



Staying Safe at School

Let's slow the spread of COVID-19

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There are a few things to know about to keep everyone safe:

- Temperature screenings prior to entry
- Face coverings required – a mask or face shield must cover mouth and nose
- Physical distancing practices in place, with limited seating and classroom capacity, and some temporary schedule modifications
- Increased cleaning and disinfection in all high-traffic and high-touch areas



Para evitar la propagación de COVID-19, tenga en cuenta lo siguiente:

- Se tomará su temperatura al llegar a la escuela
- Se requiere usar una mascarilla o cubierta facial
- Para mantener el distanciamiento físico, se han reducido los asientos en el aula, con algunas modificaciones temporales en el horario.
- Mayor limpieza y desinfección

<https://uceda.edu/staying-safe-at-school/>

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Let's slow the spread of COVID-19

We have taken enhanced health and safety measures—for you, our other students, and employees. You must follow all posted instructions while you are present at UCEDA Institute.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the CDC, elderly people and those with underlying medical conditions are especially vulnerable. By visiting or attending classes at UCEDA, you voluntarily assume all risks related to exposure to COVID-19.

If you know you have been exposed to someone with a confirmed case of COVID-19, or if you are experiencing any [symptoms](#), please stay home and seek advice from a medical professional.

Hemos implementado varias medidas de salud y seguridad para usted, para los otros estudiantes y para los empleados. Debe seguir todas las instrucciones publicadas mientras esté presente en la escuela UCEDA.

Existe un riesgo inherente de exposición al COVID-19 en cualquier lugar público donde haya personas. COVID-19 es una enfermedad extremadamente contagiosa que puede provocar enfermedades serias o graves. Según los científicos del CDC, las personas mayores y las personas con afecciones médicas subyacentes son especialmente vulnerables. Al visitar o asistir a clases en UCEDA, usted asume voluntariamente todos los riesgos relacionados con la exposición al COVID-19.

Si sabe que ha estado expuesto a alguien con un caso confirmado de COVID-19, o si experimenta algún [síntoma](#), quédese en casa y busque el consejo de un profesional médico.

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Know the Facts

5 Facts about COVID-19

1

Diseases can make anyone sick regardless of their race or ethnicity.

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

Las enfermedades pueden afectar a cualquier persona, sin importar su raza o grupo étnico.

El temor y la ansiedad por el COVID-19 pueden hacer que la gente evite o rechace a otras personas aun cuando no estén en riesgo de propagar el virus.

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2

For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.

Some people may have an increased risk for more serious complications from COVID-19 and should take measures to protect themselves.

Se cree que, para la mayoría de las personas, el riesgo inmediato de enfermarse gravemente a causa del virus que provoca la enfermedad del COVID-19 es bajo.

Algunas personas pueden tener un mayor riesgo de presentar complicaciones graves a causa del COVID-19 y deberían tomar medidas para protegerse.

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3

Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.

For up-to-date information, visit CDC's coronavirus disease [situation summary page](#).

Quienes completaron la cuarentena o han sido dados de alta del área de aislamiento no representan un riesgo de infección para otras personas.

Para obtener información actualizada, visite la [página de los CDC de resumen de la situación acerca de la enfermedad del coronavirus](#).

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4

There are simple things you can do to help keep yourself and others healthy.

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

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Hay cosas simples que puede hacer para ayudar a que usted y los demás se mantengan sanos.

- Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos, especialmente después de sonarse la nariz, toser o estornudar; después de ir al baño; y antes de comer o preparar los alimentos.
- Evite tocarse los ojos, la nariz y la boca con las manos sin lavar.
- Quédese en casa si está enfermo.
- Cúbrase la nariz y la boca con un pañuelo desechable al toser o estornudar y luego bótelo a la basura.

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5

You can help stop COVID-19 by knowing the signs and symptoms:

- Fever, cough or other symptoms
- Most people have mild illness and are able to recover at home. If you think you may have been exposed to COVID-19, contact your healthcare provider.
- Keep track of your symptoms.
- **If you have an emergency warning sign (including trouble breathing), get emergency medical care immediately.**

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5

Usted puede ayudar a detener el avance del COVID-19 si conoce los signos y síntomas:

- Fiebre, tos u otros síntomas
- La mayoría de las personas tienen una enfermedad leve y logran recuperarse en casa. Si cree que pudo haber estado expuesto al COVID-19, contacte de inmediato a su proveedor de atención médica.
- Haga un seguimiento de sus síntomas.
- **Si usted tiene un signo de advertencia de emergencia (como dificultad para respirar), solicite servicios médicos de emergencia de inmediato.**

Slow the Spread of COVID-19

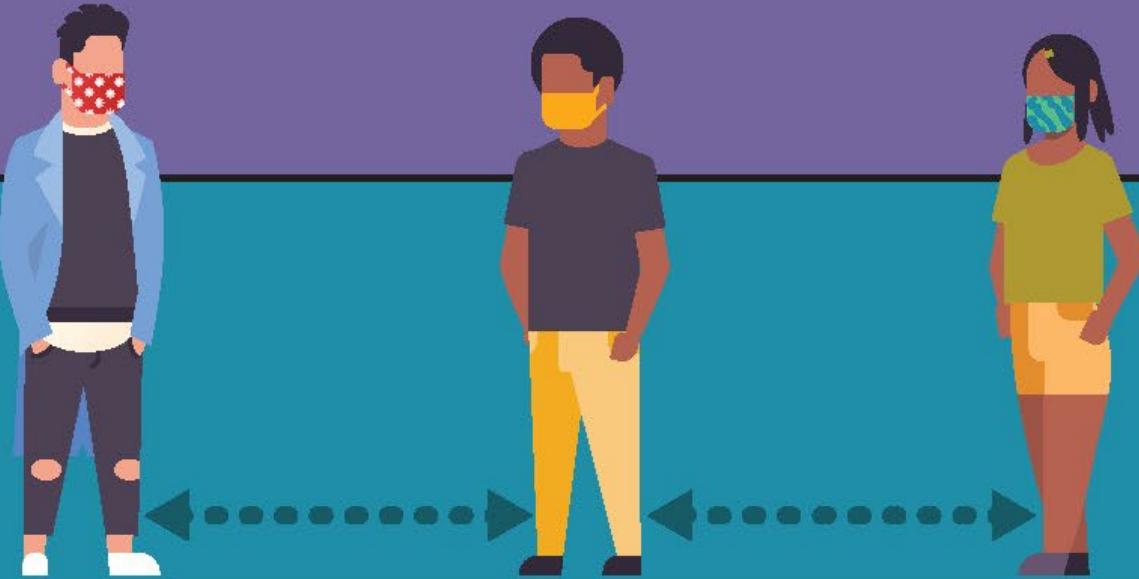


WHEN OUT WITH YOUR
FRIENDS, WEAR A MASK



Slow the Spread of COVID-19

AND STAY
6 FEET APART
FROM OTHERS



CLEAN
FREQUENTLY
TOUCHED
OBJECTS



DO NOT
TOUCH YOUR
EYES, NOSE,
AND MOUTH

Slow the Spread of COVID-19

COVER
YOUR
COUGHS
AND
SNEEZES



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STAY HOME IF YOU ARE SICK



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

CLASSROOM

- Enroll in online classes if they fit your educational needs.
- Wipe down your desk with a disinfectant wipe if possible.
- Avoid placing your personal items (e.g., cell phone) on your desk.



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Additional Resources:



What to do if you are sick

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>



Qué hacer si estás enfermo

<https://espanol.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>



Travel considerations

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>



¿Pensando en viajar?

<https://espanol.cdc.gov/coronavirus/2019-ncov/travelers/index.html>