



CIR/67/2019-2020

Dated: 6th March, 2020

Dear Parents,

Greetings of the Day!

This is a health and safety advisory, which is being issued to safeguard the health and safety of all our school students and staff members in light of the recent outbreak of Coronavirus disease (COVID-19) which has positive cases now reported in various parts of India.

We, as a responsible institution, are conscious of the need to take preventive and precautionary measures in the interest of our learners without creating undue panic.

We solicit your co-operation in identifying the suspect cases early as it has an incubation period of 2-14 days before it manifests in full-blown form. A detailed description of symptoms and preventive actions is appended as annexure.

In the light of the seriousness of the issue, we request the following:

- a) Monitor health and hygiene of your child and seek immediate medical help.
- b) Avoid sending the child with symptoms of fever, coughing, sneezing and respiratory difficulties to the school.
- c) Avoid visiting school for any administrative purposes if you have any symptoms of COVID-19
- d) Send to us the health declaration form attached here as a step to identify the individuals at risk.

We hope this global public health emergency situation will change over soon, and no member of our school community is affected. While we do not wish to alarm you, it is important that we take all precautionary measures, stay alert and stay blessed with good health.

We assure you of the highest standards of hygiene, awareness drive and precautionary measures being implemented at the school in the interest of school community.

Further, we assure you that the learners shall be supported on academic front in consultation with you in case they miss any classes on account of preventive steps towards the effort to control COVID-19.

Warm regards,

For Amanora School

Meera
6/03/2020

Meera Nair

Principal

Annexure -WHO and CCD advisory on COVID-19

Annexure

Key facts and information about COVID-19 by WHO and CDC

COVID-19 is an infectious viral disease caused by the most recently discovered coronavirus. As on 03rd March 2020 there are 93,185 positive cases and 3203 death reported worldwide.

How does COVID-19 spread?

The disease can spread from person to person through small droplets from the nose or mouth, which are spread when a person with COVID-19 coughs, sneezes or exhales.

What is the incubation period?

The incubation period of COVID-19 is between **2 and 14** days. This means that if a person remains well 14 days after contact with someone with confirmed coronavirus, it is unlikely that he has been infected.

What are the symptoms of COVID-19?

Key symptoms that may develop in the 14 days after exposure to someone who has COVID-19 infection:

- cough
- fever
- difficulty in breathing

Some general preventive measures

- Regularly and thoroughly clean, your hands with an alcohol-based hand rub or wash them with soap and water for minimum 20 secs.
- Avoid close contact with people suffering from any acute respiratory infections. Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.
- People with symptoms of acute respiratory infection should practice cough etiquette (maintain distance, cover coughs and sneezes with disposable tissues or clothing, and wash hands).
- Avoid frequent touching of eyes, nose and mouth with unwashed hands.
- Stay home if you feel unwell. If you have a fever, cough and difficulty in breathing, seek medical attention and call in advance.
- Ensure that you absolutely **DO NOT** send your child to school even in the case of a mild cough, sneezing, cold, fever or any flu-like symptoms. If any student does develop any of these symptoms, it is important that they stay away from school for **14** days after the symptoms subside.
- Avoid visiting crowded places like theatres, exhibitions, amusement parks, functions etc.,
- If a student or a member of their family is travelling to any of COVID-19 affected countries due to unavoidable reasons, inform your travel details to the school. It is vital that in order to protect

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students, staff and the rest of the community, any travel plans include a 14 day quarantine period **BEFORE THE STUDENTS RETURN TO SCHOOL.**

- Stay informed on the latest developments about COVID-19.

Refer more information, regular updates and travel advisories only from trusted resources like;

World Health Organization (WHO):

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Centers for Disease Control and Prevention (CDC): <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

Ministry of Health and Family Welfare:

<https://mohfw.gov.in/diseasealerts/novel-corona-virus>

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- Avoid frequent touching of eyes, nose and mouth with unwashed hands.
- Stay home if you feel unwell. If you have a fever, cough and difficulty in breathing, seek medical attention and call in advance.
- Ensure that you absolutely **DO NOT** send your child to school even in the case of a mild cough, sneezing, cold, fever or any flu-like symptoms. If any student does develop any of these symptoms, it is important that they stay away from school for 24 hours after the symptoms subside.
- Avoid visiting crowded places like theatres, exhibitions, amusement parks, fairs, functions etc.
- If a student or a member of their family is travelling to any of COVID-19 affected countries, due to unavoidable reasons, inform your travel details to the school, if it is vital that in order to protect

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