

In order for students to be active learners and for staff to do their best work, we **all** need to stay healthy and reduce the risk of COVID-19 transmission and infection. Follow these best practices to reduce the risk of COVID-19 transmission while learning and working from home.

## YOUR HOUSEHOLD IS YOUR BUBBLE



- Avoid close contact with those outside of your household.
- If you do spend time with others outside of your household, do in a safer environment (distanced outdoors or distanced in a large indoor space with added ventilation).
- As much as possible, avoid spending time in shared indoor spaces like homes and vehicles.

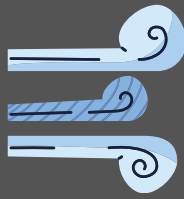


## REDUCE TIME

- Limit time spent in shared space:
  - Limit grocery store trips to 15-20 minutes.
  - Order restaurant takeout.
  - Keep indoor personal care appointments under 30 min.



[Learn more](#)



## DON'T SHARE THE AIR!

- Reduce transmission from large droplets by distancing and wearing a cloth face covering.
- Small aerosolized particles can linger in the air.
- Provide adequate ventilation by opening windows and doors to bring fresh, outdoor air inside.



[How to ventilate a space](#)



[How regular ventilation reduces risk](#)



[Read more about indoor air risks](#)

## LAYERED STRATEGIES

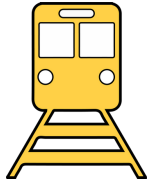
- The same strategies we have used at DeLaSalle to prevent secondary transmission can be used in your home.
- Regularly screen for symptoms.
- Those with symptoms should quarantine and seek testing.



[DeLaSalle Pandemic Preparedness Plan](#)

[Common Symptoms](#)

## LIMIT TRAVEL



- Limit unnecessary travel.
- Consider that you could expose yourself and others to COVID-19.
- Seek testing even if you are asymptomatic, but factor in time between test and results.
- Following travel or other gatherings, consider a 14-day quarantine before rejoining the DeLaSalle community in person.



## QUESTIONS?

- Caroline Sell, MPH
- Health Services Coordinator
- [caroline.sell@delasalle.com](mailto:caroline.sell@delasalle.com)



**DeLaSalle High School**  
1 DeLaSalle Drive  
Minneapolis, MN 55401  
[www.delasalle.com](http://www.delasalle.com)