-19.

• Remember that you are not alone. AACPS is made of many resilient and kind individuals who make a mighty awesome community.

Be Well – Mental Health

• **Have family discussions to express feelings about the pandemic**. Address concerns among each other by researching issues and spending quality family time together.

• **Stay connected with your friends and colleagues**. Strong relationships are especially important during times of uncertainty and unfamiliarity.

• **Use the Employee Assistance Program for resources** to deal with workplace and everyday stress, as well as issues coping with COVID-19. [www.aacps.org/eap](http://www.aacps.org/eap).

Please note that public health data and information which informs such recommendations are subject to change. AACPS will make modifications in accordance with local, state, and federal requirements.