



المدرسة الهندية العالمية الخاصة  
**INTERNATIONAL INDIAN SCHOOL**

P.O. BOX 5665, AJMAN, U.A.E | T : +971 67408333 | info@iisajman.org | www.iisajman.org

**“STAYING AT HOME IF UNWELL”  
POLICY  
2020**



## **Introduction**

This policy outlines guidelines and procedures for students and staff if they are unwell or suspecting COVID 19 after reopening the school for academic year 2020-2021. The document describes procedures that the student and staff must follow if they are unwell. Staying home not only allows the person's body rest and aid the recovery processes, but it also allows them to keep their illness to themselves and prevent spreading virus to others.

## **Objective**

The purpose of the policy is to maximize the educational and health benefits for students ,staff and the wider community and help prevent further outbreak of COVID-19.

## **Scope**

The policy applies to all students (KG-Grade 12), and staff (teachers, admin staff, drivers, attenders, etc.) of the International Indian School, Ajman.

## **Guidelines and Procedures**

If any student or staff feels unwell, the person should stay home, and is not allowed to attend school. The person should visit nearest health center or hospital and check for the symptoms.

These symptoms include:

- a cough
- a high temperature of at least 38°C
- shortness of breath
- sore throat
- sneezing and runny nose
- temporary loss of smell.

In case of above mentioned symptoms it doesn't necessarily mean student/staff has COVID-19. The symptoms are similar to other illnesses that are much more common such as cold and flu. They have to follow doctor's instruction and if advised then must self-isolate, avoid direct contact with other people. The patient should not return to school until the PCR result is obtained. If the

result is negative and there is a clinical assessment of a probable COVID-19 case, the patient should complete a 14-day home quarantine. If the result is negative and there is no clinical assessment for a probable case, the student/staff can resume schooling as long as they are symptom-free. Self-isolation means staying at home and taking precautions to avoid close contact with anyone. If student/staff are waiting for COVID-19 test results, they should self-isolate as a precaution.

Students and Staff will be requested to provide a medical clearance if the absence is for a prolonged period.

If a child/teacher/staff begins to show one of the following symptoms of COVID19 (such as fever ( $\geq 37.5^{\circ}\text{C}$ ), cough, body ache or fatigue, shortness of breath, sore throat, runny nose, diarrhea and nausea, headache, or loss of sense of smell or taste) while at school, they must get isolated instantly. The parent/ guardian of the child to be notified immediately and the patient should be referred to the hospital to take the necessary action. **The patient should not return to school until the PCR result is obtained. If the result is negative and there is a clinical assessment of a probable COVID-19 case, the patient should complete 14-day quarantine. If the result is negative and there is no clinical assessment for a probable case, the child can resume schooling so long as they are symptom-free.**

The tracing exercise must include teachers along with the classmates of a student, or colleagues are all considered close contacts (Anyone who spent more than 15 minutes in proximity of 1.5 meters with the positive case, from the day of symptoms onset, or the day of the positive PCR test). They should all commence the 14-day quarantine counted PCR from the day of the positive test, or from the day of the onset of symptoms if ascertained by the clinician.

Parents/ guardians of all students included in the tracing exercise must be informed immediately. The School COVID-19 Task Force must provide them with information on 14 day home quarantine procedures, and the distance learning plans.

### **If student/staff is in self-isolation, follow these precautions:**

Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:

Trouble breathing

Persistent pain or pressure in the chest

New confusion

Inability to wake or stay awake

Bluish lips or face

## **Everyone Should**

### **Wash your hands often**

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- It's especially important to wash:
  - Before eating or preparing food
  - Before touching your face
  - After using the restroom
  - After leaving a public place
  - After blowing your nose, coughing, or sneezing
  - After handling your mask
  - After caring for someone sick
  - After touching animals or pets
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact
- Avoid close contact with people who are sick.
- If possible, maintain 6 feet between the person who is sick and other household members.
- Keeping distance from others is especially important for people who are at higher risk of getting very sick.

### **Cover your mouth and nose with a mask when around others**

- Everyone should wear a mask in public settings and when around people who don't live in your household, especially when other social distancing measures are difficult to maintain.

- Continue to keep about 6 feet between yourself and others. The mask is not a substitute for social distancing.

### **Cover coughs and sneezes**

- **Always cover your mouth and nose** with a tissue when you cough or sneeze or use the inside of your elbow and do not spit.
- **Throw used tissues** in the trash.
- Immediately **wash your hands** with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

### **Clean and disinfect**

- Clean and disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them. Use detergent or soap and water prior to disinfection.
- Then, use a household disinfectant. Most common EPA-registered household disinfectants will work.

### **Monitor Your Health Daily**

- Be alert for symptoms. Watch for fever, cough, shortness of breath, or other symptoms of **COVID-19**.
  - Especially important if you are running essential errands, going into the office or workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
  - Take your temperature if symptoms develop.
  - Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature, like acetaminophen.
  - All are requested to avoid self-medication and home treatment in case of any flu like symptoms persists.
  - All are requested to avoid unnecessary outings, gatherings and other group leisure activities while you have any physical symptoms.
  - All should take care of yourself by monitoring the symptoms along with enough sleep and nutritious food while quarantine or self-isolation.

## **Alternative Education**

The school ensure online learning for all the students who are unable to attend their classes physically (due to health condition, isolation, quarantines, etc.)

Support service will be provided for students and staff who are in self isolation, quarantine or tested COVID 19 positive.

School assures that the students and staff who are cured and recovered from COVID 19 and with a COVID negative certificate will be accepted by the entire school community without any stigma.