

# COVID-19 PREVENTION GUIDEBOOK FOR SCHOOLS



GOVERNMENT SCHOOL



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### Foreword

The health of the children is the reflection of the future. Education is essential for the overall growth and development of every child. The future of the country depends on their development and education plays a vital role in the process of development.

School plays an important role in nation-building. The online education platforms are not that effective as during online classes, many other aspects are being missed which affects the overall development of the child. During the initial days of COVID-19, very little was known about this disease, and the health system was learning to handle the pandemic. This, coupled with concern around the security of children resulted in the closure of educational institutes in the country by March 2020. Due to a subsequent surge in the number of COVID-19 cases which several countries closed again in early 2021. With time it was realized that continued school closure would have a significant adverse impact not only on the school children but also on the school staff as well as it will lead to unemployment.

Most underprivileged students were deprived of online classes as they could not afford a mobile phone with a good internet connection. To avoid this situation, reopening schools is a must. The school closures exposed socio-economic and educational inequality and exacerbated it as online education platforms relied heavily on family support and resources available both at-home and at school. Physical classes are a necessity to ensure equitable opportunities for students. Thus, the Department of School Education, Ministry of Human Resource Development and the Ministry of Health and Family Welfare are proposing a joint initiative to improve the health of school children under Ayushman Bharat.

I greatly applaud the efforts of Dr. Ravindra Khaiwal and Dr. Suman Mor in preparing the infographic booklet 'COVID-19 Prevention Guidebook for Schools' as a resource. This will be valuable tool for effectively plan and implementation the COVID-19 mitigation strategies by active engagement of school's authorities, parents, teachers and students. I thank all those who developed and designed to fight against the COVID-19.

(Sunil Kumar)



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# COVID-19 & MODE OF TRANSMISSION

## What is COVID-19?

COVID-19 is an infectious disease caused by a newly discovered coronavirus known as the Severe Acute Respiratory Syndrome CoronaVirus 2 (SARS-CoV-2). In January 2020, the World Health Organization (WHO) declared it Public Health Emergency of International Concern (PHEIC).

## MODE OF TRANSMISSION

Infected droplets in Air



## Indirect transfer via contaminated hands, surfaces & objects

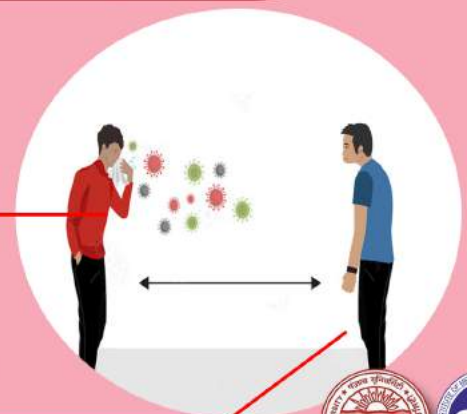


## Sneeze/ cough by the infected person



INFECTED PERSON

HEALTHY PERSON





# SYMPTOMS OF COVID-19 & WAYS TO PREVENT IT



**NASAL CONGESTION**

**FEVER**

**RUNNING NOSE**

**DRY COUGH**

## SYMPTOMS OF COVID-19



**TIREDNESS**

**SORE THROAT**

**DIFFICULT BREATHING**

**DIARRHEA**



**STAY INDOOR**



**WASH YOUR HANDS**



**CLEAN THE SURFACE**



**WEAR MASK**



**AVOID CROWD**



**KEEP DISTANCE**

## PREVENTION OF COVID-19





# CHILDREN GETTING READY FOR SCHOOL

## CHILDREN DURING SCHOOL TRANSPORT



**Wearing a mask and that too correctly**



**Follow social distancing in the class**



**Follow the coughing etiquettes**



**Wash your hand with soap & water frequently**



**Carry your own sanitizer**

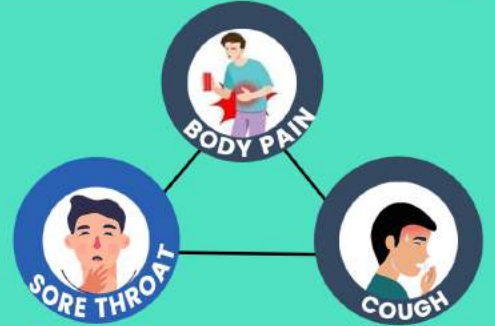


# COVID-19 CONTROL MEASURES BY SCHOOL AUTHORITIES



Mandatory placing of hand sanitizer at different points in the school as well as at the entry gates of school buildings.

If any flu-like symptoms are found in any staff member or student, he/she should be advised to have a proper check-up and should be granted leave immediately.



Restricted entry should be there for parents/ visitors in the school premises.



Parents-teacher meeting should be done virtually to avoid physical contact.



Promote E-Office & Avoid sending files and documents.



Avoid non-essential official travel.



# COVID-19 CONTROL MEASURES BY SCHOOL AUTHORITIES



Proper cleaning & sanitization of the school should be done regularly. A regular supply of soaps, sanitizer and running water must be ensured in the washroom.



Availability of an ambulance should be known to every school. In case of emergency, helpline number to be called immediately & both these numbers should be prominently displayed for quick reference.

## GOVERNMENT SCHOOL



Elderly employees, pregnant women & employees who have any medical conditions should take extra precautionary measures.





# COVID-19 CONTROL MEASURES BY SCHOOL AUTHORITIES

If weather permits, conduct classes in open.



**Stress on proper & adequate ventilation should be given, and therefore windows and doors may be kept open. Seating arrangement may be made so as to ensure adequate distance among students.**





# COVID-19 CONTROL MEASURES BY CHILDREN

Remove mask and store properly in a paper bag



Eat your own lunch



स्कूल खुले, शिक्षा का हो प्रसार,  
हम सब अपनाएँ, कोविड अनुरूप व्यवहार: |



Drink water from your own bottle



Wash hands



Distribution of cakes, sweets etc. should not be done



Seating with social distance





# PARENTS & THEIR ROLE IN COVID-19 PREVENTION

## Teach the child about hand hygiene



Rinse hand



Use soap



Palm to palm



Finger interlaced



Back to hands



Base of thumbs



Fingernails



Wrist



Dry Towel

Teach children about the germs and avoid touching their eyes, nose, or mouth with an infected hand



Prepare the child for school - write name on water bottle, sanitizer, mask and school bag



Encourage healthy habits to build up the child's immune system

Teach the child about the importance of wearing a mask properly

Ensure healthy diet to build Immunity



## Monitor the child's health daily



## Vaccination of all eligible persons in the household to protect the child



I GOT COVID VACCINE  
I CARE FOR OTHERS



# ROLE OF TEACHERS IN COVID-19 PREVENTION



## Ensure students about COVID-19 appropriate behavior



Don't touch eyes



Don't touch mask



Maintain social distance



Greet traditionally



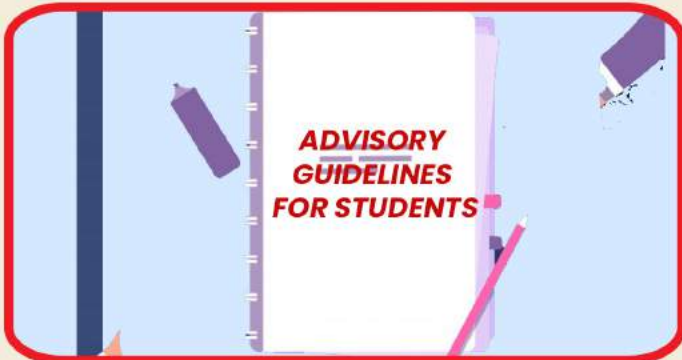
**Please encourage students to participate in fun games like puzzles & brainstorming to keep them motivated.**



# COVID -19 & GOVERNMENT INITIATIVES FOR CHILDREN

## MANODARPAN

A new initiative for psychosocial support of student, teachers & families for mental health.



**Advisory Guidelines** for students, teachers and faculty of School systems along with families.



**National level database & directory of counsellors** at School level for Tele - Counselling Service on the National Helpline.



**Toll Free Number**

**8448440632**

**National Toll-free Helpline - 8448440632** for a country wide out reach to students from school.



**Handbook on Psychosocial Support:** Enriching Life skills & Well being of Students - The booklet will include FAQs, Facts & Myths and will also cover ways.



**Webinars, audio-visual resources** including videos, posters, flyers, comics, and short film stobe uploaded as additional resource matrals on the webpage.



**Interactive Online Chat Platform** for contact, counselling and guidance by psychologists.



# DO'S & DON'T RELATED TO THE COVID-19

## DON'Ts



**Don't shake hands**

**Avoid close contact with anyone**



**Don't keep touching your eyes, nose and mouth**

**Avoid sneezing & coughing into the palm of your hand**



**Don't spit in public**

**Don't spread rumors and avoid panicking**



**Avoid traveling unnecessarily, particularly to any affected region**

**Don't participate in any activity where there is a lot of gathering**



## DO'S



**Maintain personal hygiene & Physical distancing**

**Practice frequent hand washing**



**Cover your nose & mouth with a handkerchief, tissue paper while sneezing & coughing.**

**Throw used tissue paper into the closed bin immediately after use**



**Maintain a safe distance from the person during an interaction, especially the palms of your hand**



**Monitor or check the temperature regularly**



**Sneezing in the inner side of your elbow & not coughing into the palm of your hand**

**Students, staff, teachers and parents should be aware about COVID-19 preventive measures**





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This infographic booklet entitled 'COVID-19 Prevention Guidebook for Schools' is developed as a resource for effective planning and implementation of COVID-19 strategies for schools, parents, teachers and students.

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