Fountainview Academy
Communicable Disease Prevention Plan

updated October 15, 2026

CLEANING AND DISINFECTION

Regular cleaning and disinfection can help prevent the transmission of communicable diseases.

- Buildings and facilities, especially washrooms, kitchens, food service areas, and dormitories, will be kept clean.
- Frequently touched surfaces and commonly used furniture will be cleaned regularly and whenever visibly dirty.
- Reusable materials, including tablecloths, towels, and aprons, will be laundered regularly and after use when appropriate.
- Shared equipment will be cleaned as appropriate for its use and whenever visibly dirty or contaminated.
- Bodily fluids will be cleaned up promptly using appropriate protective equipment and cleaning and disinfection procedures.
- Cleaning products and disinfectants will be used according to the manufacturer's instructions and stored safely.

HYGIENE AND RESPIRATORY ETIQUETTE

The spread of germs can be minimized by proper hygiene and good respiratory etiquette. Fountainview Academy will therefore encourage such practices, including:

- Encouraging staff and students to wash their hands thoroughly whenever dirty and after:
    - using the washroom
    - coughing, sneezing, or blowing your nose,
    - handling frequently-handled items (money, gym equipment, etc)
    - touching anything likely to carry significant germs
- Use alcohol-based hand sanitizer when soap and water are not readily available, and hands are not visibly dirty.
- Keeping washrooms stocked with soap, paper towels, and tissue
- Encouraging respiratory etiquette:
    - Coughing or sneezing into your elbow or a tissue
    - Avoiding touching eyes, nose, or mouth with unwashed hands
- Discouraging the sharing of water bottles, unwashed utensils, etc

ILLNESS PRACTICES

Staff and students are expected to take appropriate precautions when they are ill to protect themselves and others.

- Stay at home/dorm from school/work
- Staff and students who become ill during the school day or a work assignment should inform the appropriate staff member and make arrangements to return home or to the dorm as soon as possible, as needed.
- Students who become ill in the dormitory should notify their dorm dean or designated staff member so that appropriate care and precautions can be arranged.
- Those who are ill should limit close contact with others.
- Individuals should seek medical advice when needed. Severe or urgent symptoms require prompt medical attention.
- Actively seek to build the immune system through rest, nutrition, water, and available natural remedies
- Return to school, work, and group activities should follow applicable public health guidelines and healthcare advice. Certain illnesses may require additional precautions or a longer period away from group activities.
- When a communicable disease outbreak or specific public health concern arises, Fountainview Academy will follow applicable public health directions and implement additional measures as appropriate.

GENERAL HEALTHY LIVING PRACTICES

Maintaining a healthy lifestyle strengthens the immune system, thus helping avoid contracting communicable diseases. Those whose bodies and minds are better able to fight off disease are also less likely to spread disease to others. Fountainview Academy encourages and supports healthy living in at least the following ways:

- Providing frequent opportunities for exercise, especially in the fresh air (and sunshine when possible)
- Scheduling and encouraging regular and sufficient hours for sleep
- Providing a simple, nutritional, plant-based diet
- Promoting sufficient water drinking throughout the day
- Limiting screen time
- Encouraging regular, healthy interaction in positive relationships
- Providing health education and encouraging informed decisions about preventive healthcare

ENVIRONMENTAL HEALTH AND PREVENTION

Fountainview Academy will maintain a healthy physical environment through appropriate ventilation, regular facility maintenance, and safe practices in classrooms, dormitories, food service areas, vehicles, and work education settings.

When concerns about increased transmission arise, the administration will assess the situation, consult public health guidance as appropriate, and communicate any additional precautions to students, staff, and families.