Durant Community School District Return To Learn Handbook for Families

Durant Community School District

408 7th Street Durant, IA 52747 Phone: (563) 785-4432

Contacts: Joe Burnett- Superintendent Rebecca Stineman- PK-6th Principal Joel Diederichs- Jr/Sr High School Principal (7th-12th) Maria Brown- Director of Instruction Mary Dorris- District Nurse

All items in this handbook are subject to change at any given time based on changing circumstances. This handbook version is current as of July 30, 2020

Although this document provides a detailed overview of what the 2020-21 school year could look like, we will be responsive to our students' needs and future guidance from the aforementioned organizations. Any parts of our plan may change due to the fluidity of the situation. Updates will be communicated to families through the year.

Durant Wildcat Return to Learn Summary

Option 1	Option 2	Communication	Commitments to Safety
In Person Learning	Remote Instruction		
0			
The Durant Community	The Durant Community	The Durant Community	The Durant Community
-	-		-
School District will offer	School District will be	School District will	School District will
face in person learning.	utilizing Edgenuity for	utilize the JMC	utilize these practices
This will be done on the	any families who	messaging system as a	To Improve Health and
traditional school	choose Remote	way to communicate	Safety.
schedule/calendar.	Instruction.	with families.	
In order to choose this	Please explore what	We will be following	Staff will be provided a
	-	the recommendations	-
option please select "in	Edgenuity has to offer		mask and a shield
person learning" when	at <u>www.edgenuity.com</u>	of the Iowa	
registering your child		Department of Public	Students will be
for school.	Any questions	Health, the Iowa	required to wear a face
	regarding this option	Department of	mask
To register please go	can be directed to:	Education, Cedar	
to:	maria.brown@durant.k	County Public Health,	More frequent hand
www.dursis.durant.k12	<u>12.ia.us</u>	and the CDC.	washing
	12.10.05		washing
<u>.ia.us</u>			
	In order to choose this	Please make sure you	Hand sanitizing stations
* At any point in the	option please select	are signed up for	will be located
year if the Governor	"remote instruction"	parent alerts through	throughout the
should make a	when registering your	JMC.	buildings
proclamation or the	child for school.		
Health Department		Please understand that	Water bottle filling
should shut school	To register please go	if a child or staff	stations are available.
down - we will	to:	member contracts	Students may bring
transition to a virtual	www.dursis.durant.k12	COVID we will not send	their own water bottle
setting presented by	<u>.ia.us</u>	a mass communication.	with them.
our classroom		Any communication if	
teachers. Information		deemed necessary will	The Durant
would be provided if		come from the Cedar	Maintenance Team will
and when that		County Public Health	be moving throughout
happens.		Department.	the facilities to clean
			high-touch surfaces,
			multiple times a day.
			maniple times a day.

Introduction:

This handbook is based on available public health information at the time of its creation. These plans were created with committees that had representation from school administrators, teachers, nurses, counselors, nutrition, maintenance and transportation directors along with AEA9 Consultants of the Durant CSD. The handbook will be adjusted based on newly available data and guidance from public health officials.

Mission Statement:

It is the mission of the Durant Community School District, as an innovative leader in a rural setting, to prepare life-long learners to use their unique potentials to benefit their community and to adapt to a global society by providing students with experiences, opportunities, challenges, and tools for individual growth.

Learning Options for Durant CSD

1. **On-Site** - 100% of students physically in the building. Students will follow a traditional schedule with traditional classroom structure.

Should we need to transition to 100% online learning as mandated by the Department of Health or Iowa Governor Kim Reynolds, all learning will be required online. Durant teachers will facilitate this learning.

Last spring, student participation in this model was optional and voluntary. Moving forward, it would be required if/when school is closed.

This would include taking attendance and presenting daily, scheduled, structured learning opportunities to meet identified essential standards along with appropriate feedback and grading.

100% of all students will be required to participate every day. Instruction will be delivered live, recorded, or independent with guidance from the teacher.

DCSD will move in and out of these models depending on recommendations from the Governor's proclamation, CDC, Iowa County Department of Public Health and the Durant Board of Directors. This will be communicated to all stakeholders.

Please consider having a plan for your family in case students need to learn from home.

 Remote Instruction- By choosing not to send your student to school onsite, your student will be participating in the required online learning model provided by the district. At this point the district will be contracting EdGenuity, an online education provider approved by the State of Iowa. The provider will give us access to curriculum in all content areas K-12.

For more information please contact: <u>maria.brown@durant.k12.ia.us</u> or explore the following website <u>https://www.edgenuity.com/</u>.

Options will be made available in the registration packet.

Edgenuity Links:

Video Library: <u>https://www.edgenuity.com/video-library/</u> Course Content Video: <u>https://www.edgenuity.com/video-library/?vid=4109760660001</u> Student Expiration Video: <u>https://www.edgenuity.com/video-library/?vid=5978276525001</u>

Return to Learn Critical Areas

Leadership Infrastructure Health & Safety Iowa Academic Standards Social Emotional Behavior Health Equity Health and Safety Helpful Hints/Procedures

American Academy of Pediatrics COVID-19 Considerations:

https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/clinical-gui dance/covid-19-planning-considerations-return-to-in-person-education-in-schools/

CDC Link:

https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/symptom-scre ening.html

Leadership:

All communications regarding changings in delivery of instruction will be by administrators.

Communication when changes occur with school closings or required continuous learning:

The Durant Community School District will provide updates via School Messenger. To be sure the messages reach you, please confirm your email contact information:

1. (School Messenger)

2. JMC Parent Portal - dursis.durant.k12.ia.us or access is located on the Durant Webpagerequest contact information changes.

3. Consider following the district on social media.

4. If you have additional questions, you can always reach out to the Central Office or your building principal.

Durant Community School District Central Office 563-785-4432

Durant Elementary School (PK-6) Rebecca Stineman -Principal 563-785-4433

Durant Jr/Sr/ High School (7th-12th) Joel Diederichs- Principal 563-785-4431

Infrastructure:

Durant Community School District technology platforms if the entire district needs to teach remotely:

The platforms we will be using as a district are: PK-2: Google Sites/Showbie

3rd-12: Google Site/Google Classroom/Showbie

Teacher Google Sites/Google Classroom:

Durant Community School District Teachers will have a Google Site (PK-2) and Google Site/Classroom (3rd-12th) created with the following components:

- Their contact information
- Syllabus (Middle School and High School)/
- I Can Statements (Elementary)
- Resources Links (i.e. Learning Farm)
- Google Calendar

Families or students who do not have access to the internet:

Please contact the Durant Community School District's Technology Coordinator- Laurie Botkins if you need access to the internet to discuss options.

Logging into an lpad and google account:

Your student's login is: Student's first and last name Login: first name. lastname@durant.k12.ia.us Password: Your student's four digit lunch number

Resource to help navigate the technology my student uses for online learning.

In the fall, teachers will provide you with a bank of resources specific to your student's class. Meantime, you may find these tutorials helpful. <u>Google Classroom video</u> (3-12) <u>Google Classroom Help for 7-12 video</u> <u>Google Classroom Document</u>

Teachers will be embedding Google Sites and Google Classroom into their instruction throughout the year. This will familiarize everyone with this process should online learning be mandated.

Student Attendance and Engagement to be monitored throughout Required Distance Learning Model should the entire district is required to teach remotely through the State of Department of Education decision:

In the distance learning environment, we will adjust the metric for measuring attendance and engagement to better align with the model. This includes the following guidelines:

- Teachers will be expected to monitor student engagement on a weekly basis.
- Teachers will verify each student's attendance for the week in JMC
- An absence recorded during a remote learning period indicates a student has not engaged in distance learning in a week time frame.
- Administration will be responsible for ensuring teachers are monitoring student engagement on a weekly basis and ensuring student engagement

Health & Safety:

We will be following the Iowa Department of Education (IDE), Centers for Disease Control (CDC), Iowa Department of Public Health (IDPH), American Academy of Pediatrics (AAP), and Cedar County Public Health (CCPH) recommendations along with these locally determined protocols...

Our commitment to health and safety:

- 1. State and Federal Mandates. The Durant Community School District will follow mandates of the Iowa Governor, as well as CDC guidelines
- 2. Hand Sanitizing- The district has ordered and will place 200 hand sanitizing stations throughout the school buildings, classrooms cafeteria, busses, athletic fields etc.
- 3. Transportation Cleaning- Sprayer
- 4. Enhanced Environmental Services- The Durant Maintenance Team will be constantly moving throughout our facilities to clean high-touch surfaces, multiple times a day.
- 5. Locker and curtain sprays
- 6. Separate Nurse's Office for Suspected COVID-19 Case
- 7. Masks and Face Shields will be provided for all district employees
- 8. CDC and Handwashing Signage will be posted throughout the building
- 9. Interior doors will be left open as much as possible

REVIEW PROPER HAND WASHING, COVERING COUGH, AND SOCIAL DISTANCING WITH YOUR STUDENT.

The teaching and reinforcement of proper handwashing following CDC guidance will be provided to all students and staff. Hands should be washed with soap and water for at least 20 seconds, especially after being in a public place, blowing nose, coughing, or sneezing. If soap and water are not readily available, hand sanitizer that contains at least 60% alcohol will be used.

This will be a large part of the school day routine. There are some helpful tips and information at the end of this handbook.

Required Personal Protective Equipment (PPE):

The safety and well-being of District students and staff is always our highest priority. To this end, the District will require all students and staff to wear an appropriate face mask throughout the school day. The District reached this conclusion based upon objective information and by relying upon local, state, and federal guidelines. Students and staff may wear a reusable cloth or disposable face mask. The District will provide appropriate face masks to any students or staff members who do not have access to an appropriate face mask. If any student or staff member has a medical condition that may affect their ability to wear a face mask, they should contact Mary Dorris, the school nurse. Any student or staff member who refuses to comply with this safety requirement may be subject to discipline.

CDC Link for Screening K-12 Students for School and Symptoms:

https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/symptom-scre ening.html

Students who become ill:

- A separate office will be utilized for any suspected COVID-19 cases with students and staff
- Mrs. Dorris (district nurse) will come to the classroom to escort any sick student to the appropriate office
- Students or staff with fever of **100.0** or any other signs and symptoms of COVID-19 will be asked to go home. Please be prepared in some cases for your student to be excluded from school until they are symptom free or for a minimum of 24 hours.
- If you are called to pick up your student due to illness, it will be expected that he or she be picked up **AS SOON AS POSSIBLE**, or within a maximum **45-60 minutes**. Please make arrangements for this to happen. School staff MUST be able to reach a parent or another family contact when needed, and they must be picked up in a timely manner.
- If a positive COVID-19 case is identified at school, the school will assist Cedar County Public Health to complete a case investigation and to determine possible close contacts of the positive case. <u>Again, you will not receive any communication from the school</u> <u>regarding positive cases or potential exposures.</u> ANY CLOSE CONTACTS IDENTIFIED BY CEDAR COUNTY PUBLIC HEALTH (or your resident county health department) WILL BE QUARANTINED AT HOME FROM 14 DAYS FROM THE LAST EXPOSURE TO THE POSITIVE CASE. Please be prepared for your student to be excluded from on-site school for that 14 day quarantine.

• DO NOT SEND YOUR CHILD TO SCHOOL IF THEY ARE ILL! Temperature screenings will not be done at school, so it is asked that parents screen students prior to sending them to school as well. Please do not send your student to school if he or she has already taken Tylenol or Ibuprofen without letting the school nurse know ahead of time.

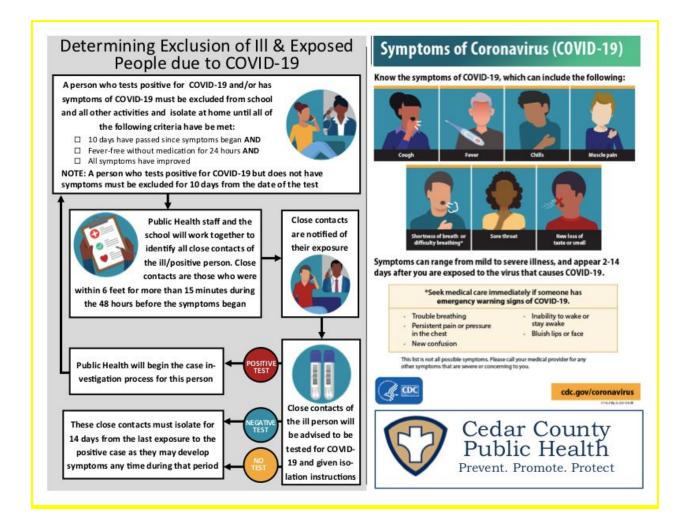
People with COVID-19 have had a wide range of reported symptoms – ranging from mild symptoms to severe illness. Symptoms may appear **2-14 days after exposure to** SARS-CoV-2. Symptoms can include:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms and children and youth with SARS-CoV-2 infection may experience any, all, or none of these symptoms. (See <u>Symptoms of Coronavirus</u> for more information).

Given the wide range of symptoms and the fact that some people with SARS-CoV-2 infection (the virus that causes COVID-19) are asymptomatic, there are limitations to symptom screening conducted by schools for the identification of COVID-19.

Cedar County Chart on Determining Exclusion of III and Exposed People due to COVID-19:



Temperature screenings prior to entering school buildings:

• At this point in time we will not be administering temperature screenings prior to entering school buildings. The District asks that you take your student's temperature before coming to school. Do not allow your student to attend school if their temperature is above 100 degrees. Call your healthcare provider and the attendance office if your student is presenting symptoms.

Drinking fountains:

• Drinking fountains will be available throughout the school day, but we prefer that students bring their own water bottles to school for personal use. If you wish to send a labeled personal water bottle with your student, it needs to be clear, and have a twist off cap for filling that is separate from the drinking or straw opening.

Cafeteria:

- 1. All disposable trays, silverware. Students will not serve their own fruits/veggies, they will all be pre-packaged.
- 2. Students will not enter their lunch number on keypad, they will say their name and the cashier will either enter the student's transaction or scan the student's barcode.
- 3. Kitchen staff may wear masks or shields. Hand washing and glove use as normal following CDC and ServSafe Food Safety guidelines.
- 4. Specific cleaning procedures will be implemented in eating areas.
- 5. Social distancing throughout lunch line and in eating areas
- 6. Hand sanitizer stations throughout lunch lines and cafeteria
- 7. Students would have assigned areas

Buses:

- 1. Students will be assigned seats
- 2. Students will dismiss from the busses upon arrival to school in sections or small groups
- 3. No food or drinks will be allowed on the busses
- 4. The district has purchased a safe disinfectant sprayer to be utilized after bus routes for enhanced cleaning
- 5. Students riding a bus to school will be seated in family pods both before and after school.

Building and Grounds Recommendations:

- Custodial staff members will assess the most effective manner for cleaning, sanitizing, and disinfecting buildings and grounds. Custodial schedules will be changed accordingly. United States Environmental Protection Agency (EPA) approved disinfectants for SARS-COV 2 will be used.
- 2. In addition to the regularly scheduled cleaning, sanitizing, and disinfecting of all buildings, high-touch surfaces will be cleaned and disinfected daily including tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

Classrooms:

- 1. No rugs, stuffed animals allowed in the classroom
- 2. Interior doors will be kept open as much as possible
- 3. Tables will be spread far apart, utilizing all parts of the room for social distancing
- 4. Students are NOT to share art supplies, pencils, markers, math manipulatives, or other items in a communal setting

Lockers:

- 1. The lockers will be assigned this year to the students.
- 2. It is crucial that there is no food and or drinks in the locker area.
- 3. Articles of clothing must be taken home on a daily basis.
- 4. Lockers will need to be emptied everyday as they will be cleaned and disinfected

Recess:

• Recess structures and routines will be reviewed following public health guidance.

Seating Charts:

• Seating charts will aim at social distancing. In some instances, it may be necessary to sit small pods of kids together at tables, with distance between each pod. Lunch locations and seating, along with recess times, may look different as well, in order to encourage social distancing.

Mass gatherings during the fall:

• Mass gatherings of students and staff will be avoided such as assemblies, field days, field trips, birthday lunches, etc.

Visitors in the building:

• Visitors will be limited to essential purposes during the school day to preserve the safest possible learning environment for students and staff.

Procedure for picking up my child during the school day:

• If a student needs to leave school during the day for any reason, families will remain outside in their vehicle and phone the office. Students will be escorted out of the building.

Appropriate building-wide social distancing as needed:

- DCSD will promote social distancing through altered scheduling/building signage/classroom organization & building access points.
- Outdoor learning environments will be utilized when available and appropriate

Support appropriate general mitigation strategies across delivery models:

- The Durant Community School District will require staff to participate in IDOE recommended health training modules and will post and review district health expectations for staff/students and visitors.
- The Durant Community School District will follow IDOE/legal council recommendations regarding privacy in communication to others in suspected COVID 19 cases.
- The Durant Community School District encourages students and staff that are considered "high risk" or immunocompromised to visit their healthcare provider.

Weight Room:

- Maintain social distance by being 6 feet apart.
- Masks should be worn when social distance cannot be maintained.
- Follow gathering guidelines of workout groups (pods) of 10 or less including the coach and medical personnel.
- Note that some facilities may be large enough to have multiple pods of 10 working out at the same time.
- Groups (pods) of 10 or less must be pre-determined.
- Once groups are determined, students may not switch from one group to another based upon sport. Students that participate in multiple sports for the year are encouraged to be grouped, for summer participation, in their fall sport.
- Interaction between groups shall be avoided. Implement diligent and effective cleaning and disinfecting of frequently touched objects and surfaces following the guidance of the CDC and IDPH.
- Coaches must maintain a daily record of what athletes are participating, when, symptoms they may present (see attachment).
- Athletes should be monitored at start of practice for temperature >100.3F or symptoms of COVID-19 (fevers, chills, cough, muscle aches, headache, sore throat, runny nose, nausea, vomiting, diarrhea, or loss of taste or smell).
- If symptoms are present, they should not participate in practice and should be referred to a physician for evaluation and testing. When free weight exercises require a spotter, a spotter should be positioned at each end of the bar and both should wear masks. Safety measures in all forms must be strictly enforced in the weight room. Students should bring their own water bottle, shoes, towels, and other personal equipment. The use of locker rooms, shared water coolers with cups, and water fountains will be prohibited during these sessions.

Athletics and activities in the fall:

lowa Department of Education guidance released on June 25 allows for all activities and athletics to start July 1. We will continue to follow current guidance from the Iowa Department of Education, Cedar County Health Department, Iowa Girls' High School Athletic Union, Iowa High School Athletic Association, Iowa High School Music Association, and the River Valley Athletic Conference.

Iowa Academic Standards:

Student participation requirements should the entire district be required to teach remotely:

Unlike the spring of 2020, all learning PreK-12 is required. Attendance will be taken daily and grades will be given in both learning models (required online, onsite). Contact your principal with concerns.

Will standards change?

No. Teachers will continue to provide rigorous instruction based on the Iowa Core Standards whether on-site or in required distance learning.

Catching up from lost learning from the spring:

The Durant Community School District plans to focus on grade-level standards and competencies. We will use those strategies," teaching just in time," and scaffolding to support accelerated learning. We will also utilize resources provided by Mississippi Bend AEA and the lowa Department of Education to close gaps and accelerate learning. There will be continuous assessments of students' knowledge and progress.

Assessments that will take place to make sure students are ready to transition to the next grade level:

Our teachers are in close communication with previous grade levels staff members. Students will be assessed when the school year starts and teachers will address student needs as they've done in the past. Teachers will continue to assess individual student progress toward learning goals, and <u>FAST</u> testing will be administered in the fall.

ISASP Testing: As of now, the ISASP will be given in Spring 2021, per the Iowa Department of Education requirements.

Social Emotional Behavior Health:

Who to contact, If my student is showing signs of emotional distress:

We encourage you to reach out to your student's teacher. You may also contact your building principal or guidance counselor for additional support.

Durant Community School Student Services Team:

Jenny Dittmer- Student Services Coordinator Kristy Badtramm- High School Guidance Counselor Kristin Milotte- Elementary Guidance Counselor

Here is another resource to help you in case of an emergency or needing additional support: Eastern Iowa Mental Health and Disability Services Region Hotline Number: 844-430-0375 this is a 24 hour crisis line Website: <u>www.EasternIowaMHDS.org</u>

Signs of emotional distress:

According to the American Psychological Association, symptoms of distress may look different in children and teens than adults. For children distress may look like:

- acting irritable or moody
- withdrawing from activities that used to give them pleasure
- routinely expressing worries
- complaining more than usual about school
- crying
- displaying surprising fearful reactions
- clinging to a parent or teacher
- sleeping too much or too little
- eating too much or too little

For teens distress may look like, all of the above signs of distress in children as well as:

- significantly avoiding parents
- abandoning long-time friendships for a new set of peers
- expressing excessive hostility toward family members

Setting up a structure and routine at home if students are learning online:

Maintaining and communicating predictable routines allows students to have a sense of psychological safety— they can manage stress or connect with someone who can help them. Designate a space as a student's "office space". They can decorate it like an adult office with family photos and positive quotes. <u>Click here</u> for a list of resources including emotional support and tools to ease the stress of online learning.

How can I assess my student's emotional health?

Here are few resources to help you: <u>CDC Helping Children Cope with Emergencies</u> How to Ask What Kids are Feeling

Child care resources:

If we are required to implement a 100% online learning environment or a hybrid learning model, we realize child care may become an issue. As we continue to make informed decisions, we will use your feedback from surveys to help guide us in our decisions. We ask that you start developing a plan in case we cannot return to buildings. Check with family members and neighbors. This State of Iowa resource may be helpful. You can also call the Iowa Child Care Resource & Referral program at 1-855-244-5301.

Accessing - Wildcat Food Bank Backpacks:

The Backpack program targets children who are chronically hungry or food insecure. A sack of food is sent home with your child(ren) on Fridays or the last day before a break. It includes nutritious breakfast, lunch, and dinner options for your child(ren) to eat over the weekend. Please contact Student Services Director Jenny Dittmer (jenny.dittmer@durant.k12.ia.us) to refer your child(ren) or for more information on the Wildcat Food Bank Backpacks.

Equity:

At Risk:

The Durant Community School District will ensure equity support for all students including our at-risk population. We will continue to identify those at risk based on our data and survey results.

- Participation in services will be tracked through the district's learning platform, Google Sites/Google Classroom, along with participation with teachers through distance learning. Additional communication will occur from teachers/counselors/administrators to families/students when participation is not occurring or there are barriers to overcome with the instruction.
- Technology and internet needs will be met through the district's technology plan.

Special Education:

The Durant Community School District will ensure appropriate access to and equity of Iowa's Academic Standards and other needs as the result of the disability and ensure all rights and responsibilities under IDEA are provided.

Families with children with an IEP will receive the same communication that applies to everyone in our district. If additional communication needs do occur regarding special education services, the administrators will communicate directly with the families or their roster teacher may provide this communication as well. All procedural safeguards that accompany an IEP will still be in effect in all learning scenarios.

IEP/504 Parent Meetings:

IEP meetings will continue to be conducted virtually if the district is currently accessing the full distance model or if we are utilizing on-site instruction. This will help to control the visitors in our building due to health/safety concerns. If parents/guardians need assistance to access technology, the roster teacher will reach out to the parents/guardians prior to the meeting to help troubleshoot the technology resources. If parents/guardians are not able to virtually attend the meeting, they may attend via phone.

Gifted and Talented:

The Durant Community School District will ensure equity support for all students including our gifted and talented population.

English Language Learners:

Identification of ELL students: We will use new Department of Education guidelines for provisional ELL placement. If entering a virtual learning environment, based on the Home Language Survey and parent interview, student(s) can be placed in ELL program until we can formally assess new students with ELPA-21 screener.

How to Help Your Child Adapt to Wearing a Mask

Explain WHY

Use easy-to-understand



language and positive phrasing For example, "Many people are sick right now. Wearing a mask will protect you from germs."

Practice Perfect



Let's Pretend

Integrate masks into your favorite pretend play schemes.

Encourage your child to dress up as a doctor, nurse, or veterinarian



Take a Picture

7 Quick

Tips for Parents



Get Creative

Allow your child to decorate their mask using crayons or markers.



If you are planning to make a DIY cloth mask, allow him/her to pick the fabric color or pattern

Start with Familiar Clothina

Some ideas include a scarf bandana

KIDS WEARING MASKS CLIPART BY: BUNNY ON A CLOUD

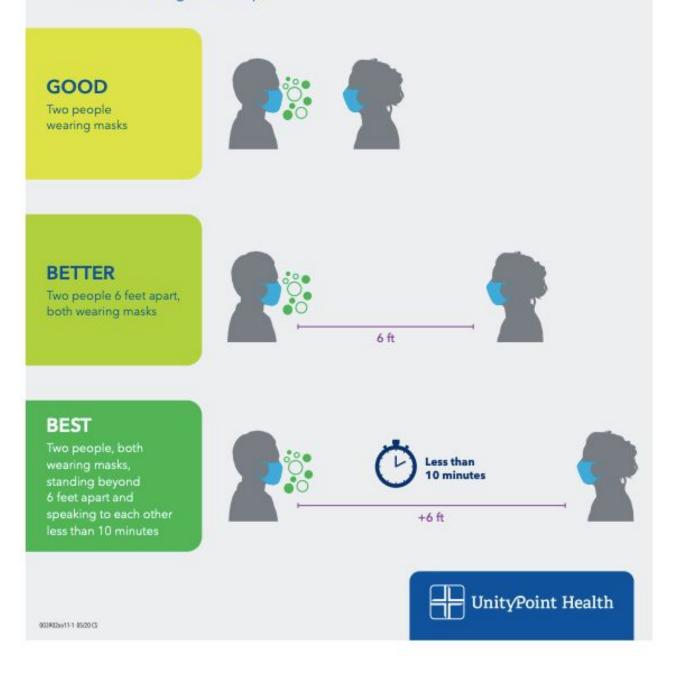
Stuffed Animals & Dolls Need Masks Too Put a mask on your child's favorite stuffed animal or doll as a reminder that we are all in this together!

FOR MORE INFORMATION VISIT BLASBEHAVIORAL COM OR FOLLOW @BLASBEHAVIORAL ON SOCIAL MEDIA

2020 BEHAVIORAL INTERVENTIONS AND SOLUTIONS, LLC

Universal Masking Guidance for All

Together we can all help stop the spread of COVID-19 by wearing a face covering, practicing social distancing and limiting our speaking time when we go out in public.



Slow the Spread of COVID-19 ШЛЛ WHEN OUT WITH YOUR FRIENDS, WEAR A CLOTH FACE COVERING SECONDS 4 WASH YOUR HANDS OFTEN AND STAY 6 FEET APART FROM OTHERS n DO NOT CLEAN TOUCH YOUR FREQUENTLY EYES, NOSE, TOUCHED AND MOUTH OBJECTS STAY HOME IF YOU ARE SICK COVER YOUR COUGHS 60% ALCOHOL AND SNEEZES CDC cdc.gov/coronavirus