**Script for Voice recordings**

**Slide 1: As we enter this school year, you may have some questions, concerns or fears about being at school during the current COVID 19 Pandemic. Yukon’s chief medical officer, Dr. Hanley has outlined Six practices that can help us all stay safe when used consistently. This presentation will focus on how we can use:**

* **Social Distancing**
* **Hand washing**
* **And Staying at home when sick**

**to maintain our health and safety in school and at home.**

**Slide 2: What is social distancing or physical distancing and what does it mean? Social distancing is a strategy used to reduce the spread of germs from person to person. This means that we should remain at least one caribou, or 6 ft apart, from each other at all times, except with the people who live in the same household as you.**

**Slide 3: At school, safe social or physical distancing (at least one caribou, 8 sourdough loaves, 4 ravens or 2 Huskies apart) must happen everywhere. Whether you are in the classroom, eating lunch in the cafeteria or connecting outside with friends, socializing will have to look a bit different this year to keep us all safe. Even if you don’t feel like the risk is high for you, we must think of the vulnerable people in our community and ensure appropriate distancing**

**Slide 4: However, It is still important for our health to connect socially. Instead of greeting friends with hugs and we can greet friends with a smile, a wave, a thumbs up, or a nod. These are great ways to connect in- person while still practicing social distancing.**

**Slide 5: Sharing is an important way to show that we care about one another. To keep our sharing safe, it is safe to share things like smiles, texts, phone calls, letters, pictures, and activities like bike riding with one another but still ensuring we are one caribou apart. It is important that we do not share things like phones, physical exchanges, food, water bottles, rides in vehicles, and anything that we have touched as this is how germs can spread from person to person.**

**Slide 6: Handwashing is a critical part of ensuring we remain safe during COVID 19. We must wash our hands with soap and water several times a day (especially after entering buildings, before and after eating, and after using the washroom). To wash your hands effectively, it is important to wash all areas of your hands, including in between your fingers for a minimum of 20 seconds. Hands not washed properly will still hold germs. It helps to think of a favourite song or chorus to wash your hands too – a person can only sing Happy Birthday or ABC’s so many times!**

**I like to sing the chorus of Queens “We will rock you” 3 times – only instead of rock you, I say wash you.**

**Slide 7: Masks are not mandated in Yukon schools, but can be used at the discretion of each individual. People may choose to use masks for many reasons. Some choose to use masks to protect vulnerable family members. Others feel safer wearing a mask. It is important that we respect each other.**

**Slide 8: If you are feeling sick, please stay at home. Even if you simply have a runny nose, it is important that you stay home until your symptoms are gone. Your teachers will support you to continue your learning at home while you are sick. If you have a fever, a cough, or just do not feel well while at school, it is important that you tell a trusted teacher or adult who can help guide you on what to do.**

**Slide 9: It is normal to have moments of sadness or anxiousness during such stressful times. It is important to note that we all respond to stress in different ways. We need to be kind to each other. There are resources available to help you take care of yourself and look out for the people you love. Reach out to a teacher who can help direct you on how to get help if you need it.**

**Slide 10: Let’s reflect together on how we can safety navigate these changing times and be leaders in keeping our school and community healthy. Practicing the guidelines from Yukon’s Chief medical officer minimizes our risk for COVID and maximizes our ability to stay safe, learn, and lead social lives with our friends and family.**