

Physical Distancing and Minimizing Exposure

This guidance outlines infection control and personal protective equipment (PPE) recommendations, in addition to goals and strategies for all Maricopa County healthcare facilities to respond to community spread of coronavirus disease-2019 (COVID-19).

W – Wear a face covering

W – Walk 6 feet apart

W – Wash your hands

All physical distancing measures are **IN ADDITION** to wearing face coverings on school grounds and on public transportation. Physical distancing means keeping space between yourself and other people. Effective control measures, listed from most to least effective, include:

- Maintaining a minimum of 6 feet of distance between people AND wearing a face covering
- Maintaining a minimum of 6 feet of distance between people
- Wearing a face covering
- Physical barrier such as a plexiglass barrier between people
- Face shield, worn alone

NOTE: This situation is evolving, and guidance will change with new developments. Check back frequently for updates.

REQUIRED:

- Minimize opportunities for sustained exposure (10 minutes or more) by ensuring at least 6 feet of distance between people whenever possible
- Provide physical distancing floor/seating markings in waiting and reception areas
- Mark 6 feet of spacing to remind students and staff to always stay 6 feet apart in lines and at other times when they may congregate
- Provide marks on the floors of restrooms and locker rooms to indicate proper physical distancing
- Have staff monitor arrival and dismissal to discourage congregating and ensure students go straight to their classrooms upon arrival and exit directly upon dismissal
- Provide frequent reminders for students and staff to stay at least 6 feet apart from one another when feasible
- Limit nonessential visitors and activities involving external groups or organizations
- Discontinue activities that involve bringing together large groups of people or activities that do not allow for physical distance. This includes assemblies, in-person field trips, large groups using playground equipment simultaneously, etc.
- Incorporate virtual events such as field trips, parent/family meetings, assemblies, and performances where possible
- Discontinue the use of any self-service food or beverage distribution in the cafeteria
 - Meals and/or snacks served at school should be individually packaged and served directly to students

- Milk or juice may be available separately and should also be served directly to students
- Ensure the safety of children with food allergies
- Arrange desks or seating so that students are separated by 6 feet when feasible. If it is not possible to arrange seating 6 feet apart, consider having all students sit facing the same direction or use physical barriers between students

STRONGLY RECOMMENDED:

- Keep students and teachers in small cohort groups of 10 or fewer people that stay together as much as possible during the day, and from day to day. Limit mixing between cohort groups as much as possible (e.g. during recess, lunch in cafeteria, arrival and dismissal, etc.) except what is necessary for educational purposes.
 - Cohorting does not eliminate the need to comply with other mitigation strategies (face coverings, handwashing, physical distancing, staying home when sick, etc.)
- Follow the recommendations outlined in [CDC's Considerations for Youth Sports](#)

RECOMMENDED:

- Place physical barriers such as plexiglass for protection at reception desks and similar areas
- Designate hallways as one-way, posting directional reminders on the walls and/or floor
- Designate entrance and exit doors for classrooms and restrooms to reduce the chance that people meet face-to-face.
- If physical distancing is not possible in the cafeteria, have meals delivered to the classroom or have students bring food from the cafeteria back to their classrooms to eat.