

# Communicable Disease Plan

\* Updated: September 1<sup>st</sup>, 2023

## Introduction:

Alexander Academy is committed to providing safe and healthy environments for all members of the high school community. In alignment with the **Provincial Communicable Disease Guidelines for K-12 School Settings** (updated September 2023), and in conjunction with the **BC Centre for Disease Control** and instructions from the **Provincial Health Officer**, the **Ministry of Education and Child Care**, and **Vancouver Coastal Health**, this Communicable Disease (CD) plan outlines the ongoing effective prevention measures for use on campus and includes safety procedures in order to reduce the risk of infection to students, staff and faculty.

## Scope:

This CD plan is a response to Covid-19 and applies to all students, staff, and faculty engaged in any high school activity, including in-person instruction and related academic activities on and off campus. The CD plan replaces all previous COVID-19 safe work plans for Alexander Academy. All students, staff, and faculty will need to follow local, provincial, and federal travel restrictions, local community health requirements, as well as Alexander Academy CD plan to reduce the risk of Covid-19 spreading.

## Duties and Responsibilities:

All students, staff, and faculty are responsible for conducting themselves in a safe manner to protect the school community in which they are involved. **All staff, faculty, students, parents, caregivers, and guests should NOT come to school if they are sick.** Alexander Academy is committed to informed best practices and educating its community members regarding changes to ministerial and provincial guidelines and mandates at all times. The responsibilities start from the Alexander Academy administration.

## Prevention Measures in place at Alexander Academy:

- Staying home when sick.
- Everyone who is eligible is encouraged to get fully vaccinated.
- Proper safety signage, temperature check equipment, extra masks, and hand sanitizer are available at the entrance/exit of the school. Hand sanitizer and hand cleaning facilities are available and accessible throughout the school and are well maintained.
- Providing regular reminders to students, families, and staff about the importance of following public health recommendations from the BC Centre for Disease Control.

- Cleaning hands regularly.
  - The night cleaners clean and disinfect surfaces daily.
  - Mandatory campus sign-in for visitors. This information will be stored should there be a need to have it for contact tracing.
  - The wearing of safety masks will be optional for students, teachers, staff, and guests inside Alexander Academy. The decision to wear a mask or face covering is a personal choice for everyone. This choice should be supported and treated with respect.
- \* **Note:** Please keep in mind that if we see a significant increase in hospitalizations in BC, Alexander Academy may reinstate mandatory mask usage on campus.
- Physical and Health Education (PHE) students, art students, and students sharing equipment should be encouraged to practice proper hand hygiene before and after shared equipment use and should refrain from sharing water bottles.
  - If a student, staff, faculty, or visitor develops symptoms of illness while at school, they are to report to the reception and be isolated in the school sick room immediately until they are able to leave the campus and either return home to self-isolate or seek medical treatment. If serious, they are to call **8-1-1** for further guidance.
  - Students, staff, and faculty who travel abroad need to follow the rules of the Government of Canada. For more information, please visit the Government of Canada website for the latest travel rules: <https://travel.gc.ca/travel-covid>

## Rules for coming to campus:

**\*\*\* STAY AT HOME IF SICK! \*\*\***

### • What to do if you test positive for Covid-19?

- If you have symptoms and tested positive for COVID-19, stay home as much as possible to reduce any potential spread of illness. Stay home until your symptoms have improved, your fever is gone (without the use of medicines that reduce fever like Tylenol), and you are able to participate in your regular school/work activities.
- A negative Covid test result **is not** required before returning to campus because COVID-19 can show up in test results for several weeks after recovery.
- Covid-19 Antigen Rapid Test Kits are available for free at local pharmacies:  
<https://www2.gov.bc.ca/gov/content/covid-19/info/testing>

\* **Note:** If you don't have Covid symptoms, you do not need to stay home or avoid others, regardless of test results.

**Covid-19 Self-Assessment Tool:** <https://covidcheck.gov.bc.ca/>

## **What does well enough to return to regular activities mean?**

Consider how you manage other illnesses that you do not get tested for like cold and flu. Stay home if you are feeling unwell and resume your regular activities when you feel you are able to manage them. If you have a fever, you should stay home until it is gone without medication.

## **How to self-isolate?**

- Stay home in your own room or a dedicated area in the home as much as possible.
- Do not go to work, school, or other public places.
- Do not have visitors inside unless they are home health care providers.
- Have family, friends or a delivery service bring food, medication, and other supplies to you.
- Avoid going outside of your home even while you wait for your test results.
- Continue to wash your hands often and cover your coughs and sneezes with a tissue or your elbow.
- You can still do essential chores such as checking your mail, walking your dog, or shovelling your walkway.
- While you are self-isolating, keep connected with friends, family, and the school virtually or over the phone.
- Visit the [Mental Well-Being Page](#) to learn more about mental well-being support services offered in B.C.
- If you have non-health-related questions about support services, call Service BC at 1-888-268-4319 (available 7:30 am-8 pm, 7 days a week)
- If your symptoms are severe (e.g., difficulty breathing), call 9-1-1 or visit the nearest emergency department.

## Symptoms of Covid-19:

**\* Information taken from the BC Centre for Disease Control**

<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>

Watch for symptoms of COVID-19 that can appear up to 14 days after being exposed to the virus. The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. COVID-19 symptoms can range from mild to severe. Sometimes people with COVID-19 have mild illness, but their symptoms may suddenly worsen in a few days. Research shows that some symptoms are more likely related to COVID-19 than others.

**Key symptoms of COVID-19 include:**

- Fever or chills
- Cough
- Loss of sense of smell or taste
- Difficulty breathing

**Other symptoms may include:**

- Sore throat
- Loss of appetite
- Extreme fatigue or tiredness
- Headache
- Body aches
- Nausea or vomiting
- Diarrhea

**Go to an urgent care clinic or emergency department if you:**

- find it hard to breathe
- have chest pain
- can't drink anything
- feel very sick
- feel confused



Scan the QR code for more  
information on COVID-19.

\*\*\* **Note:** Alexander Academy staff and faculty will continue to monitor the workplace and update the CD plan when necessary.