

# **Stay Healthy at Sanskriti School**

## **An Update on COVID-19 Policies and Protocols**

### **Greetings Sanskriti School Family!**

With the cooperation of our parents and staff, we have been able to keep our students safe on the school campus. As the positive cases of COVID-19 are on the decline, we are arriving at a new phase in our approach to COVID. We continue to evaluate the local metrics in COVID -19 and based on these metrics and advice from our medical and public health experts, we are updating campus COVID guidelines and protocols. This guidelines will be updated when changes in public health conditions warrant.

### **Role of parents and students**

As stakeholders, we should strive to maintain COVID-19 appropriate behaviour to reduce the risk of virus transmission in schools. Some essential measures are:

- Parents must ensure that their ward is wearing a mask at all times. Children should be instructed not to exchange or swap masks with others.
- Children must be sensitized about the importance of practicing physical distancing at all times.
- Children must carry hand sanitizers to maintain hand hygiene. They should be discouraged from touching their eyes, nose, and mouth.
- Uniforms, school bags, and other belongings of the children must be disinfected on a regular basis.
- Emphasis must be placed on the health and well-being of children. Children must carry healthy food, fresh fruits, and clean water to school. They must be advised against sharing lunch tiffin and water bottles with others.
- Parents must not send their ward to school if he/she is feeling unwell. A physician must be contacted immediately if any COVID symptoms are observed.
- Parents and all adult family members should get vaccinated against COVID-19. They should also get their child vaccinated once the government health regulatory authorities approve COVID-19 vaccines for kids.

### **When should your child stay at home? (STAY HOME IF UNWELL)**

If your child has one or more symptoms marked with a (\*) or two or more other symptoms

- cough \*
- shortness of breath or difficulty in breathing\*
- loss of taste or smell\*
- congestion or runny nose
- fever or chills\*
- nausea or vomiting
- diarrhea
- headache
- fatigue
- muscle or body ache
- sore throat

### **How long does your child need to stay at home if tested COVID 19 positive?**

- At least 7 -10 days after the onset of symptoms.
- Fever less than 100.4 degree Fahrenheit for at least 24 hours without the use of any fever reducer medication.
- There should be improvement in symptoms like cough, breathing problems etc.
- Students do not need a negative test before returning to school

If your child had a close contact with COVID - 19

- Inform the respective class teachers
- Watch for symptoms
- Follow respiratory etiquette and hand hygiene

### **Risk reduction strategies adopted by Sanskriti School**

Scientific evidence shows that children are at much lower risk from COVID-19 than adults and can be kept safe in any indoor environment, including schools, if appropriate risk reduction measures are implemented.

Note that a risk reduction strategy is different from a goal of achieving zero cases. There is no such thing as 'zero risk', especially in a pandemic.

These strategies work together as part of a holistic, multi-layered plan to reduce exposure and limit transmission of COVID-19 in schools.

- Wear masks - All students, teachers, administrators, and visitors must wear face masks indoors.
- Body temperature check points at entry.
- Maintain physical distancing.
- Maximal group distancing to slow transmission chains.
- Limit sharing of objects.
- Frequently clean and disinfect surfaces.
- Bathroom hygiene practices - Staggered bathroom use. Bathrooms and surfaces are cleaned and disinfected regularly and frequently. Children are advised to close the toilet seats during flushing to reduce fomite transmission.
- Specific measures and extra precautions are implemented to protect high risk students and staff
- Symptom checklist provided to class teachers.
- School counseling department to tackle fear, anxiety and other emotional issues associated with COVID - 19.
- School Infirmary is equipped with oxygen cylinder, nebulizers, and basic medicines.
- Vaccinated staff.
- Training and regular meetings for staff to evaluate control strategies.
- Send out weekly reports and reminders to parents and students of their respective roles.

We thank you for continuing to adapt so quickly to the evolving public health guidance. Every day we are making great deal of progress because our school has taken the wellbeing of our community seriously throughout the pandemic. We are grateful for all you are doing to keep the Sanskriti family healthy. Let us join hands to establish and reinforce a culture of health, safety and shared responsibility.

Warm Regards

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