



Back to School Health Rituals

Parents are kindly asked to be alert of any abnormal sign noted on their child before sending to school, (fever 37.8C, tiredness, headache, red eyes, dry persistent cough, difficulty breathing, upset stomach, diarrhea, vomitingskin rash, lesions on fingers, hands or feet (Covid toe) ...

In such a case the student is to stay home, a doctor's advice is recommended before leaving home. The head of section is to be notified in addition to the school nurse in order to keep track of the illness if present.

Parents are kindly asked to help us reinforce the instructions to their kids on daily basis.

- Keeping safe **distance** among classmates (1.5m).
- Using the hand sanitizer in case **hand washing** is not applicable (but **the most preferred**)
- Never take the mask off unless in times of eating or drinking.
- Changing the mask in case it is wet to be discarded, cleaned if made of fabric, and storing it in a paper bag (or envelope) with name written on.
- The paper bag is discarded after each use.
- Face shield is an addition but **NOT A SUBSTITUTE** to a well fit face mask covering.
- Face masks are not allowed to be around /under the chin as there is a risk of getting germs on the outside of the mask onto your chin and lower lip hence getting infected.
- Face masks should be **well fit** over nose mouth and chin, **comfortable** to student.
- Face masks are **NOT TO BE SHARED AT ALL**
- At least **TWO FACE MASKS** are recommended to school.
- It can be made of **dense cotton** fabric or surgical disposable mask.
- Make sure hands are **clean** when changing or adjusting the facemask.
- Cloth face masks can be washed with **regular laundry detergent**; hot water is good.
- Parents are kindly asked not to give Panadol or any other fever subsiding medicine and send their child to school especially in this difficult time, as we are avoiding congestion in the clinic and the isolation room.
- If the child is feeling unwell, **NO PLACE LIKE HOME**.
- **IF** the child is sick in school, parents are kindly asked to arrange transportation to home as soon as possible in coordination with the school nurse or head of section.
- A clear good hand writing medical report is recommended when back to school.
- In case of confirmed COVID case in the direct family, the child is to be kept at home isolated for 14 days until the family tests negative, and a **CLEARANCE** letter from the following doctor is signed and issued to the school.

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Extension 2012