



We Instill Today ..
You Reap Tomorrow..

GHERAS INTERNATIONAL SCHOOL

Preventive Measures Policy

2022 - 2023





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Activation Policy of the Precautionary measures for Limiting the Spread of COVID-19

Qatar calls upon people of the community to be careful and to apply some simple preventive measures to protect against infection. GIS ensures the activation of these procedures, including the following:

- ❖ Frequent Handwashing or using hand sanitizers.
- ❖ Maintain a distance of 2 meters within your surroundings that have side effects.
- ❖ Avoid any kind of bodily contact, including the handshake.
- ❖ Use the sleeves of the clothes during the sneezing or coughing or using the tissue paper thereupon and properly throw them away in a closed container.
- ❖ Wear masks in the common areas.
- ❖ Ensure good ventilation in the closed areas.

Physical distancing at school

Regarding physical distancing, you must establish some classroom ground rules following the procedures set by your school's administration and the protocols established by your respective country's Ministry of Health and local health bodies and authorities. Recommended measures include :

- Maintain a distance of at least 1 metre between everyone present at school.
- Increase desk spacing (at least 1 metre between desks), stagger recesses/breaks and lunch breaks (if difficult, one alternative is to have lunch at desks).
- Limit the mixing of classes for school and after-school activities. For example, students in a category will stay in one classroom throughout the day while teachers move between classrooms; or types could use different entrances, if available, or establish an order for each class to enter and leave the building/classroom.
- Stagger the school day to vary the start and end times and avoid having all the students and teachers together at once.
- Consider increasing the number of teachers, if possible, to allow fewer students per classroom (if space is available).
- Advise the students' parents against crowding during school pick-up or daycare, and if possible, avoid pick-up by older family or community members (i.e. grandparents).
- Arrange school pick up / drop off times differently (according to age group) to decrease any large gatherings of children at a given time.



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- Use signs, ground markings, tape, barriers and other means to maintain a 1-meter distance in queues around entrances.
- Discuss how to manage physical education and sports lessons.
- Move lessons outdoors or ventilate rooms as much as possible.
- Encourage students not to gather and socialize in big groups upon leaving school grounds.

To do

To encourage your students to stick to the rules, creating a dos and don'ts list with them can be helpful. For example, develop a list around how students will greet each other; how desks will be arranged; physical distancing measures during lunch breaks (who they will sit with, play with during breaks, how they can schedule time with all of their friends across the week).

Health and Hand Hygiene

Teachers have a critical role in ensuring students understand the precautions they should take to protect themselves and others from COVID-19, and they must lead by example in the classroom.

Handwashing is one of the easiest, most efficient and most effective ways of combating the spread of germs and keeping students and staff healthy.

The five steps for Handwashing:

- 1- Wet hands with safe, running water.
- 2- Apply enough soap to cover wet hands.
- 3- Scrub all surfaces of the hands – including the backs of hands, between fingers and under nails – for at least 20 seconds. You can encourage students to sing a quick song at this point to make it a fun habit.
- 4- Rinse thoroughly with running water.
- 5- Dry hands with a clean cloth or single-use towel.

If there is limited access to a sink, running water or soap in the school, use a hand sanitizer containing at least 60 per cent alcohol.

Did you know? Cold and warm water are equally effective at killing germs and viruses – as long as you use soap!



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Mask-wearing in school

If wearing masks is recommended in your school, then make sure your students are familiar with when they should wear masks and any related school policies, such as how to dispose of used masks safely to avoid the risk of contaminated masks in classrooms and playgrounds.

All efforts should be made to ensure a mask does not interfere with learning. No children should be denied access to education because of mask wearing or the lack of a mask because of low resources or unavailability.

If you have students with disabilities, such as hearing loss or auditory problems, in your class, then consider how these children may miss learning opportunities because of the degraded speech signal stemming from mask-wearing, the elimination of lipreading and speaker expressions and physical distancing. Adapted masks to allow lipreading (e.g. clear masks) or face shields may be explored as an alternative to fabric masks.

Cleaning and Disinfecting

Information on how to maintain the cleanliness and sanitization of your classroom

Daily cleaning and disinfecting surfaces and objects that are touched often, such as desks, countertops, doorknobs, computer keyboards, hands-on learning items, taps, phones and toys.

Immediately clean surfaces and objects that are visibly soiled. If surfaces or objects are soiled with body fluids or blood, use gloves and other standard precautions to avoid coming into contact with the fluid. Remove the spill, and then clean and disinfect the surface.

Tips for staff using cleaning materials:

- Ensure you understand all instruction labels and understand safe and appropriate use.
- Follow the instructions on the labels.
- Cleaning products and disinfectants often call for the use of gloves or eye protection. For example, gloves should always be worn to protect your hands when working with bleach solutions.
- Do not mix cleaners and disinfectants unless the labels indicate it is safe. Combining certain products (such as chlorine bleach and ammonia cleaners) can result in severe injury or death.



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- Diluted household bleach solutions may also be used if appropriate for the surface.
- Check the label to see if your bleach is intended for disinfection and has a sodium hypochlorite concentration of 0.5 %. Ensure the product is not past its expiration date. Some bleaches, such as those designed for safe use on coloured clothing or for whitening, may not be suitable for disinfection.
- Household bleach will be effective against coronaviruses when adequately diluted.
- Follow the manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.
- Leave the solution on the surface for at least 1 minute.

Actions to take if one of your students appears to be sick

- Identifying COVID-19 symptoms

The most common symptoms are fever, cough, and tiredness. Other symptoms can include shortness of breath, chest pain or pressure, muscle or body aches, headache, loss of taste or smell, confusion, sore throat, congestion or runny nose, diarrhoea, nausea and vomiting, abdominal pain, and skin rashes.

School preparations and what to do if one of your students displays any of the symptoms :

- Designate a specific area in the school (i.e. near the entrance) as a waiting room where children can wait. Ideally, this room should be well-ventilated. If there are school nurses available, it is recommended that they are designated staff in this waiting area. If the student feels ill and/or exhibits symptoms of COVID-19, they should wait in the designated room to be picked up by their parents/caregiver. Afterwards, the room should be cleaned, disinfected and sanitized.
- Provide the sick student with a medical mask if available.
- Consider daily screening for body temperature and history of fever or feeling feverish in the previous 24 hours on entry into the building for all staff, students and visitors to identify persons who are sick.
- Ensure a procedure for separating sick students and staff from those who are well – without creating stigma – and a process for informing parents and consulting with health care providers/health authorities wherever possible.



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- Students/staff may need to be referred directly to a health facility or sent home, depending on the situation/context.
- Encourage all students to stay home and self-isolate should they feel ill.
- Develop a standard of operation if temperature screening is required.
- Share procedures with parents and students ahead of time.

There have been several reports of children acquiring a multisystem inflammatory condition, which is possibly linked with COVID-19. Notice any rash, hypertension, or acute gastrointestinal problems in your students. It could indicate that they are experiencing multisystem inflammatory syndrome and should seek medical attention immediately.

Rapid Diagnostic Testing for COVID-19:

The School Health Services Program Department of PHCC claims, within a circular sent to the schools of the country, the re-obligation of the rapid diagnostic testing for COVID-19 to be made by the teachers with the beginning of the new school year (2022 – 2023).

According to the circular, in line with the decision of the National Health Strategic Group on COVID-19 of the Ministry of Public Health to ensure the safety of the school communities and make sure that school staff is free from COVID-19, it is determined that the rapid diagnostic home test shall be made for all school staff (Administration and Education Department).

According to the circular, all staff in the schools and kindergartens, whether they were vaccinated or previously infected with COVID-19, shall have the rapid diagnostic home test at least 48 hours before the school starts (i.e. before 21 August) only once, not weekly, provided that the parents and teachers shall sign a pledge to have the rapid diagnostic home test .