

Main Office 970-348-5000

Attendance 970-348-5014

School Website

http://www.greeley schools.org/greeley central

> School Calendar

http://www.greeleyschools.org/Page/

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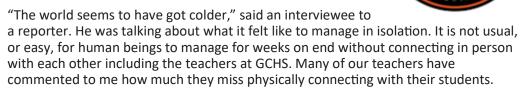
Wildcat
Athletics
http://www.greeley
schools.org/domain



A Message from our Principal

Dear GCHS families and students,

Seven weeks ago, none of us saw this happening. Seven short weeks ago, we were all going home for Spring break and at the last minute were told that Spring break would be extended by one week. We did not expect or hope to be where we are seven weeks later. Yet this is our reality.



We are not made for isolation. Students and school are made to be connected, sociable, mutually dependent. When I walk the halls of the Castle, it feels really odd—indeed almost scary—to be in empty space. To be in company, meeting people's eyes would be completely different. The Wildcat community, like many other communities, calls itself a "family" because a family is intimate, unified, each limb or organ dependent upon the others for the whole body to flourish.

But people do not always have the luxury of being in the same space. And, at the moment, we don't. Fortunately, we are also very creative about how to connect. Please know that even when alone you are part of the family—a Wildcat family—where each part supports each other and will build each other up. Know that you are not alone. Hopefully we all learn to value our connections especially when they are threatened or rare.

I appreciate all of you and I thank you once again for supporting your education during this challenging time of remote learning. I appreciate that students are engaging with teachers in online learning and working hard to keep up with their classes. This is most certainly an unprecedented time in part because we don't know how or when all this will end; we don't know what to expect of our near future.

But rest assured that everyone is working to create a new normal; everyone will work to ensure that you receive the best education possible given our circumstances.

Seniors, we are excited to honor the graduating Class of 2020 and we are working to preserve some of the traditions that you should expect in your graduating year. We've postponed in-person graduation until July 31st. We're working to connect with you prior to that also. Be patient.

We will share more as time goes on. Know that we miss all our students in the Castle! It is just not the same. But stay tuned. Keep working hard.

Sincerely, Cary Smith, Principal

PROM

Prom has been postponed for now. We are hoping to reschedule Prom for a later date but this will all depend on the current closure situation. Once we get more information and updates, we will post this information on the school's website and Facebook pages. We are looking at times around graduation so please look for announcements.

Graduation Information

Please note that in-person graduation for the class of 2020 has been officially postponed until the end of July. The tentative date for Greeley Central's Class of 2020 Graduation ceremony is Friday, July 31st at 8:00am at District 6 Stadium. There will more than likely be limits to the number of people allowed to attend for each student. As soon as more details are known, we will post those details.



Please see the letter from Mr. Smith to Greeley Central families of seniors/graduates by clicking here.

Senior Class Photo

POSTPONED. We will notify you when a new date has been chosen to take this photo. We are looking at a senior class photo possibly at the end of June or the beginning of July. Once the determination of the date we will inform all seniors of this event. Please keep checking the school's homepage as well as the school's Facebook page.

GCHS Cheer Tryout Application (2020-21)

If you are interested in trying out for the 2020-21 GCHS Cheer Team, please fill out the Cheer application (link to application below) using your school email. Once the application has been filled out and submitted, you will receive an email from the Cheer coach with more information regarding tryouts.



Tryout Application - CLICK HERE





ARTS MAGNET PROGRAM

Performing and Visual Arts Magnet Scholarship Recipients of 2020

Funded by the Kenneth Schuman Scholarship Foundation



Acting:

Choir: **Brandon Chavez**

Orchestra: Tyler Lawrence



Grace Patrick

Indigo Parlin

Visual Art: Jazz Jensen







Fine Arts Student of the Year Scholarship:

The Fine Arts Student of the Year is considered the "face" of the arts magnet program. This student participates and excels in multiple areas of the arts both in class and through co-curricular activities. The recipient of this scholarship/award shows tremendous leadership within the arts community at GCHS and Greeley, and has a high regard for cooperation, encouragement, collaboration and is considered a team-player by their peers and faculty. This special scholarship designates the altruistic student, similar to the qualities of the named donor, Dolores Schuman. This scholarship is in the amount of \$500.

> Fine Arts Student of the 2019-2020 School Year: **Brian Davis**





Looking to APPLY to the **Arts Magnet Program?**

You can apply online here:

Google Forms

Music Awards	Name of Student
National School Orchestra Award	Darla Menjivar
National School Orchestra Award	Tyler Lawrence
National Choral Award	Hayden Hein
John Philip Sousa Award	Grace Patrick
Patrick Gilmore Band Award	Trint Shupe-Larson
Louis Armstrong Jazz Award	Brian Davis
Woody Herman Jazz Award	Christian Sherwood

GCHS Finals Week Schedule: May 18th-21st, 2020

Monday, May 18th - Regular Online Remote Learning Schedule

Tuesday, May 19th - Staff available by email** 7:30 - 9:00 am

(60 minutes) Block 1 9:00 - 10:00 am

(60 minutes) Block 2 10:05 - 11:05 am

(60 minutes) Block 3 11:10 - 12:10 pm

Lunch Break 12:10 - 1:00 pm

Office Hours 1:00 - 2:00 pm (by appointment only)

Staff available by email 2:00 - 4:00 pm

Wednesday, May 20th - Staff available by email** 7:30 - 9:00 am

(60 minutes) Block 4 9:00 - 10:00 am

(60 minutes) Block 5 10:05 - 11:05 am

Lunch Break 11:05 - 12:00 pm

Office Hours 12:00 - 1:30 pm (by appointment only)

Staff available by email 1:30 - 4:00 pm

Thursday, May 21st - Staff available by email** 7:30 - 9:00 am

(60 minutes) Block 6 9:00 - 10:00 am

(60 minutes) Block 7 10:05 - 11:05 am

Lunch Break 11:05 - 12:00 pm

Office Hours 12:00 - 1:30 pm (by appointment only)

Staff available by email 1:30 - 4:00 pm

Semester 2 transcripts will be uploaded by Tuesday, May 26th, 2020. Teachers need to have grades finalized/posted in I.C. by Friday, May 22nd.



^{**}Time may also be used for individual meetings with students and/or their families in order to wrap up this year and/or preparations for the next school year.

AP TESTING DATES/TIMES

This AP Testing matrix is found below. Remember, all tests will be conducted ONLINE this year. Please be checking with your AP teacher to find all of the details you will need for testing dates. Good luck!

Exam Date	Exam Start Times			
	10:00 a.m.	12:00 p.m.	2:00 p.m.	
Mon, May 11			United States Government and Politics	
Tues, May 12		Calculus AB Calculus BC	Human Geography	
Wed, May 13		English Literature and Composition		
Thurs, May 14		Chemistry	Physics 1: Algebra-Based	
Fri, May 15	Art History	United States History		
Mon, May 18		Biology	Environmental Science	
Tues, May 19	Music Theory	Psychology		
Wed, May 20		English Language and Composition	Microeconomics	
Thurs, May 21	French Language and Culture			
Fri, May 22 (NOTE DATE)		Statistics	Spanish Language and Culture	
AP Research	Digital portfolio submission - Thurs, May 21			
AP Seminar	Digital portfolio submission - Thurs, May 21			
AP Art and Design 2- D/3-D	Digital portfolio submission - Fri, May 15			

OTHER TESTING POSTPONED/CANCELLED CMAS & SAT/PSAT Testing:

Testing for CMAS was set to take place April 8th and April 9th and SAT/PSAT testing was set to take place on April 14th. Due to the current coronavirus situation, all testing has either been postponed or cancelled. Once we have more information on a decision to have makeup testing we will post that information on the school's website as well as send out phone calls and emails. You can also see any SAT/PSAT updates directly here.

Athletics/Activities

Due to the Coronavirus situation, all spring sports have been cancelled. All students who have paid their spring sports athletic fees have been issued a refund for those fees. Also, all in-person activities have been postponed through the end of June (June 30th). The Weld County Health Department has extended a previous "no contact" rule for all coaches and students through July 1st.

Head Coaches for Greeley Central Spring Sports were:

- Boys/Girls Track & Field (co-ed) Marty Neibauer (mneibauer@greeleyschools.org)
- Baseball Zach Brockmann (<u>zbrockman@greeleyschools.org</u>)
- Girls Soccer Shannon Segovia (<u>ssegovia@greeleyschools.org</u>)
- Girls Tennis Steve Burch (stburch@greeleyschools.org)
- Boys Volleyball Marissa Hughes (mhughes3@greeleyschools.org)
- Boys Swimming (MUST register at West) Contact West for coaches information
- Girls Golf (MUST register at Northridge) Contact Northridge for coaches information

Fall Sports Registration:

Registration for Fall Sports will open on 7/1/20. Information regarding Fall sports registration will be listed on the Greeley Central High School home page as we get closer to that date. Remember that all athletes must have a current athletic physical on file and have insurance to be able to participate in sports at Greeley Central High School. Athletic physical forms can be downloaded from our school's athletic webpage. Just click on the "Athletics" menu at the top of the homepage page, click on "Sports Registration and Supplemental Files", scroll to the bottom of the page and click on "Physical Form (required)" to download the form then print (or click this link). For more information email Sue Barnes, our Athletics/Activities secretary at sbarnes1@greeleyschools.org.

Academic & Athletic/Activities Awards

Due to the Coronavirus situation, we will not be having an in-person Academics & Athletic/Activities Awards Night this year. We will be posting awards on the school's website soon with a list of those awards in a video presentation.

Math Students of the Month as selected by our mathematics department. Congratulations to the following students for their hard work and dedication in their math classrooms. Thank you for being leaders!



Programs/Pathways at Greeley Central

Please check out our different programs & pathways offered at Greeley Central High School.

- Arts Magnet
 - Link to Brochure
 Link to Application
- Health Science Academy
 - <u>Link to Brochure</u> Link to Application
- Marketing/Business
 - Link to Brochure
- Advanced Manufacturing
 - Link to Brochure
- Clubs/Organizations
 - Link to Google Slide Listing of Clubs
- OTHER INFORMATION
 - **Graduation Requirements (Starting with Class of 2021)**



Email Contact List for Administration & Office Staff

Administration		
Cary Smith, Principal (12th)	. casmith@greeleyschools.org	
Alicia Lackey, AP (9th)	.alackey@greeleyschools.org	
David Reyes, AP (10th)		
Sean Scribbick, AP/AD (11th)		
Clerical/Support Staff		
Susan Barnes, Athletics	. sbarnes1@greeleyschools.org	
Celeste Bauer, Attendance	. cbauer@greeleyschools.org	
Nicole Busson, Library	. nbusson@greeleyschools.org	
Maria Clark, Main Office	. mclark6@greeleyschools.org	
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Nancy Kern, Finance	. nkern@greeleyschools.org	
Phillip Ulrickson, Off. Mgr	. pulrickson@greeleyschools.org	
Special Education Assistants (MCAT, IFL, DHH,	<u>Speech)</u>	
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Belinda Verhoeff, IFL	. bverhoeff@greeleyschools.org	
Health Clinic		
Caryn Ishmael, School Nurse		
Cristina Alvarez, Health Clerk	. <u>calvarez3@greeleyschools.org</u>	
Security		
Rocky Byrd, Campus Monitor		
Anthony Castillo, Campus Monitor		
Amy Luster, Lead Campus Monitor		
Nicolle Spencer, Campus Monitor		
Anthony Muck, SRO (Greeley PD)	. amuck_sro@greeleyschools.org	
Building Manager/Kitchen Manager		
Darrell Husby, Building Mgr		
Tracy Steinbrecher, Kitchen Mgr	. tsteinbrecher@greeleyschools.org	
Other Programs	la ra a a ra 4 @ ara a la via a la ara	
Kendra Aragon, Dream Team		
	mgalindo2@greeleyschools.org	
Lizette Guerrero, Career Pathways		
Tyler McNeece, 9th Grade Int		
Armando Meza, SRP		
Diondre Morales, SRP		
Erick Palomino, Migrant Advocate		
Alma Rivera, Zero Dropouts		
Breanna Staut, Gear Up	. <u>ustaut@greeieyschools.org</u>	

Email Contact List for Teaching Staff by Department

Business Department (CTE)	
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Culturally Linguistically Diverse (CLD)	
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Jessica Thomas	
Nate Will	
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Elise Harvey	
Rebecca Larson-Reyes	
Flor Varela	
Marnay Von Bernuth	
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Marissa Hughes	
Barbara Johnson	
Kevin Rohnke	
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Liam Duncan	
Lucille Franklin	
Thomas Frasier	
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Tom Harmon	
Shannon King Utu	
Emily Kirby	
Elizabeth LeFebre	
Ken Magruder	
Rebecca Quinby	
Megan Schulz	
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Health Science Academy (CTE/Science)	
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Phil Nance	

Mathematics	
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Anthony Cerise	
Rachel Longnecker	
Sonya Mendoza-Weiss	
Jordan Miller	
Sean Miller	-
John Montoya	
Janet Noel	
Gary Stark	
Travis Thomas	
Oliver Uhlig	
Science	
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Patty Martinez	
Susan McGrath	
Robert Miller	
Liz Mock-Murphy	
Maranda Maher	
Marty Neibauer	
Daniel Visser	
Special Education	<u></u>
Brian Bailey	bbailev@greelevschools.org
Guadalupe Camacho	
Justin Davis	
Courtnay Flagg	
Mary Goffeney	
Jolynn Hirai (Speech)	
Kirk Johnston	
Brittney Sampedro	
Lauren Spicer	
Vocational Education (CTE & Online)	
William Alexander	walexander@greeleyschools.org
Julie Boecking-Rowell	jrowell@greeleyschools.org
Gary Luster	gluster1@greeleyschools.org
Roger Pranke	
Visual/Performing Arts Magnet	
Doran Azari	dazari@greeleyschools.org
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Brian Humphrey	
Janet McGlaughlin	
Jodi Moore	
Christy O'Connell-Black	
Joni Wilson	jwilson5@greeleyschools.org
Counseling Staff/	
Katrina Boschmann (12th)	
Jessie Caggiano (Soc Wkr)	
Sara Dillon (10th)	
Elizabeth Hansen (Psych)	
Claudia Koesler (12th/9th)	
Sarah Parsell (9th)	
Kendra Villarreal (11th)	kvillarreal@greeleyschools.org

Upcoming Events

Here are a few of our upcoming dates:

May 1-18 8:30am-12:30pm Online Remote Learning (Monday-Friday)

May 18 All Day Start of Finals Week; Seniors/Graduates checkout

May 19-21 Varies Finals - See website for finals schedule

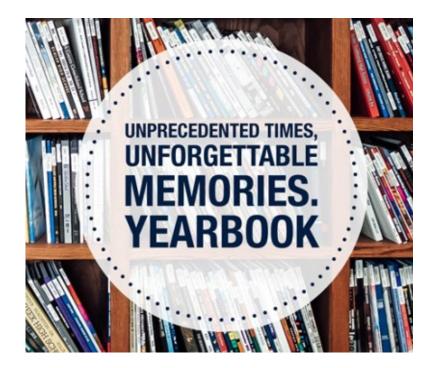
May 21 All Day Last Day of School for Students

May 25 All Day District Closed for Memorial Day

May 26-29 All Day Normal "Virtual" Office hours this week (Tuesday-Friday)

June 1 6am-4:30pm Switch to Summer Office Hours (Mon-Thu, closed Fri)

As always, check our webpage for all upcoming events, activities, and sports details (www.GreeleySchools.org/GreeleyCentral).



YEARBOOK UPDATE

GCHS Yearbook Staff is happy to announce that the 2020 yearbook is completed! We

want to ensure you that the book was sent to the printer and will be delivered to our students. This yearbook will capture the stories of this unique school year.

Since copies are limited and school schedules continue to change, we ask that you please <u>CLICK THIS LINK to order your yearbook online</u>. **YOU MUST ORDER BY MAY 15TH** online (see link above). Please note that as of May 1st, there were less than 30 copies left to purchase.

And since we won't be able to have our yearbook signing day as we normally do, Jostens, the company who publishes our yearbook, is offering Digital Yearbook Signing. See flyer on the next page. More details will follow soon.



YEARBOOK SIGNING

Saves The Day



THE SCHOOL COMMUNITY MAY NOT BE TOGETHER, BUT THE YEARBOOK SIGNING TRADITION IS SAFE AND SOUND!



Students register for customized digital signing pages online and receive a unique URL to share with friends, inviting them to sign.



Classmates, faculty, friends and family can digitally sign the pages using their choice of font, color and stickers.



When complete, the pages filled with messages are emailed to the recipient. These printable pages will be treasured for a lifetime with the yearbook.

COMING SPRING 2020

A Message from the Counselors

SENIORS WHO WILL BE ATTENDING AIMS THIS COMING FALL, please check with your counselor to find out if there is any further information for you. Since we are not able to get into our school physically until at least April 30th, we are uncertain if any of these opportunities will be made up. Again, please check with your counselor and our College team to keep up to date on any changes or updates.

How to make and appointment with the counselor:

- Go to www.greeleyschools.org/greeleycentral
- Click Menu
- Click on Counseling Tab
- Scroll to find your counselor (all the way at the bottom)
- Click on MAKING AN APPOINTMENT WITH:
 - o 9th grade- Mrs. Parsell (Mrs. Koesler, interim Freshman counselor)
 - o 10th grade-Mrs. Dillon
 - o 11th grade-Mrs. Villarreal
 - o 12th grade-Ms. Boschmann
 - o 12th grade College- Mrs.Koesler

Please make sure to enter all of the information requested on the appointment screen and add the reason why you are making the appointment. This will help the counselors to be prepared for the meeting.

We are still able to "see" students by appointment. The appointment will create a google hangouts link for a video chat or you can put a good number to be reached in the comments. We may call from an unknown number during your appointment time. Please make sure to enter all of the information requested on the appointment screen and add the reason why you are making the appointment. This will help the counselors to be prepared for the meeting.

During this time many people are struggling because of the change in routine and connection. Please reach out for support as struggles arise. These local agencies are still accepting new clients for teletherapy:

North Range Behavioral Health: 970-347-2120 Insurance, Medicaid, sliding scale self-pay

Heart Centered Counseling: 970-691-1880 Insurance, Medicaid

Banner: 970-810-5454 Insurance

Due to school being virtual right now we are currently unable to provide immediate crisis support. If you are worried about the safety of yourself or a loved one please call 911.

North Range Behavioral Health Crisis is still operating by phone and in person for free crisis services. Call (970) 347-2120 or go to 928 12th St

FREE & REDUCED LUNCHES

Every year each student who wishes to be considered for free & reduced lunches must have their parent or guardian fill out a new application.

The best method of doing this is online. Completing your application online takes significantly less time and will facilitate a quicker turnaround time for determining your status.

Please click the link below to take you to this online application:

https://d6applyformeals.greeleyschools.org/



Click Here to Apply Online for Free & Reduced Meals!

If you prefer to fill out a paper application you can pick this application up from the main office or go directly to Nutrition Services at the Service Center located at 2504 4th Avenue. Please note that filling out a paper application does take longer to process and get results.

Please note that students who have not had an application processed by one of the last days in September will have a "paid" status until approximately the end of the first week in October. After that date, the student's free & reduced status will be revoked, so please don't wait until the last minute to complete this application. Please check with Nutritional Services for all required due dates & information:

Click here for the Nutritional Services Page

ATTENDANCE

To report an absence for your student please call the attendance line directly at (970) 348-5014.

Please also remember to bring a photo ID with you when you come to pick up your child. Although some staff may know the parents of students, not everyone in the office may be familiar with you or your child.

We require at least one (1) hours' notice to release students so please plan ahead.

Thank you for your cooperation.

CLICK HERE to go to the Attendance page.

Please note that during testing, field trips, or athletic events, your student may initially be marked absent on until later that afternoon. Attendance for some testing or school events is delayed due to receiving final student attendance lists from the testing rooms or field trip chaperones/coaches. We thank you in advance for your understanding.





Weld County Department of Health and Environment 2019 Novel Coronavirus (COVID-19) Prevention and Preparedness

General Respiratory Illness Prevention and Preparedness (COVID-19)

There is currently no vaccine to prevent Coronavirus Disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. Please practice the following preventive and preparedness actions to keep you and your family safe:

Prevention

- Avoid close contact with people who are sick (keep about 6 feet away).
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough with your elbow or sneeze into a tissue, then throw the tissue in the trash—and wash your hands.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Use a facemask if you are sick to help limit the spread of illness to others. If you are not sick, a facemask is not recommended. Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others. The use of facemasks is also crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- 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.
- Avoid travel to areas with <u>ongoing community transmission</u>.

Preparedness

- Create an emergency contact list for family and friends.
- Frequently clean touched surfaces and objects with a regular household detergent cleaner.
- Ensure your family has an extra supply of necessary medicines and food.
- Identify a separate bedroom and bathroom (if available) for a sick family member to use.
- Plan for ways to care for those who may be at greater risk (e.g. underlying chronic illness)
- Plan for potential schedule changes at school and work.
- Avoid sharing personal household items with someone who is sick in the home.

For More Information

- For general questions about COVID-19 in Colorado, call CO HELP at (303) 389-1687 or 1(877) 462-2911 or email **COHELP@RMPDC.org**.
- For disease prevention and control, call the Weld County Health Department at (970) 400-2111.

Steps to help prevent the spread of COVID-19 if you are sick

FOLLOW THE STEPS BELOW: If you are sick with COVID-19 or think you might have it, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care

 Stay home: People who are mildly ill with COVID-19 are able to recover at home. Do not leave, except to get medical care. Do not visit public areas.



- Stay in touch with your doctor. Call before you get medical care.
 Be sure to get care if you feel worse or you think it is an emergency.
- Avoid public transportation: Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people in your home, this is known as home isolation

 Stay away from others: As much as possible, you should stay in a specific "sick room" and away from other people in your home. Use a separate bathroom, if available.



- Limit contact with pets & animals: You should restrict contact
 with pets and other animals, just like you would around
 other people.
 - Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.
 - When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them. See COVID-19 and Animals for more information.

Call ahead before visiting your doctor

Call ahead: If you have a medical appointment, call your doctor's office or emergency department, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



 If you are sick: You should wear a facemask when you are around other people and before you enter a healthcare provider's office.



If you are caring for others: If the person who is sick is not able
to wear a facemask (for example, because it causes trouble
breathing), then people who live in the home should stay in
a different room. When caregivers enter the room of the sick
person, they should wear a facemask. Visitors, other than
caregivers, are not recommended.

Cover your coughs and sneezes

 Cover: Cover your mouth and nose with a tissue when you cough or sneeze.



- Dispose: Throw used tissues in a lined trash can.
- Wash hands: Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often

- Wash hands: Wash your hands often with soap and water for at least 20 seconds.
 This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Hand sanitizer: If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Soap and water: Soap and water are the best option, especially if hands are visibly dirty.
- Avoid touching: Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items

 Do not share: Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.





cdc.gov/COVID19

Wash thoroughly after use: After using these items, wash them
thoroughly with soap and water or put in the dishwasher.

Clean all "high-touch" surfaces everyday

Clean high-touch surfaces in your isolation area ("sick room" and bathroom) every day; let a caregiver clean and disinfect high-touch surfaces in other areas of the home.



- Clean and disinfect: Routinely clean high-touch surfaces in your "sick room" and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
 - If a caregiver or other person needs to clean and disinfect a sick person's bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.
- High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
- Clean and disinfect areas that may have blood, stool, or body fluids on them.
- Household cleaners and disinfectants: Clean the area or item with soap and water or another detergent if it is dirty.
 Then, use a household disinfectant.
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
 - Most EPA-registered household disinfectants should be effective. A full list of disinfectants can be found hereexternal icon.

Monitor your symptoms

 Seek medical attention, but call first: Seek medical care right away if your illness is worsening (for example, if you have difficulty breathing).



- Call your doctor before going in: Before going to the doctor's office or emergency room, call ahead and tell them your symptoms. They will tell you what to do.
- Wear a facemask: If possible, put on a facemask before you
 enter the building. If you can't put on a facemask, try to
 keep a safe distance from other people (at least 6 feet
 away). This will help protect the people in the office or
 waiting room.
- Follow care instructions from your healthcare provider and local health department: Your local health authorities will give instructions on checking your symptoms and reporting information.

If you develop **emergency warning signs** for COVID-19 get **medical attention immediately.**

Emergency warning signs include*:

- · Difficulty breathing or shortness of breath
- · Persistent pain or pressure in the chest
- · New confusion or inability to arouse
- · Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Call 911 if you have a medical emergency: If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

How to discontinue home isolation

 People with COVID-19 who have stayed home (home isolated) can stop home isolation under the following conditions:



- If you will not have a test to determine if you are still contagious, you can leave home after these three things have happened:
 - You have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers)
 AND
- other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
- at least 7 days have passed since your symptoms first appeared
- If you will be tested to determine if you are still contagious, you can leave home after these three things have happened:
 - You no longer have a fever (without the use medicine that reduces fevers)
- other symptoms have improved (for example, when your cough or shortness of breath have improved)
 AND
- you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.

In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

More information is available here.

Additional information for healthcare providers: <u>Interim</u> <u>Healthcare Infection Prevention and Control Recommendations</u> for Persons Under Investigation for 2019 Novel Coronavirus.