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Heard County Schools has in place a core set of infectious disease prevention strategies as part of their normal operations for the 2023-2024 school year.

The layered prevention strategies described can help prevent the spread of many infectious diseases, such as COVID-19, influenza (flu), respiratory syncytial virus (RSV), and norovirus, and support healthy learning environments for all.

How to Protect Yourself & Others- Strategies for Everyday Operations

Schools should take a variety of actions every day to prevent the spread of infectious diseases, including the virus that causes COVID-19. The following set of strategies for everyday operations should be in place.

Staying Up to Date on Vaccinations

Schools should promote equitable access to vaccination. Staying up to date on routine vaccinations is essential to prevent illness from many different infections.

Staying Home When Sick

People who have symptoms of respiratory or gastrointestinal infections, such as cough, fever, sore throat, vomiting, or diarrhea, should stay home. Testing is recommended for people with symptoms of COVID-19 as soon as possible after symptoms begin. Staying home when sick can lower the risk of spreading infectious diseases, including COVID-19, to other people.

Ventilation

Schools can optimize ventilation and maintain improvements to indoor air quality to reduce the risk of germs and contaminants spreading through the air. Funds provided through the U.S. Department of Education's Elementary and Secondary Schools Emergency Relief (ESSER) Programs have been used to support improvements to ventilation in all schools.

Hand Hygiene and Respiratory Etiquette

Washing hands can prevent the spread of infectious diseases. Schools should teach and reinforce proper handwashing to lower the risk of spreading viruses, including the virus that causes COVID-19. Schools should monitor and reinforce these behaviors, especially during key times in the day (for example, before and after eating, after using the restroom, and after recess) and should also provide adequate hand washing supplies, including soap and water. If washing hands is not possible, schools should provide hand sanitizer.

Schools should teach and reinforce covering coughs and sneezes to help keep individuals from getting and spreading infectious diseases, including COVID-19.

Cleaning

Schools should clean surfaces at least once a day to reduce the risk of germs spreading by touching surfaces.