

Prevention and Control of Infectious Diseases in Schools



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Ref: CDC, WHO, UNICEF and GoTN guidelines

Involving Schools in Infectious Diseases Prevention and Control

- Students are the most receptive, to health messages
- Students inspired by teachers and health care personnel, not only follow the healthy lifestyle, but also bring about the desired **behaviour change**
 - in their own homes and
 - their living environment



Components of Sanitation and Hygiene in Schools

- Safe drinking water
- Use of sanitary toilets
- Garbage disposal
- Food Hygiene
- Respiratory Hygiene



Components of Sanitation and Hygiene in Schools

- Environmental Hygiene
- Hygiene of surfaces frequently touched by hands
- Personal Hygiene Practices
- Menstrual Hygiene

Personal Hygiene Practices

- Daily bath
- Washing clothes
- Clipping nails
- Respiratory etiquette

- Frequent hand wash
- Wearing face mask
- Maintaining social distance

Functioning of Schools with New Normal Life Styles



- Adopting correct and consistent implementation of hygiene practices will slow down the spread of SARS-CoV-2, not only inside the school, but also in the community.
- Students, families, teachers and school staff should take actions to protect themselves and others where they live, work, learn and play.

New Normal Lifestyles in Schools



Occurrence of COVID-19 in Schools

- Expecting and planning for the occurrence of one or more cases of COVID-19 in schools can help respond immediately to mitigate the impact to allow the school to remain open.
- When mitigation strategies are consistently and correctly used, the risk of spread within the school environment and the surrounding community is decreased

Role of Children in Transmission

- A few outbreaks involving children or schools have been reported.
- However, spread of COVID-19 within educational settings may be limited, as experienced in few outbreaks reported
- As children generally have milder illness and fewer symptoms, cases may sometimes go unnoticed.
- Infection rates among teenagers may be higher than in younger children



Basic Facts about SARS CoV-2

Educating about COVID-19

- Students, teachers and all other school personnel like house keeping staff, office staff, school drivers and every one in the school should be educated about COVID-19 and other infectious diseases
- Local Primary Health Care doctors, Public Health field functionaries and School Health Teams should be involved in awareness generation among students, parents, teachers and other staff

Corona Viruses



- Viruses of animal origin
- Four Human Corona Viruses cause Common Cold in human beings
- Three Corona Viruses Cause Severe Acute Respiratory Illnesses (SARI) in Humans

Severe Acute Respiratory Illnesses (SARI)

- 2002: Severe Acute Respiratory Syndrome Coronavirus
(SARS CoV-1) - China
- 2012: Middle East Respiratory Syndrome Coronavirus
(MERS CoV)
- 2019: Severe Acute Respiratory Syndrome Coronavirus
(SARS CoV -2) - Wuhan City of China

Where do Coronaviruses come from?

- Coronaviruses cause disease, in a wide variety of animal species
- SARS-CoV-1 was transmitted from **civet cats** to humans in China in 2002
- MERS-CoV from **dromedary camels** (Somali or Arabian camel) to humans in Saudi Arabia in 2012.



Mild to severe respiratory illness with symptoms of

Loss of smell or taste preceding the onset of symptoms	Fever
Rhinorrhoea	Sore throat
New continuous cough	Sputum Production
Loss of appetite	Muscle aches
Fatigue	Headache
Shortness of breath when walking	Diarrhoea

Estimated longevity of Corona Virus in the Environment

1. Under Sunlight

- Few hours

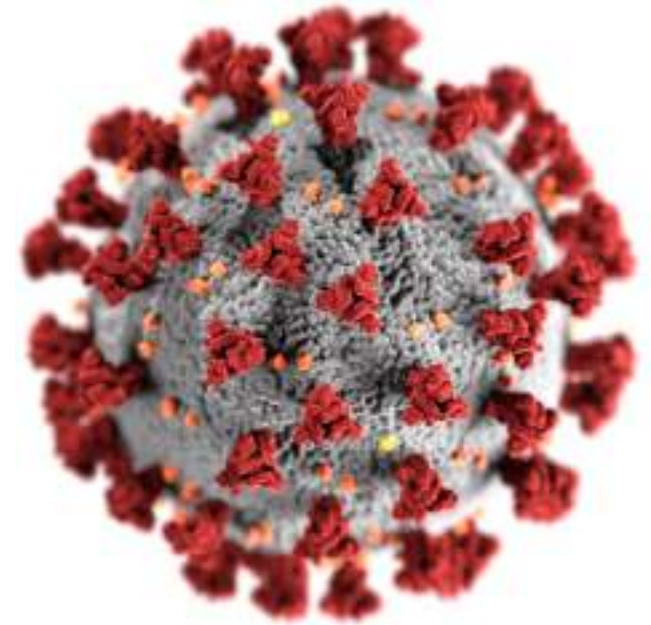
2. Naturally ventilated east-west facing room

- One or two days

3. Cool conditions

- Four to five days

How Corona Virus Spreads?



1. Air Borne Transmission

- Micro droplets/ particles directly infect when breathing the air contaminated with Corona virus by
 - Sneezing
 - Coughing
 - Laughing and
 - Talking
- Less than 20 percent of transmission occurs in this way
(air-borne transmission)

2. Hand Borne Transmission

- Hands are contaminated by
 - Droplets formed during sneezing, coughing, laughing and talking, settles on surfaces and such surfaces get contaminated with Corona virus
 - Hands of an infected person gets contaminated while sneezing/coughing and all the surfaces touched by the infected person get contaminated
- When face, eyes, nose and mouth are touched by the contaminated hands, the infection spreads
- More than 80 percent of transmission occurs in this way (Hand borne transmission)

Entry of the Virus into Human Body

- Through
 - Eyes
 - Nose and
 - Mouth



Three High Risk Situations (WHO)



Crowded places

*with many people
nearby*



Close-contact settings

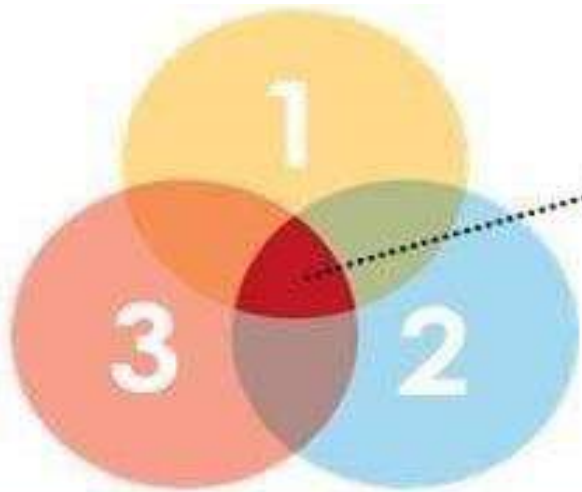
*Especially where
people have close-
range conversations*



Confined and enclosed spaces

*with poor
ventilation*

Overlapping Situations



The risk is higher in places where these factors overlap.

Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.

Three Cs

1.Crowded Places

2.Close Contact Settings

3.Confined and enclosed spaces

Mitigation strategies to reduce transmission of SARS-CoV-2 in schools

Implementation of Mitigation Strategies

1. Screening at School Entrance
2. Setting up adequate number of hand wash facilities with soap and running water
3. Correct and consistent use of face masks
4. Social distancing to the extent possible
5. Practising Respiratory Hygiene
6. Ventilation in Schools
7. Cleaning and Disinfection

Implementation of Mitigation Strategies

8. Cohorting

9. Staggered Scheduling

10. Water

11. Food

12. Gatherings, Visitors
and Field trips

13. Avoid sharing objects

14. School transport

Implementation of Mitigation Strategies

- 15. Conduct of skill based training in workshops and laboratories
- 16. Sports Events
- 17. Swimming Pools
- 18. Cross School transfer for special programs
- 19. Activities in common areas like libraries
- 20. Conduct of guidance activities in the rooms or open space within the school campus

Implementation of Mitigation Strategies

21.Avoiding close contact

22.Staying Home when appropriate

23.Protecting vulnerable children / teachers/ other staff

24.SOP for managing symptomatic/positive students/teachers/
other staff

25.Containment areas

26.Absenteeism

Implementation of Mitigation Strategies

27. Signages and messages

28. Risk Communication

29. Regulatory Awareness

30. Announcements through
PA systems

31. Adequate Supply

32. Communication

33. Psycho social wellbeing

34. Use of Open Spaces

1. Screening at School Entrance

- Before entry in to the school, hands should be washed thoroughly with soap and water for 20-30 seconds by counting from 1 to 30
- **Wearing Face Mask is compulsory**
- Multiple gates/separate gates, if feasible, should be used for entry and exit
- Proper crowd management in the parking lots, in corridors and in elevators, duly following physical distancing norms should be organized.



School Entrance

- After ensuring hand wash and face mask, the teachers, students and other staff should be screened for fever
- Only asymptomatic persons (teachers, employees and students) to be allowed in the premises.
- Posters/standees on preventive measures about COVID-19 to be displayed prominently.
- Entry of visitors should be strictly regulated/restricted.

Screening of Students



Guidelines for Thermal Screening

- School entrance is preferable for screening students, teachers, staff and others before entering
- Based on the number of students, screening may be arranged in two or more suitable places preferably in corridors/ porticos with markings for social distancing
- An hour before, the scanner should be checked for proper functioning
- Spare battery cells and spare thermal scanner should be available

Guidelines for Thermal Screening

- Before using the non touch thermal scanner, examine the infrared sensor lens
- If dirty it should be cleaned gently with a damp swab
- Do not touch the lens with fingers
- Do not use solvents for cleaning
- Staff scanning temperature should wash and dry their hands

Guidelines for Thermal Screening

- After use everyday, the device handle should be wiped clean and dry before storing it for next use
- Headmaster/Principal of the school should check
 - the functioning condition of the thermal scanner
 - availability of spare battery cells and scanner
 - whether non-touch practice is followed and
 - care given for those identified with fever.

Body Temperature

Normal Body Temperature	98.6 ° F (37°C)
Temperature Range	97 ° F (36.1°C) to 99 ° F (37.2°C)-
Any one with temperature above 99 ° F (37.2°C) should be isolated and SOP to be followed	

2. Hand Wash

Wash Your Hands Frequently



Hand wash with Soap and Water

- **80 % of transmission is prevented by Hand Wash**
- Prevents hand borne infections
- Frequent Hand washing by the infected person also prevents the contamination of surfaces frequently touched by the hands
- **Denies source to surfaces frequently touched by the hands**
- **Denies source to infect humans by all means**



Wash your hands with soap and water



- Before, during, after preparing food
- Before eating/after eating/serving food
- After toilet use
- When hands are visibly dirty
- After coughing and sneezing
- When caring for sick
- After touching any surface/articles likely to have contaminated

Entry and Exit Hand Wash



- Before entering or leaving a health facility or leaving a health facility
- Before entering or leaving a vegetable market
- Before entering or leaving an office
- Before entering or leaving a grocery store
- Before entering or leaving an eatery
- Before entering or leaving a vehicle service centre
- Before entering or leaving any building

How do Soaps act?



- Corona virus coat is made up of proteins and fats
- Soap has two sided molecules
 - One end of the molecule is attracted to water
 - Other end of the molecules is attracted to fat
- Fat coat of the virus is literally pulled apart by soap molecules and destroys the corona viruses



Experiment to understand how soap destroys Corona Virus

- Take about 200 ml water in a transparent container
- Add about 10 ml of oil to water in the container
- We can see the oil floating on water
- Then add soap powder/solution and shake for 20- 30 seconds
- Now we can see the oil is completely dissolved in water
- **20-30 seconds hand wash is required to destroy Corona**

How to Wash Hands



Wet hands with water



Apply enough soap



Rub hands palm to palm



Right palm over left dorsum with interlaced fingers and vice versa



Palm to palm with fingers interlaced



Backs of fingers to opposing palms with fingers interlocked



Rotational rubbing of left thumb clasped in right palm and vice versa



Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



Rinse hands with water and dry thoroughly with a single use towel.



Setting up of adequate number of hand wash facilities in every school is mandatory





3. Correct and consistent use of Face Masks



Face Masks

- Train and encourage consistent and correct use of face masks, by all students, parents, teachers, and staff to prevent SARS-CoV-2 transmission through respiratory droplets.
- Exceptions for use of face masks include children under the age of 2 years and persons with or individuals with cognitive, sensory, or behavioral issues.

Universal use of face masks

- Prevents air-borne transmission
- Prevents surface contamination
- 20 % of direct airborne transmission is prevented by face masks
- **Denies source to air and consequently surfaces**



Wear Face Mask Correctly

- Wear a mask correctly for maximum protection
- Wear a mask **correctly** and **consistently** for the best protection.
- Be sure to wash your hands before putting on a mask



- Do wear a mask that
 - Covers your nose and mouth and secure it under your chin
 - Fits snugly against the sides of your face

Wear Face Mask Correctly



- **Do not** put the mask around your neck or up on your forehead
- **Do not** touch the mask when wearing it, and, if you do, wash your hands or use hand sanitizer

Wear Face Mask to Protect Yourself



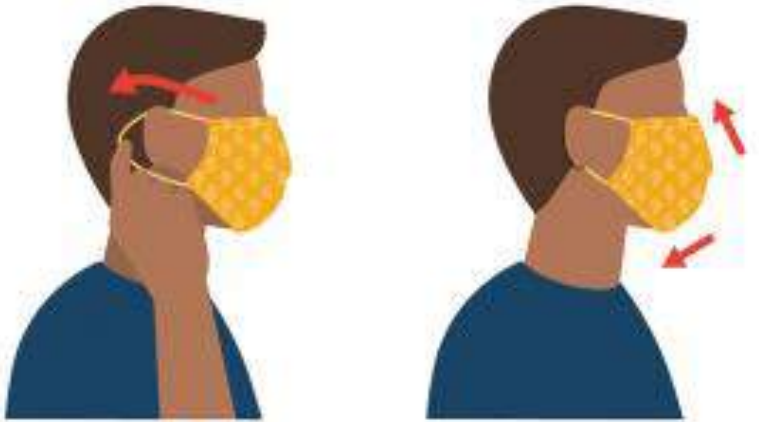
- Asymptomatic or symptomatic people may be around you in public places
- To protect yourself wear a face mask

Wear a Face Mask to Protect Others



- Wear a mask that covers your nose and mouth to help protect others in case you are infected with SARS CoV-2 but do not have symptoms

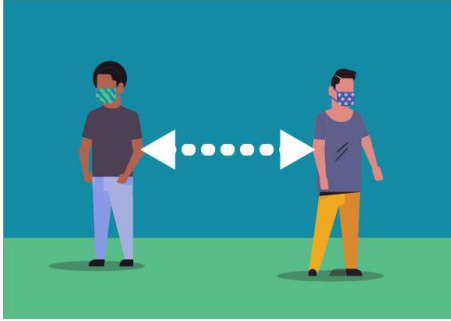
Face Mask and Breathing



- Make sure you can breathe easily
- Face masks with exhalation valve or vent are not recommended for source control

Enhancing the efficiency of face masks

Everyday Healthy Habits by everybody



- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Good ventilation
- Disinfection



Choosing Masks

DO choose masks that



Have two or more layers of washable, breathable fabric



Completely cover your nose and mouth



Fit snugly against the sides of your face and don't have gaps

DO NOT choose masks that



Are made of fabric that makes it hard to breathe, for example, vinyl



Have exhalation valves or vents, which allow virus particles to escape



Are intended for healthcare workers, including N95 respirators or surgical masks

Do NOT wear a mask



Around your neck



On your forehead



Under your nose



Only on your nose



On your chin



Dangling from one ear



On your arm

Taking off Face Masks

- Take Off Your Mask Carefully
- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place mask for washing
- Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

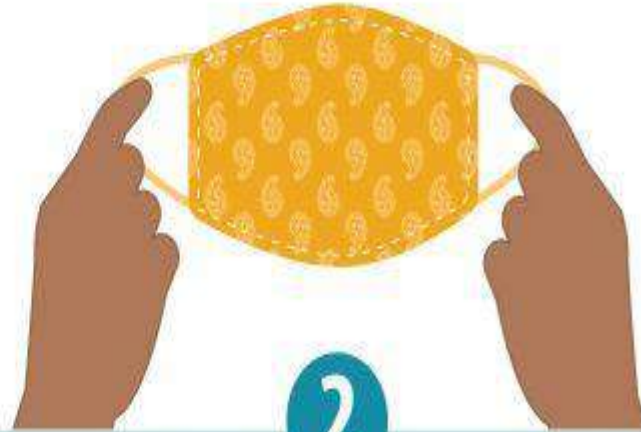


How to take off a mask



1

Carefully, untie the strings behind your head or stretch the ear loops



2

Handle only by the ear loops or ties



3

Fold outside corners together



4

Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing

Special Situation - Glasses



If you wear glasses, find a mask that fits closely over your nose or one that has a nose wire to limit fogging

Special Situations - Children



If you are able, find a mask that is made for children



If you can't find a mask made for children, check to be sure the mask fits snugly over the nose and mouth and under the chin



Do NOT put on children younger than 2 years old



முகக்கவசத்தை பாதுகாப்பாக பயன்படுத்தும் வழிமுறைகள்

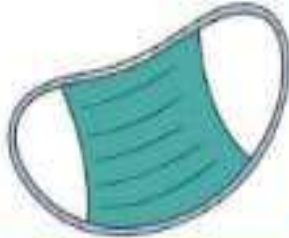


அணியும்போது
செய்யக் கூடியவை



முகக்கவசத்தை
அணியும் முன்
சோப்பினால்
கைகளை
கழுவுதல்

முகக்கவசம்
சுத்தமாகவும்
கிழியாமல்
உள்ளதையும்
உறுதி செய்தல்



முகக்கவசத்தின்
முன்/பின்
பக்கங்களை
தொடாமல்
அணிய
வேண்டும்

துவாரங்கள் அற்ற, ஆனால்
சுவாசிக்க ஏதுவான
வகையில் உள்ள
முகக்கவசத்தை
மட்டுமே
பயன்படுத்துதல்



முகக்கவசத்தின்
ஓரங்கள்
இடைவெளி
இல்லாமல்
முகத்தோடு ஒட்டி
இருத்தல்
வேண்டும்

முகக்கவசம்
உங்கள் மூக்கு, வாய்
மற்றும்
கன்னங்கள்
மறையுமாறு
இருப்பதை
உறுதி
செய்தல்





அகற்றும்போது செய்யக் கூடியவை



காது வளைவுகள்,
தலைக்கு
பின்னால் இருந்து
முகக்கவசத்தை
அகற்றவும்

துணியாலான
முகக்கவசத்தை
கிருமிநீக்கம் செய்து
மீண்டும்
பயன்படுத்தலாம்



துணியாலான,
பயன்படுத்திய
முகக்கவசத்தை
நாள்தோறும் சோப்பு (அ)
டிடர்ஜெண்ட் கலந்த
வெந்நீரில் 1/2 மணி
நேரம் ஊற வைத்து,
நன்கு அலசிய பின்னர்,
வெயிலில் காய வைத்து
பயன்படுத்தலாம்.



ஒருமுறை
பயன்படுத்தக்
கூடிய முகக்
கவசங்களை
உறையிலிட்டு

(அ) மூடும் வசதி
கொண்ட
குப்பைத்
தொட்டியில்
பாதுகாப்பாக
அப்புறப்
படுத்தவும்



முகக்கவசத்தை
அப்புறப்படுத்திய
பின் சோப்பினால்
கைகளை
கழுவுதல்



செய்யக் கூடாதவை



கிழிந்த (அ)
ஈரமான
முகக்கவசத்தை
பயன்படுத்த
கூடாது



வாய் (அ) மூக்கு
தெரியுமாறு
முகக்கவசத்தை
அணியக்கூடாது



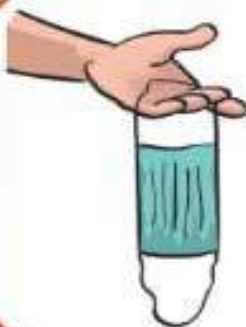
தளர்வாக
முகக்கவசத்தை
அணிதல்
கூடாது

முகக்கவசத்தின்
முன் பக்கத்தை
தொடுதல் கூடாது



மற்றவருடன் பேச
முகக்கவசத்தை
இறக்கி விடவோ,
அகற்றவோ கூடாது

பயன்படுத்திய
முகக்கவசத்தை
வீட்டிலோ/ பொது
இடங்களிலோ
வீசக்கூடாது



ஒருவர் பயன்படுத்திய
முகக்கவசத்தை
மற்றொருவர்
பயன்படுத்தக் கூடாது



கிருமி நீக்கம் செய்யாமல்
துணியாலான
முகக்கவசத்தை
பயன்படுத்தக்
கூடாது



**ஊரக வளர்ச்சி மற்றும் ஊராட்சித் துறை
தமிழ்நாடு அரசு**

ஆதாரம்: உலக சுகாதார நிறுவனத்தின் அறிவுரைகள்

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

Washing of Reusable Face Masks at Home

- To be soaked in water with detergent at least for half an hour
- Hot water or adding commonly used disinfectant may also be followed if feasible
- Add slightly more detergent than usual
- Wash and dry under sun light
- Pressing with a calender (iron box) is preferable



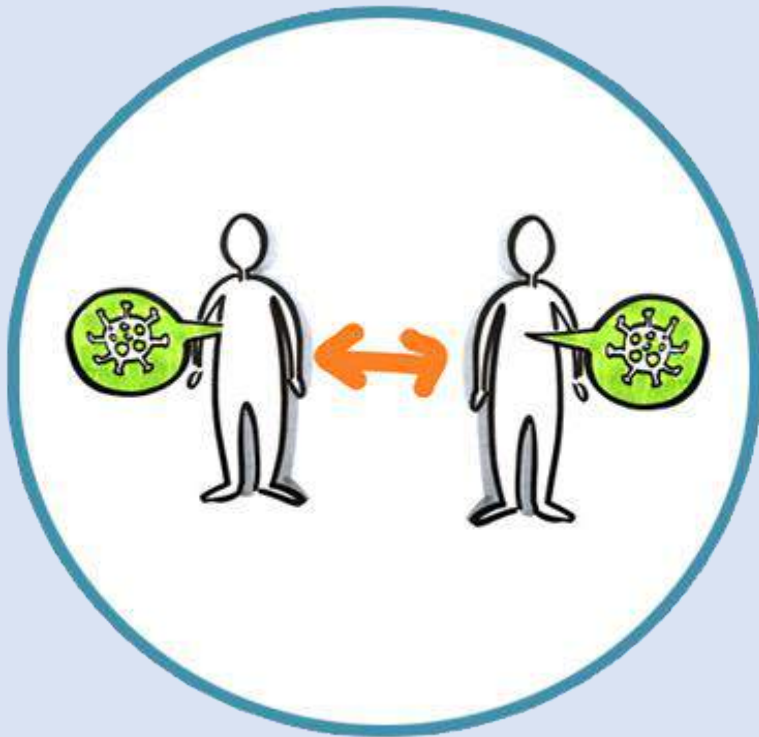
4. Social Distancing

Social distancing of at least two metres distance

- Prevents airborne transmission
- Appropriate markings on floor/wall, physical barriers and signages will be useful for maintaining discipline



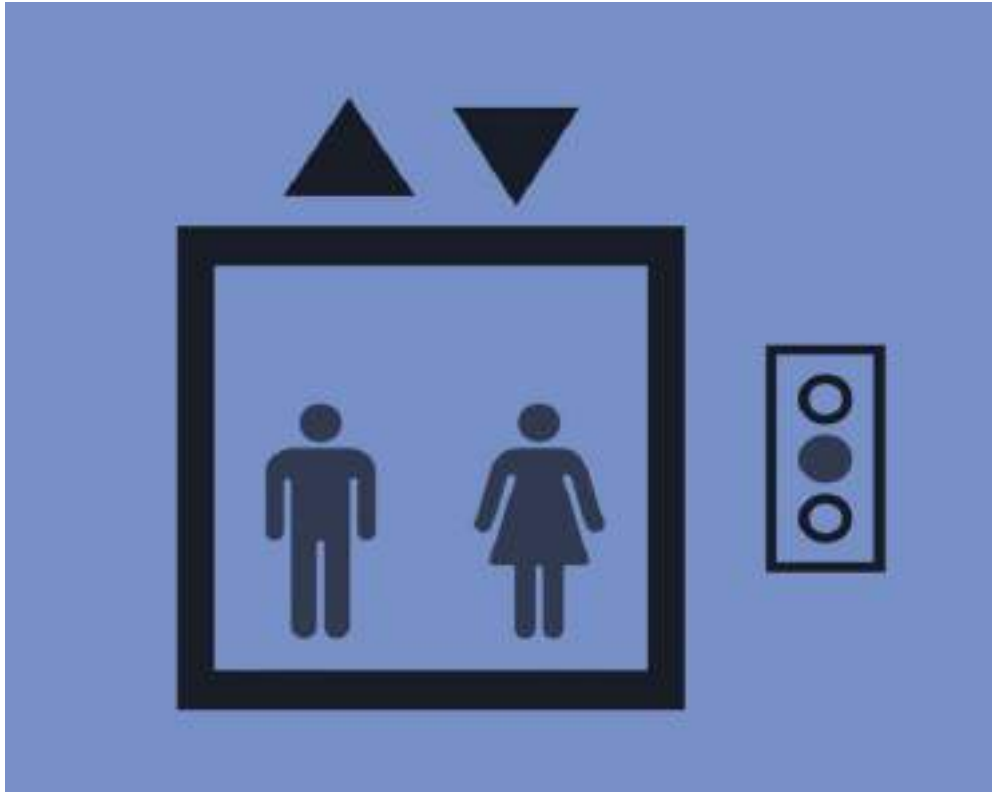
Practice Social Distancing





Avoid Touching Lift
Walls, Hand Rails and
other frequently
touched surfaces

Limited use of Lifts



- Physically fit should avoid using lifts
- For first floor, second floor and getting down staircase to be used

Physical barriers, signages and guides

- Install physical barriers, such as sneeze guards or partitions, particularly in areas where it is difficult for individuals to remain at least 6 feet apart (e.g. Reception Desks).



Modified layouts

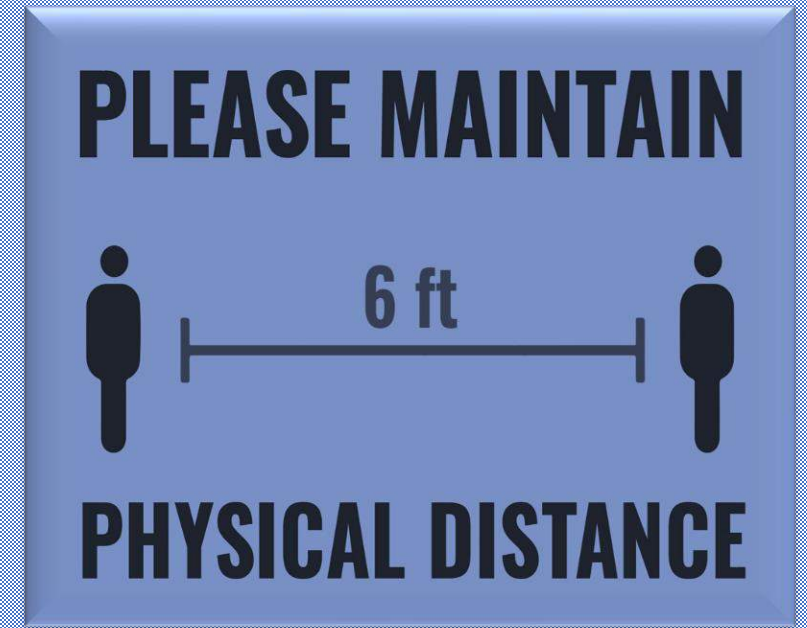
- Space seating/desks at least 6 feet apart when feasible.
- Turn desks to face in the same direction (rather than facing each other), or have students sit on only one side of tables, spaced apart.
- Modify learning stations and activities as applicable so that there are fewer students per group, placed at least 6 feet apart if possible.

Shared Spaces

- Temporarily close shared spaces such as dining halls and playgrounds with shared playground equipment if possible
- Otherwise, stagger use and clean and disinfect between use.
- Add physical barriers, such as plastic flexible screens, with at least 6 feet apart.

Physical barriers, signages and guides

- Provide physical guides, such as tape on floors or sidewalks and signs on walls, to ensure that staff and children remain at least 6 feet apart in lines and at other times (e.g. guides for creating “one way routes” in hallways).



5. Practicing Respiratory Hygiene



Respiratory Etiquette

- Encourage students and staff to cover coughs and sneezes with a tissue and immediately wash their hands after blowing their nose, coughing or sneezing.
- Persons with disabilities may need assistance with hand hygiene.

Respiratory Hygiene

When coughing and sneezing cover the face with Flexed elbow or tissue



Throw tissue into closed bin away immediately after use



Wash hands with soap and water after coughing or sneezing and when Caring for sick.



Avoid spitting in Public



- Avoid spitting in public
- Spitting heavily contaminate the environment particularly walk paths
- Contaminates chappals and shoes
- Before entering home, leave chappals/shoes outside and wash feet, hands and face

6. Ventilation in Schools

Adequate Ventilation

- Disperses the viruses from the air
- Prevents air-borne transmission
- Reduces surface contamination

Natural Ventilation



- Allow natural ventilation and free flow of air
- Open all doors and windows
- Windows should have proper metal grills to prevent falls

Hybrid Ventilation

- Natural Ventilation augmented by fans
- Fans fitted on stands are very useful in directing air movement in such a way it enhances air exchange and
- Exhaust fans help in increasing air exchange



Improvement Steps for Hybrid Ventilation

- Use fans to increase the effectiveness of open windows.
- Position fans securely and carefully in or near windows so as not to induce potentially contaminated airflow directly from one person over another
- Strategic window fan placement in exhaust mode can help draw fresh air into room via other open windows and doors without generating strong room air currents

Exhaust Fans in Schools

- Ensure restroom exhaust fans are functional and operating at full capacity when the school is occupied.
- Inspect and maintain local exhaust ventilation in areas such as restrooms, kitchens, cooking areas and other required places
- Decrease occupancy in areas where outdoor ventilation cannot be increased.

Exhaust Fan with High Suction Capacity



Heating, Ventilation and Air Conditioning Systems

- If heating, ventilation and air conditioning systems are used they should be regularly inspected, maintained and cleaned.
- Rigorous standards for installation, maintenance and filtration are essential to make sure they are effective and safe.
- Consider running the systems at maximum outside airflow for two hours before and after times when the building is occupied, according to the manufacturer's recommendations.

Heating, Ventilation and Air Conditioning Systems

- Ensure ventilation systems operate properly and increase circulation of outdoor air as much as possible
- Increase total airflow supply to occupied spaces
- Disable demand-controlled ventilation (DCV) controls that reduce air supply based on occupancy or temperature during occupied hours.

Heating, Ventilation and Air Conditioning Systems

- Further open minimum outdoor air dampers to reduce or eliminate HVAC air recirculation. In mild weather, this will not affect thermal comfort or humidity. However, this may be difficult to do in cold, hot, or humid weather.
- Do not use ventilation systems which circulates indoor air

7.Cleaning and Disinfection

- Prevents surface borne transmissions
- Denies source to hands



Cleaning and disinfection

- Clean and disinfect frequently touched surfaces (e.g. playground equipment, door handles, sink handles, drinking fountains) within the school and on school buses at least daily or between use as much as possible.
- Use of shared objects (e.g. gym or physical education equipment, art supplies, toys, games) should be limited when possible, or cleaned between use.
- Develop a schedule for increased frequency of routine cleaning and disinfection

Disinfection in Schools

➤ One percent sodium or calcium hypochlorite solution

- For floors, pathways, staircases, walls, aluminium doors, non-metallic items, garbage

➤ 2.5 percent Lysol (50% Cresol IP and 50% Soap)

- For cars, two wheelers, lift, furniture, equipment, small tools and similar materials 5 percent Lysol to be used

Disinfection of Electronic items with alcohol based Hand Sanitisers

Clean Electronic items like mobile phones, biometric devices, computer mouse, keypads and similar items with Hand Sanitisers



Bleaching Powder and Lime Mixture in 1:4 Ratio

- Disinfection of school garbage, street garbage and unhygienic areas with Bleaching Powder and Lime Mixture in 1:4 Ratio



Alcohol based Hand Sanitisers

- Hand Sanitisers
 - are not substitutes for Hand Wash
 - are not effective on Hands with dirt and sweat
- **Hand Sanitisers are effective only on clean hands**
- Alcohol based Hand sanitisers should not be used inside kitchens, closed rooms, cars and on electrical circuits like switches, since it may cause fire accident.

Surfaces frequently touched by hands in Schools

Door Handles	Chair Handles	Hand-rails of staircase
Switches	Table surfaces	Elevator buttons
Computer mouse	Table drawers	Elevator Hand-rails
Key Pads	Biometric devices	Water Taps
Desk surfaces	Locker handles	Play items
Hand rails in buses, autos	School office counters	Door locks in wash rooms
Sofa surfaces	Teaching materials	Garbage baskets

Preparing 1 % Hypochlorite solution from Liquid Chlorine

- Liquid chlorine
 - Available as Sodium or Calcium hypochlorite solution
 - Depending on the concentration of the solution supplied it can be diluted to 1 percent with water.

Caution: Chlorine solution to be added to water for dilution:
Water should not be poured into chlorine solution

Preparing 1 % Liquid Chlorine from Bleaching Powder

- 500 grams of bleaching powder (33 % available chlorine) dissolved in 15 litres of water or 1 kg in 30 litres of water
- **Materials Required**
 - Bleaching Powder
 - Two plastic buckets of 15 litres capacity
 - Two or three plastic mugs with measurement markings
 - Bamboo stick for mixing
 - PPE for Disinfection Workers
 - Wood ladle



Preparation of Disinfectants



Preparing 1 % Liquid Chlorine from Bleaching Powder

- Take 500 grams of bleaching powder (33 % available chlorine) in a plastic bucket.
- Add water slowly and make it like a paste
- Then slowly add water to make it to 15 litres
- Allow it for 15-20 minutes for the sediments to settle
- Supernatant fluid to be used for mopping or spraying
- Sediments can be used for disinfecting garbage or unhygienic places



Lysol (Cresol IP 50 % v/v and Soap 50% v/v) (Phenolic Disinfectant)

- 5 percent Lysol (Hospitals)
 - One litre of Lysol in 9 litres of water
- 2.5 percent Lysol (Schools)
 - One litre of Lysol in 19 litres of water



Caution: Lysol to be added to water for dilution:
Water should not be poured into Lysol solution

Hygiene and Sanitation

- Daily cleaning of the floors, staircases and other areas
- Cleaning and regular disinfection with 1% hypochlorite solution of frequently touched surfaces (doorknobs, elevator buttons, handrails, chairs, benches, washroom fixtures, etc.)
 - to be made mandatory in all classrooms, laboratories, lockers, parking areas, other common areas etc.
 - before beginning of classes and at the end of the day.

Hygiene and Sanitation

- Teaching materials, computers, laptops, printers, shall be disinfected with 70% alcohol wipes.
- Deep cleaning of all drinking and hand washing stations, washrooms and toilets shall be ensured.
- All dust bins should be disinfected with 1 % Hypochlorite solution or bleaching powder
- Provision of soap in toilets and hand sanitizers in other common areas in sufficient quantity must be ensured.

8.Cohorting

- Groups of students, and sometimes teachers or staff, that stay together throughout the school day to minimize exposure for students, teachers, and staff across the school environment.
- Ensure that cohorts are as static as possible by having the same group of students stay with the same teachers or staff (all day for young children, and as much as possible for older children).

Cohorting

- If additional space is needed to support cohorting, all available safe spaces may be considered
- Limit mixing between cohorts if possible.
- All staff including teachers should confine their movement only to their respective work stations.

9. Staggered Scheduling

- Stagger student arrival, drop-off, and pick-up time or locations by cohort, or
- Also put in place other protocols to limit contact between cohorts and direct contact with parents, guardians, and caregivers as much as possible.

Staggered Scheduling for Students

- Alternate the days when cohorts physically attend school.
- For example, one cohort may physically attend school on Monday, Wednesday and Friday day and the other cohort on Tuesday, Thursday and Saturday.
- Any option which minimizes close interaction without affecting learning may be considered as per the guidelines of the government

Staggered Scheduling for Teachers

- During first week, first batch of teachers shall work on Monday, Tuesday and Friday, Saturday: Second batch of teachers on Wednesday and Thursday
- In the subsequent week, vice versa
- Any option which minimizes close interaction without affecting learning may be considered as per the guidelines of the government

10. Water Supply

- Over Head Tanks, Ground Level Tanks (Sumps) and all water storage systems should be scrubbed and cleaned well with bleaching powder on regular basis.
- All pipelines and drinking water taps should be checked for any leakage
- Chlorinated safe drinking water should be made available
- Hand wash facilities should be available at drinking water stations

11.Food

- Schools are essential to meet the nutritional needs of children
- Instead of eating inside the classrooms or dining rooms children can eat in open spaces in the school
- Hands should be washed with soap and water at least for 20 seconds by counting 1 to 30, before eating and after eating

Food

- If common dining halls or cafeterias will be used, ensure that children remain at least 6 feet apart in food service lines and at tables while eating.
- Clean and disinfect tables and chairs between each use
- Lunch interval may also be staggered
- Keep windows and doors open

12. Gatherings, Visitors and Field trips

- Non-essential visitors, volunteers, activities involving external groups or organizations to be avoided
- Avoid all gatherings and field trips until the transmission risk ceases to exist
- Persons with disabilities may need direct service providers or assistance in a school environment. Only such persons may be permitted with precautions

13.Avoid sharing of objects

- Discourage sharing of items that are difficult to clean or disinfect.
- Keep each child's belongings separated from others' and in individually labelled containers, cubbies, or areas.
- Ensure adequate supplies to minimize sharing of high touch materials to the extent possible (e.g., assigning each student their own art supplies, equipment) or limit use of supplies and equipment by one group of children at a time and clean and disinfect between use.
- Avoid sharing electronic devices, toys, books, and other games or learning aids.



Please Bring Your own
Learning Materials to
avoid sharing

14.School Transport



- Promote and put in place respiratory hygiene and hand hygiene, physical distancing measures and use of masks in transportation such as school buses
- Provide tips for how to safely commute to and from school, including for public transportation.
- Keep the windows of the buses, vans, and other vehicles open in safe manner.
- Hand Wash mandatory before and after every trip

Travel and transit

- All non-essential travels should be avoided
- Postpone or cancel all student travel programs
- Encourage students, faculty and staff to walk or ride bicycle or two wheelers to minimize contact
- Ensure options for safe travel on campus for people with disabilities.
- Encourage to commute during less busy times and clean their hands as soon as possible after their trip.

15. Conduct of Skill based training in workshops /laboratories

- For practical activities in laboratories maximum capacity per session should be planned and scheduled based on re-designated spaces
- Ensure that the equipment have been disinfected, particularly the frequently touched surfaces before and after each use.
- Ensure a floor area of 4 m² per person is available

Conduct of Skill based training in workshops /laboratories

- Ensure that members perform hand hygiene before and after using training equipment.
- For such purpose hand wash with soap and water should be provided at workstations /simulation labs etc.

16. Sports Events

- Lowest Risk

- Performing skill-building drills or conditioning at home- alone, or with family members.

- Increasing Risk

- Team-based practice.

- More Risk

- Within-team competition.



Sports Events

- **Even more Risk:**
 - Full competition between teams from the same local geographic area.
- **Highest Risk:**
 - Full competition between teams from different geographic areas.



17. Swimming Pools

- Swimming pools not to be used till the pandemic is controlled
- When swimming pools are reopened, proper hygiene measures to be followed
 - Entry screening
 - Reducing permitted strength by 50 percent
 - COVID-19 disinfection and Swimming Pool disinfection protocols to be followed



18. Cross-school transfer for special programs

- For example, if students are brought from multiple schools for special programs (e.g., music, robotics, academic clubs, sports), consider using distance learning and virtual environments to deliver the instruction or temporarily offering duplicate programs in the participating schools.
- Develop a plan for staff who travel between schools (e.g., school nurses, psychologists, therapists).

Cross-school transfer for special programs

- For example, consider allowing them to have virtual meetings in place of physical school visits and revise scheduling to limit their visits to multiple campuses.
- Pursue virtual activities and events in lieu of field trips, student assemblies, special performances, school-wide parent meetings, as possible.

19.Activities in common areas like library

- Physical distancing of 6 feet needs to be maintained
- Persons using the common areas need to use face mask all the time
- Stagger the use
- Frequently disinfect
- Keep doors and windows open



20. Conduct of guidance activities in the rooms or open spaces within the school campus

- Seating arrangement to ensure a distance of 6 feet between chairs, desks etc.
- Staggering of guidance activities to be done, with separate timing slots, to allow for adequate physical distancing and disinfection of classroom premises
- If conducted inside rooms, windows and doors should be kept open

Conduct of guidance activities in the rooms or open spaces within the school campus

- The teaching faculty will ensure that they themselves and students wear masks throughout the conduct of the teaching/guidance activities.
- Sharing of items like notebook, pens/pencil, eraser, water bottle etc. amongst students should not be permitted

21.Avoiding Close Contact



- No Hand shakes
- No hugs
- No close interactions

Avoid shaking
hands, and hugs





*Stay
Home*

22. Staying Home when appropriate

Educate staff and families about when they/their children should stay home and when they can return to school.

Staying Home when appropriate

- Develop policies that encourage sick students, teachers and other employees of the school and to stay at home without fear of reprisal, and ensure employees, teachers, students, and students' families are aware of these policies.
- Staff and students should stay home when they have tested positive for or showing COVID-19 symptoms
- Staff and students who have recently had close contact with a person with COVID-19 should also stay home and monitor their health.

Staying home when sick

- Make sure that staff and families know that
 - they should not come to school, and
 - that they should notify the designated COVID-19 point of contact (e.g. Nodal teacher) if tested positive for COVID-19 or have been exposed to someone with COVID-19 symptoms or a confirmed or suspected case.
- These critical communications should be accessible to individuals with disabilities and limited proficiency.

23. Protections for staff and children at higher risk for severe illness from COVID-19

- 60 plus and people with co-morbid conditions are at a higher risk of getting infected and developing severe disease and mortality.
- Pregnant teachers/ staff should be given special attention
- Interaction with students and other teachers may be reduced and exposure to frontline work to be avoided
- Underlying health conditions should be treated adequately

Protections for staff and children at higher risk for severe illness from COVID-19

- Special care should be taken for such students, teachers and other staff
- Options that limit their exposure risk including virtual learning/teaching opportunities may be considered
- Provide inclusive programming for children and youth with special healthcare needs and disabilities
- Policies to protect the privacy of people with underlying medical conditions should be followed

Children with underlying health conditions

- The risk of severe disease for children is lower than for adults
- Children with underlying conditions such as chronic respiratory illness including asthma, obesity, diabetes or cancer, are at higher risk of developing severe disease like adults
- Children with underlying health conditions should be more careful

Are children at lower risk than adults?

- Children under the age of 18 years represent less than 10 percent of reported cases, usually mild disease, with relatively few deaths compared to other age groups.
- However, cases of critical illness have been reported.
- As with adults, children with pre-existing medical conditions are prone for severe disease.

24.SOP to be followed in case a student / teacher / employee develops symptoms (fever, cough,difficulty in breathing)

- Place the sick student / teacher/employee in a room or area where they are isolated from others.
- Provide a medical mask to wear
- Inform parents/guardians, family members
- Immediately inform the nearest Urban or Rural PHC Medical Officer or call the state or district helpline.
- Patient to be transported to the designated health facility in ambulance or exclusive car or van

Clean and Disinfect

- Close off areas used by a sick person and do not use these areas until these areas are disinfected and cleaned.
- For outdoor areas (e.g., playgrounds, sitting areas, outdoor eating areas, etc.), this includes surfaces or shared objects in the area, if applicable.



COVID-19 Test Positive Students/Teachers/ Other School Personnel

- School Administrators should work with local health officials for organizing control measures
- List of close contacts of the ill student to be prepared and communicate the possible exposure to the contacts listed
- Contacts are advised to stay in home quarantine for 14 days
- Family Members of the students are requested to be under home quarantine for 14 days.
- Student returns to school after meeting criteria for ending home isolation.

25. Containment Area

- Schools in containment areas are not allowed to open as per govt guidelines
- Students from containment areas are not allowed to attend schools located in other areas
- Schools should provide online or distance learning opportunities to such students

26.Absenteeism

- Monitor absenteeism among students, teachers and other staff
- Find out the reasons for absenteeism
- If absenteeism is due to sickness, investigate in detail for any infectious disease
- Well trained back up teachers in infection control should be available, in case nodal teachers are infected

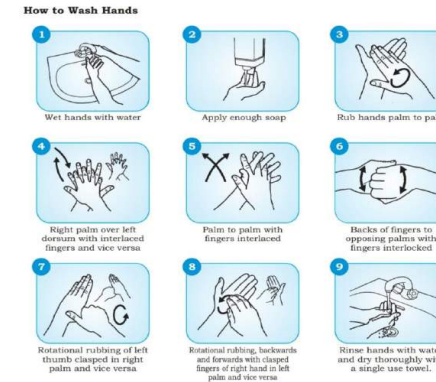
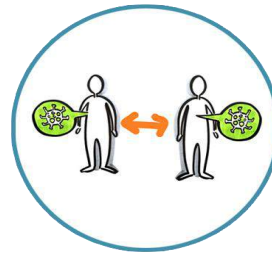
27.Signs and Messages

- Use communication methods that are accessible for all students, faculty, and staff, including those with disabilities.
- Translate materials into common languages spoken by students, faculty, and staff and people in the school community.
- School websites, e-mails and school social media accounts can be used for communication.

Signs and Messages

- Post signages in highly visible locations (e.g., school entrances, restrooms) that promote everyday preventive measures such as

- Hand wash
- Wearing face mask
- Cleaning and disinfection
- Social distancing
- Ventilation



- Signs should include visual cues (such as clear, easy-to-understand pictures demonstrating the healthy behaviours) at the appropriate reading and literacy level.

Triple Fives

Transmission Prevention	Enhancing Innate Immunity	In case of Symptoms
1.Face Mask	1.Good Nutrition	1.Consult doctor
2.Hand Wash	2.AYUSH	2.Check SpO ₂
3.Disinfection	3.Comorbid Conditions	3.Temperature Check
4.Social Distancing	4.Good Sleep	4.RT PCR Test
5.Ventilation	5.No smoking	5.Treatment

28.Risk Communication

- Create awareness to ensure the students do not gather when leaving the school and in their free time.
- Sensitize students, parents, teachers and employees to create awareness on COVID appropriate behaviour.
- If a student, teacher or employee is sick, they should not come to the school and follow necessary protocols in this regard.

29.Regulatory Awareness

- Government guidelines on infection control measures, rules and regulations to be followed in schools, at homes and in the community should be disseminated among students, teachers and other staff
- School teachers, students and other staff should be well aware of the hygiene measures
- Dedicated team should implement the hygienic measures including knowledge management and supplies including disinfectants
- Installation & use of Aarogya Setu App may be advised wherever feasible.

30. Announcements through PA systems

- Broadcast regular messages on reducing the spread of COVID-19 on PA systems in the schools
- Use simple, clear, and effective language about hygienic behaviours that prevent the spread of COVID-19
- Encourage healthy behaviours



31. Adequate supplies

- Support healthy and hygienic behaviours by providing adequate supplies,
 - including soap, hand sanitizer at least 70 percent alcohol (for staff and older children who can safely use hand sanitizer),
 - a way to dry hands, tissues, disinfectant wipes, face masks (as feasible) and no-touch/foot-pedal trash cans.

32.Communication Systems

- Staff and families should self-report to the school if they or their student have symptoms of COVID-19, a positive test for COVID-19, or were exposed to someone with COVID-19 within the last 14 days.
- The communication methods should be accessible for all students, faculty and staff, including those with disabilities
- Notifying staff, families, and the public of school closures and any restrictions in place to limit COVID-19 exposure (e.g., limited hours of operation).

Designated COVID-19 point of contact

- Designate a teacher/staff of the school to be responsible for responding to COVID-19 concerns.
- All school staff and families should know the name and contact details of the nodal person

33. Psycho-Social wellbeing

- Ensure regular counselling is done for students, teachers and other staff reporting mental health issues such as anxiety and depression.
- It is advisable that teachers, school counsellors and school health workers should work in unison to ensure emotional safety of the students.

34. Use of Open Spaces in the School

- Open places to be used as much as possible
 - Lunch time
 - Under the tree classes
 - Awareness briefing events
 - Distribution of learning materials by the school

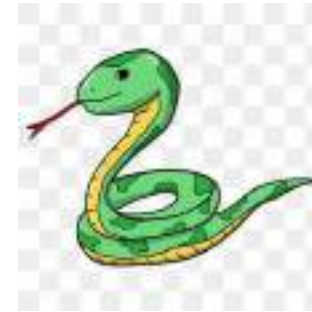


Reopening Schools after long vacation

- Thorough cleaning of school premises
- Removal of rubbish, waste materials, wood logs and other unwanted materials
- Cleaning of sumps, Over Head Tanks with bleaching powder
- Repair of pipelines

Reopening Schools after long vacation

- Thorough check of class-rooms, desks and other furniture, play-ground and whole campus and ensure that there are no poisonous creatures live inside the school premises
- Clearing the campus of bees/wasps



Reopening Schools after long vacation

- Inspection and clearing of unwanted containers breeding Aedes mosquitoes
- Clearing any kind of Aedes breeding
- Fogging for mosquito control
- Disinfection of school premises, surrounding areas and class rooms



Health Team inspecting a sump in a school



Health Team inspecting a sintex tank for Aedes breeding in a school



School Immunisation



Standard	Vaccine	Infectious Diseases Prevented
First Standard	DPT Second Booster	Diphtheria, Whooping Cough, Tetanus
Fifth Standard	Td	Diphtheria, Tetanus
Tenth Standard	Td	Diphtheria, Tetanus

Monitoring of Health Indicators in Schools

- Effectiveness of Identification of children/ teachers/ other staff with symptoms, reporting, monitoring and tracing of contacts
- The number of cases in children and staff in the school
- Frequency of school-based outbreaks in the district
- The trend in school dropouts after lifting the restrictions
- Reporting of cases among children with co-morbid conditions

Display of Helpline numbers

- Telephone numbers of PHC Medical Officers, Local Health Authorities, State and District Control Rooms should be displayed prominently in the school premises

Transmission risk assessment by learning
modalities for understanding and
appropriate use by schools/colleges

1.Lowest risk

- Students and teachers engage in virtual-only classes, activities, and events



2. Some Risk

- Hybrid Learning Model
 - Some students participate in virtual learning and other students participate in in-person learning
- Small, in-person classes, activities, and events
- Cohorting
 - leveraging all available safe community spaces, including outdoor spaces; alternating schedules, and staggered schedules are applied rigorously
- No mixing of groups of students (i.e., cohorts) and teachers throughout/across school days

Some Risk

- Students and teachers do not share objects
- Students, teachers, and staff always follow all steps to protect themselves and others, including proper use of face masks, social distancing, hand hygiene, and respiratory etiquette
- Regularly scheduled cleaning and disinfection of frequently touched surfaces implemented consistently

3. Medium Risk

- Hybrid Learning Model:

- Most students participate in in-person learning, some students participate in virtual learning
- Larger in-person indoor classes, activities, and events
- Cohorting, alternating schedules, and staggered schedules are applied with some exceptions
- Some mixing of groups of students (i.e: cohorts) and teachers throughout/ across school days

Medium Risk

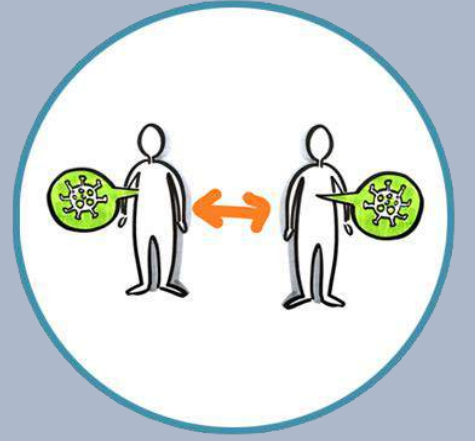
- Students and teachers minimally share objects
- Students, teachers, and staff follow all steps to protect themselves and others such as proper use of face masks, social distancing, hand hygiene and respiratory etiquette
- Regularly scheduled cleaning and disinfection of frequently touched surfaces largely implemented consistently

4.Higher Risk

- Full sized, in-person classes, activities, and events
- Students minimally mix between classes and activities
- Students and teachers share some objects
- Students, teachers, and staff follow **some steps** to protect themselves and others at all times such as proper use of face masks, social distancing, hand hygiene and respiratory etiquette
- Irregular cleaning and disinfection of frequently touched surfaces

5.Highest Risk

- Full sized, in-person classes, activities, and events
- Students mix freely between classes and activities
- Students and teachers freely share objects
- Students, teachers, and staff do not/are not required to follow steps to protect themselves and others such as proper use of face masks, social distancing, hand hygiene and respiratory etiquette
- Irregular cleaning and disinfection of frequently touched surfaces



Everyday Preventive Actions by Everyone

