

## BACK TO SCHOOL: A CHECKLIST TO HELP PREVENT SPREAD THE VIRUS

*by:*

**Carmela D. Tasis**

*Master Teacher I, Sta. Rosa Elementary School*

After almost three years, the school is now opening its doors to the students it serves. The preparation is tedious and many concerns arise, most importantly, the fear of students and school personnel being infected with COVID-19. This concern is realistic and should be properly and adequately addressed. Practices for safety to prevent the spread the virus are essential to observe both at home and in the school.

Developing routines and checking on items that will be used by the students are necessary. Encourage parents and students to get vaccinated for their protection. Students and school personnel need to always wear face masks. Schools prepared a triage area at the entrance with thermal scanner and alcohol as well as handwashing facilities as hand washing is highly recommended as the universal precautionary measure against the spread of illnesses. Arrows where students will follow to go to their respective classrooms are also painted on the pathways. Social distancing will still be observed to ensure safe space is followed. A clean water supply is vital so make sure that there is enough clean and safe water within reach of everyone in the school both for cleaning and drinking.

The regular disinfection of seats, classrooms, and the entire school premise will be done with the use of safe antiseptic solutions. Sanitizing items will also be done religiously. Fogging is also recommended to help in keeping the school premises free from other possible illnesses such as the prevalent Dengue. It is also crucial to update information about health protocols.

In the class, discuss with students the other means of being healthy and safe from infections. The teacher can incorporate lessons and activities related to health and being free from illnesses. This can also help students to remember and appreciate the lessons about health and put them into practice. While the virus is still around and because health is essential part of our existence, creating healthy habits and practices should be promoted and observed in our schools. This way, we can truly perform well as educators and our students can achieve more in their academics.

### *References:*

Sparks, S. (2021). Preparing for In-Person Learning: A COVID 19 Checklist for Parents. Education Week. Retrieved from <https://www.edweek.org/leadership/preparing-for-in-person-learning-a-covid-19-checklist-for-parents/2021/08> on August 1, 2022

Talic S, Shah S, Wild H, Gasevic D, Maharaj A, Ademi Z, et.al. (2021). "Effectiveness of public health measures in reducing the incidence of covid-19, SARS-CoV-2 transmission, and covid-19 mortality: systematic review and meta-analysis".BMJ (Clinical Research Ed.).