

GUIDELINES TO PROTECT ONESELF FROM COVID -19 VIRUS

Dear Parents,

In the wake of the outbreak of the Corona Virus infection across the world, the suggestions below may be considered and followed.

- 1) Washing of hands frequently and use of hand sanitizer(with alcohol content above 60%)
- 2) Not to touch face/ mouth as far as possible
- 3) To use mask in crowded places; avoid going to crowded places.
- 4) To cover mouth while sneezing and coughing.
- 5) In case of flu like symptoms please consult a doctor immediately. **DO NOT SEND YOUR CHILD TO SCHOOL IF HE/SHE HAS FLU LIKE SYMPTOMS.**
- 6) **The following Travel advisories may be noted:**
 - a) Any student who has returned from international travel in the last 14 days from China, Hong Kong, Republic of Korea, Japan, Italy, Thailand, Singapore, Iran, Malaysia, France, Spain and Germany will need to be under home isolation for 14 days after returning to India.
 - b) If any of the students or immediate family members have developed any symptoms like fever, cough, sore throat, cold, shortness of breath, headache, diarrhoea, after returning from the travel, then again the student would need to contact the local health authorities for appropriate treatment, and **would need to produce a clearance from the authorities** before he/she can attend school.
 - c) There is no advisory yet for travel to other countries or local travel within India, but a history of contact with a known case would need to be taken. If there has been such a contact, again home isolation rules will apply for at least 14 days after the contact.
- 7) Building internal immunity is of prime importance. Have Vitamin C, B supplements, Amla juice, or other such alternative supplements. **Eat fresh fruits and lots of vegetables.**
- 8) **If a student shows symptoms in school**

All symptoms of upper respiratory infection are unlikely to be related to the coronavirus outbreak.

However, incase of any such acute symptoms, parents will be immediately informed and necessary action will be initiated by the school.
- 9) **Cleaning & Disinfection**

Regardless of whether the school has any suspected or actual cases of coronavirus, we will be following cleaning protocols in school and in the buses.

 - We need to take precautions and protect ourselves and make sure we are not spreading the infection.
 - Please do not panic and believe rumours. Instead be aware and updated.