COVID-19: *FAQ₁*

What is COVID-19?

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus. 'CO' stands for corona, 'VI' for virus, and 'D' for disease. Formerly, this disease was referred to as '2019 novel coronavirus' or '2019-nCoV.

What are the symptoms of COVID-19?

Symptoms can include fever, cough and shortness of breath. Other symptoms can include chest pain, body aches, headache, loss of taste or smell, sore throat, congestion or runny nose, diarrhoea, nausea and vomiting, abdominal pain, and skin rashes. More rarely, the disease can be fatal. These symptoms are similar to the the flu, the common cold and other conditions, so a test is required to confirm if someone has COVID-19. Symptoms may appear 2 to 14 days after exposure to the virus and can range from very mild to severe illness. Some people who have been infected don't have any symptoms.

How does COVID-19 spread?

The virus is transmitted through direct contact with respiratory droplets of an infected person (generated through coughing and sneezing). Individuals can also be infected from and touching surfaces contaminated with the virus and touching their face (e.g., eyes, nose, mouth). Covid-19 virus can also spread by airborne transmission of the virus, also known as aerosol transmission. So far, the evidence suggests that airborne transmission of COVID-19 over long distances is unlikely. The COVID-19 virus may survive on surfaces for several hours, but simple disinfectants can kill it.

COVID-19: *FAQ₂*

What is the treatment for COVID-19?

There is no currently available vaccine for COVID-19. However, many of the symptoms can be treated and getting early care from a healthcare provider can make the disease less dangerous. There are several clinical trials that are being conducted to evaluate potential therapeutics for COVID-19.

How can the spread of COVID-19 be slowed down or prevented?

Public health measures are critical to slow the spread of COVID-19. Public health measures are everyday preventive actions that include:

➢ Staying home when sick;
➢ Wash your hands frequently using soap and water or an alcohol-based hand rub
➢ Cover mouth and nose with flexed elbow or tissue when coughing or sneezing. Dispose of used tissue immediately
➢ Keep at least 2 metre distance between yourself and others
➢ Regularly clean and disinfect frequently touched surfaces like phones, doorknobs, light switches and countertops
➢ Seek medical care early if you have a fever, cough, difficulty breathing or other symptoms of COVID-19
➢ Avoid crowded places, confined and enclosed spaces with poor ventilation, and try to practice physical distancing from people in public
➢ Wear masks when in public places
➢ Keep all indoor spaces well ventilated

COVID-19

HAND HYGINE

Do

- Wash your hands often with soap and water for 40 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- Use a hand sanitiser (at least 70% alcohol based) if soap and water is not available, cover all surfaces of your hands and rub them together until they feel dry.

Do Not

- DO NOT touch your eyes, nose, and mouth with unwashed hands.
- DO NOT touch surfaces like door knobs and door bells, elevator buttons, handrails, support handles, chair backs, atm surfaces, mobiles, vehicle handles etc.

RESPIRATORY HYGINE

Do

- DO USE a handkerchief or a tissue to cover while coughing or sneezing
- DO THROW the used tissue immediately into a closed dustbin
- DO COVER your sneeze into your bent upper arm in case you are not carrying a tissue or a kerchief.
- DO WASH hands immediately after you have covered your sneeze or cough

Do Not

- DO NOT use other ways of covering your face like the pallu of the sari or gamcha.
- DO NOT spit in the open, always use a spittoon or wash basin for spitting.

SOCIAL DISTANCING

Do

- Stay at home unless absolutely necessary.
- Keep a distance of at least two meter between yourself and another person.

Do Not

- DO NOT hold the events where people have to gather.
- Avoid going to crowded places like Markets, Shopping Malls, Mela, parties, Movie Theaters etc.
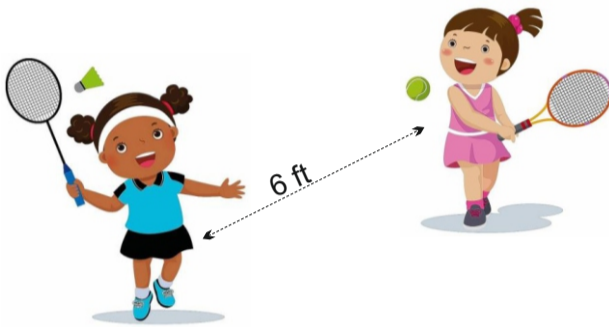- Avoid using Public Transport.

GREEN COUNTRY PUBLIC SCHOOL

GCPS

GREEN COUNTRY PUBLIC SCHOOL

"BELIEVE, ACHIEVE, SUCCEED"!

A School With a Difference...!

COVID-19: Protect Yourself & Others....!
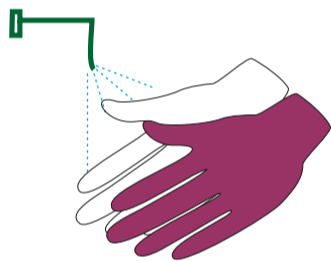### *Health and Safety Code*

Stay home if you feel sick.

Keep six feet from others

6 ft

Wash your hands with soap & water

Use Hand Sanitizer if you can't wash your Hands

Avoid touching your Face

Cover your Mouth and Nose while Sneezing & Coughing.

Avoid Contact

GREEN COUNTRY PUBLIC SCHOOL

GCPS

GREEN COUNTRY PUBLIC SCHOOL
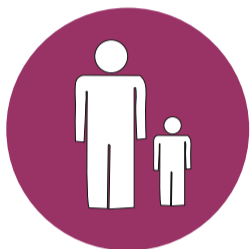
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A School With a Difference...!
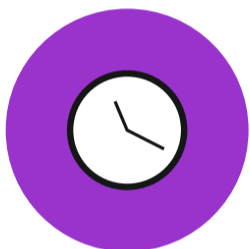
COVID-19 Prevention
Safe Practices-General Guidelines to Parents

Do not enter the premises if you are displaying symptoms of Coronavirus, or been in contact with anyone with symptoms.

Only one Parent / Adult to accompany the student for drop-off to school & pick-up from school

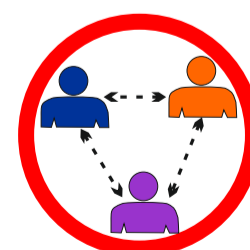**Please adhere to any allocated drop-off or collection times**

Please do not gather at School Entrance Gate

Do not enter the school unless you have a pre-arranged appointment

Wash or sanitize hands regularly

Respect Social distancing, keep safe distance from others.

Cover coughs and sneezes and dispose the tissues responsibly

COVID-19: *Pledge*

I_____commit to be vigilant and bear in mind at all times, the risk to myself and my colleagues from COVID-19.

I promise to take all necessary precautions that prevent the spread of this deadly virus.

I promise to follow and encourage others to follow the key COVID Appropriate Behaviours.

To always wear a mask / face cover, especially when in public places.

To maintain a minimum distance of 6 feet from others.

To wash my hands, frequently and thoroughly with soap and water.

Together we will win this fight against COVID-19.