

# Safe & Healthy Environment: Students & School Community

When School reopen (COVID 19)



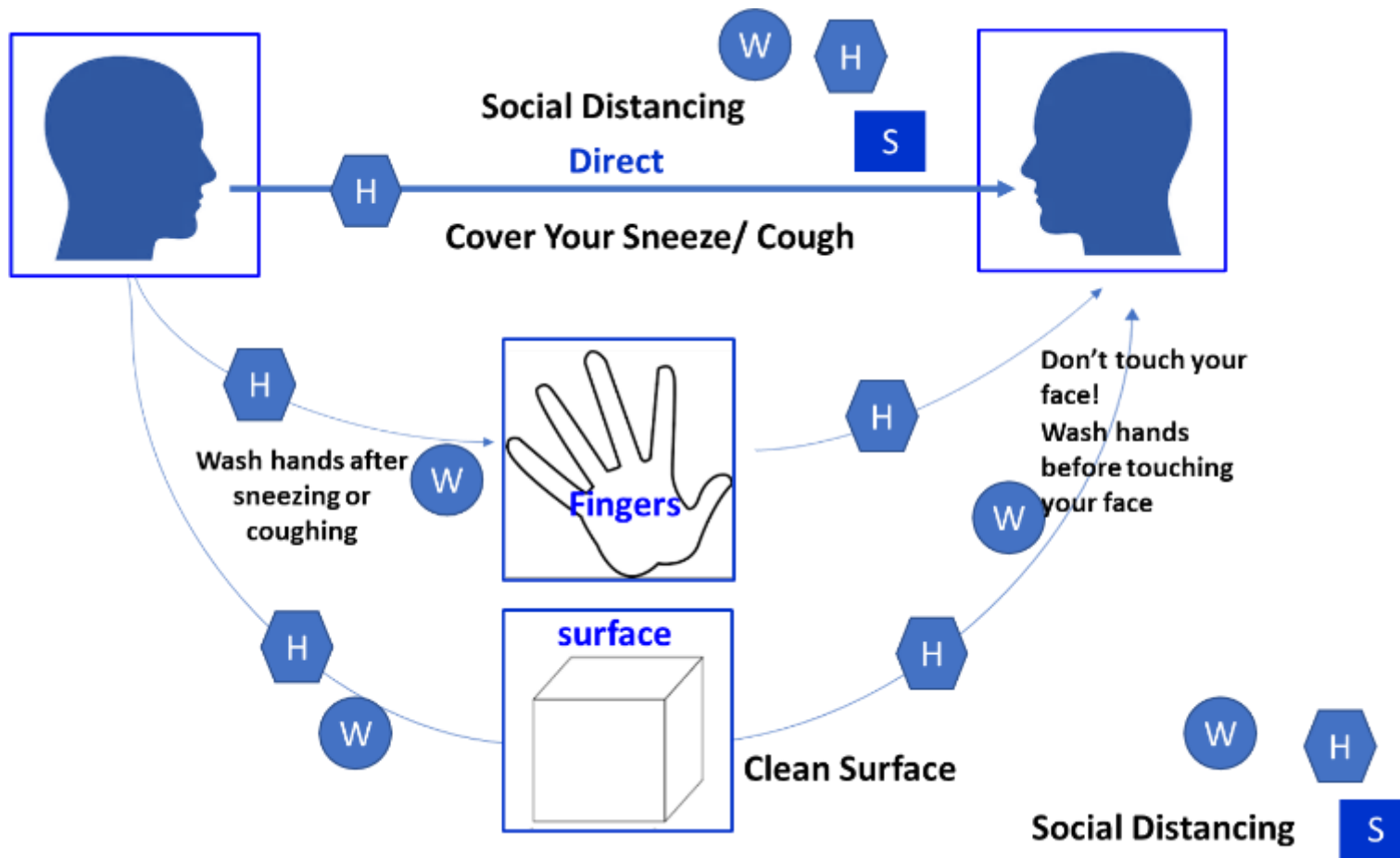
# Structure

- 1. Key messages**
- 2. Actions & Checklist for School administrators, teachers and staff**
- 3. Action & Checklists for Parents/caregivers and community members**
- 4. Actions & Checklist for Students and children**

## **Purpose**

- Clear and actionable guidance for safe operations, prevention, early detection and control of COVID-19 in schools
- Encourage students as advocates for COVID 19 disease prevention & control (home, school, their community)
- Consideration for maintaining safe school operations during reopening schools after lockdown

# COVID- 19 Specific: The cough Diagram



Source: #SphereHandbook author

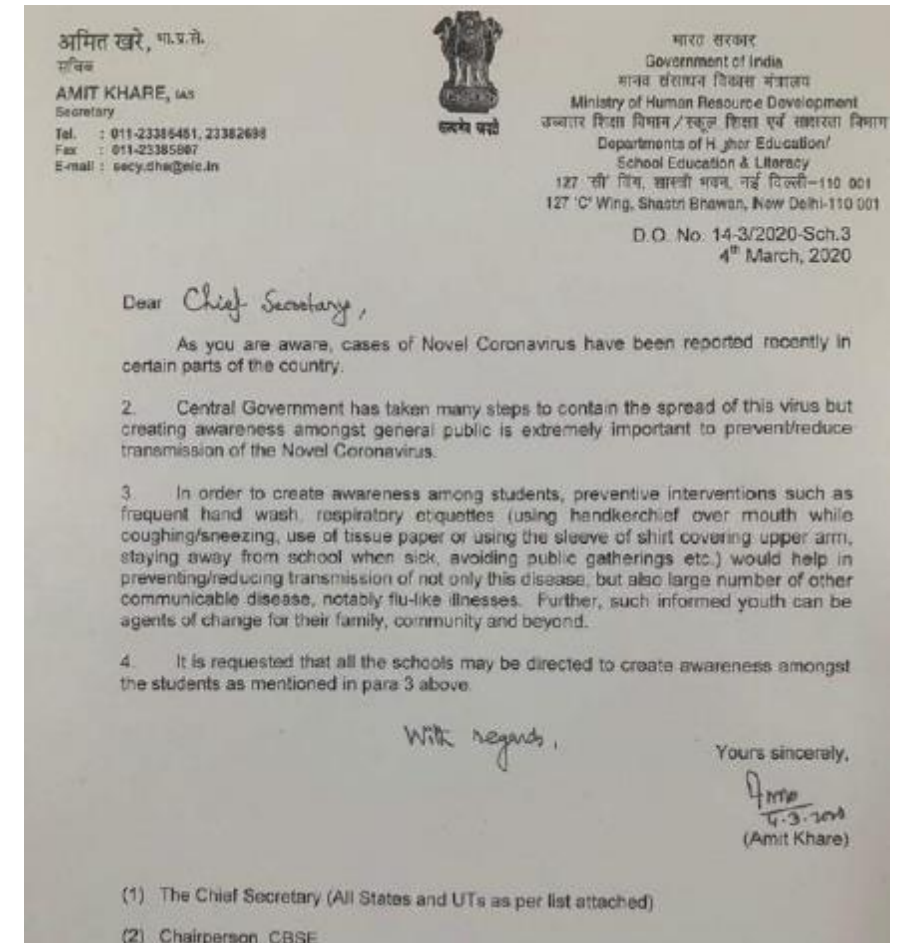
## Key Areas:

1. Social distancing,
2. Use of Mask
3. Hand Hygiene
4. Clean Surfaces

**Crisis presents an opportunity to learn, develop life skills, increase resilience for safer and healthy learning environment**

# Key message 1: Respiratory Etiquettes

- Use **Home made reusable masks**
- **While coughing,/ sneezing**
  - use handkerchief over mouth
  - Sleeve of shirt covering upper arm
  - Use a tissue paper
- **Dispose tissue in covered bins** , followed by hand wash
- **Do not touch** eyes, nose and mouth
- **Being alert for the signs** – fever, cough, breathing difficulty (immediately report to school/ parents)
- **Reinforcing the new normal**
- **Increase air flow and ventilation**



**Children as agent of change, may learn & contribute prevention & transmission of disease**

# Key message 2: Physical Distance

## ▪ **Staying away from schools**

Sick teachers, student, staff should not come to school -- plan with the health, school authorities & parents/ caregiver, two way communication procedure with parents- like is someone in home deducted as COVID +Ve, etc)

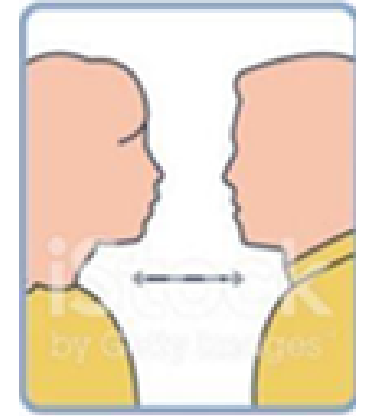
## ▪ **Promote physical distancing in school :**

- **Staggering the beginning and end of day / shift etc**
- **Cancel assemblies, sports games & other events (large group should not come together)**
- **Create space for children's desks/ sitting arrangement to be at least one meter apart**
- **Teach children to learn, practice – life style of keeping space between**

## ▪ **Student/ staff with travel history** (Home quarantine for 14 days)

## ▪ **Discourage awards and incentives for perfect attendance**

## ▪ **If feasible- Keep a separate “isolation room” in school** (for emergency needs)



**Right inf. & facts about COVID-19, will help students in dealing with anxiety, fear**

# Key message 3: Hand Hygiene (COVID 19)

## Critical Times for handwashing

- Before & after meal/ eating
- Before Preparing, serving food
- After using toilets, urinals and bathrooms;
- After touching surfaces (incl. door, handles, handrails, doors and buttons etc)
- Coming out of public transportation/ building,
- After blowing nose, coughing, sneezing
- After cleaning, disinfection, waste disposal
- Before & after use of PPE (Cleaning staff)
- When hands are visibly dirty



**Time : 40 seconds**






# Commons areas that are missed



Back of hand



Front of hand

-  Most frequently missed
-  Frequently missed
-  Least frequently missed

# Hand Hygiene during COVID 19: minimum pre-conditions for hand washing with soap

- ✓ Hand wash platform to have proper slope for drainage
- ✓ Appropriate slope of pipe (uniform discharge)
- ✓ Waste water directed to soak pit
- ✓ Constant availability of soap, soap dispensers at the handwashing platforms.
- ✓ Availability of 70% Alcohol based- hand sanitizer/ hand rubs at key location as - outside class room, entrance, exit, WASH
- ✓ **Least hand touch** (pedal operated faucets at handwashing facility)





# Hand Hygiene: while schools reopen after COVID 19 lock down

## NORMS in normal (non COVID situation)

SN	Provision	Non-residential	Residential
1	Hand washing points	<ul style="list-style-type: none"> <li>1 for every 10-12 student (SBSV)</li> <li>1 for every 20 children (SSHE)</li> <li>1 for every 60 boys (NBC)</li> <li>1 for every 40 girls (NBC)</li> </ul>	<ul style="list-style-type: none"> <li>1 point for every 8 boys (NBC 2016)</li> <li>1 point for every 6 girls (NBC 2016)</li> </ul>
2	Soap Tray & soap	1 tray with every 2 wash taps/ point (SSHE)	

Source: NBC 2016, SBSV 2014, SSHE 2012

## Some Measures (COVID 19)

- Accessible Handwash** facilities (appropriate for age, height, number of children)
  - Regular checking to prevent leakages and timely fixing is leakages happen - in pipeline/ basin
- Distance during handwash (earmarked circles), gap between handwash points/2 taps -1-2 meter**
- Staggering timings of handwashing**
- Leveraging resource for handwashing infrastructure, supplies from** Panchayat/ ULBS/ - 15<sup>th</sup> Finance, SFC, Untied Funds Community, State schemes, CSR.



# Key message 4: Cleaning & Disinfection

- **Minimum, daily disinfection and cleaning of school surfaces**
  - a-) School buildings, classrooms, kitchens and dining facilities, and especially water and sanitation facilities at least once a day
  - B-) Surfaces- railings, lunch tables, sports equipment, door and window handles, toys, teaching and learning aids etc.
- Use of Sodium Hypochlorite .5 % for disinfecting surface, 70% Ethyl alcohol for disinfecting surfaces)
- **Follow environmental cleaning and decontamination** procedures
- **Disinfection of the frequently touched** surfaces – door nobs, switches, hand railings, lunch table, Teaching learning mat. etc.
- Ensure **availability and use of PPE** for cleaning worker/ person (cleaning, waste handling)
- Improved **provision of water, sanitation, waste management** facilities
- **Age-Appropriate** Hygiene & Health Education (Primary, Upper primary, secondary)
- **Extend Psychosocial support** for healthy learning env.



# 1- Broad Action Points: Administrators, Teachers and Staff

- 1. Internalizing basic principles** (1-) When sick, stay home 2-) regular handwashing, 3) Essential Supplies 4-) daily cleaning & disinfection, 5-) improved water, sanitation and hygiene (incl MHM, differently abled) & Waste Mgt. services, 6-) Physical distancing)
- 2. Know the latest facts** (symptoms, complications, transmission, prevention)
- 3. Promote information sharing** (guidelines from national health and education authorities, Share known information with staff, caregivers and students, Caregiver to alert school if someone in home diagnosed COVID +ve- keep the children at home, address children's questions/ concerns, Appropriate IEC At key location)
- 4. Establish procedures if students or staff become unwell** (advance planning with health authorities, school health staff and update emergency contact lists, ensure safe separation without stigmatization & informing parents/ care giver)
- 5. Training of the staff/ support team on WASH, infection prevention and control at school level**
- 6. Teach children good respiratory and hand hygiene practices**
- 7. Ensure safe school operations**
- 8. Adapt school policies where appropriate** (flexible attendance and sick leave policies, plan for alternative coverage by cross-training staff, possible academic calendar changes- as per govt. direction )

## WASH Priorities

- Reinforce frequent handwashing and sanitation
- Procure needed supplies,
- Install and maintain handwash stations,
- Ensure soap & Water, if possible Hand rubs- each classroom, at entrances and exits, near lunch room & toilets
- Maintain Improved functionality of water, sanitation & hygiene facility
- Cleaning and disinfection (with .5% Sodium Hypochlorite, 70% ethyl alcohol)
- Increase air flow and ventilation

## Safe Distance

- Staggering - beginning and end of school day
- Cancelling assemblies, sports games and other events (crowded conditions)
- Children's desks/sitting arrangement to be at least one meter apart
- Teach & model creating space and avoid unnecessary touching

# Broad Actions: Administrators, Teachers and Staff.. contd

9. **Monitor school attendance** (for departmental purpose/ response)- Implement school absenteeism monitoring systems- track student and staff absence , compare against usual absenteeism patterns, major deviation to be reported to local health authorities)
10. **Plan for continuity of learning** (continued access to quality education- in case of sick leave through - online/ e learning, assigning reading/ exercise at home, radio, podcast, TV broadcast, weekly follow up, review/ strategies)
11. **Implement targeted health education** (integration of disease prevention and control in daily lesson plan, content- age, gender, ethnicity & disability responsive)
12. **Address Mental Health/Psychosocial support needs** (encourage children to discuss- question, concern, honest age appropriate inf, guide for their role to support peers, work with local health worker/ social workers)
13. **Support vulnerable populations Promote information sharing** (critical children with special need/ differently abled children- services- health screening, feeding, therapies for - children with special need, examining implication for girls, protection of boys & girls from risk of sexual abuse in COVID 19 context )
14. **Frequent Health check ups of the ancillary staff, students in hostel**



# Broad Checklist: Administrators, Teachers and Staff

SN	Checklist	Response (yes/ No/)	Remarks/ Action Req.
1.	Educational <b>facilities are not used for non-educational purposes</b> (once school are open)		
2.a-	Promote and demonstrate <b>frequent &amp; regular hand washing</b> and positive hygiene behaviours and monitor		
2.b-	Ensure <b>adequate, clean and separate functional toilets, urinals</b> for girls and boys		
2.c-	Ensure <b>safe and adequate water for various purposes</b> (drinking, handwashing, wash facility, meal, cleaning etc)		
3.	<b>Clean and disinfect</b> school buildings, classrooms, kitchens and dining facilities, and <b>especially water and sanitation facilities <u>at least once a day</u></b> , particularly <b>surfaces that are touched by many people</b> (railings, lunch tables, sports equipment, door and window handles, toys, teaching and learning aids etc.)		
4.	Increase air- flow and ventilation where climate allows (open windows, use air conditioning where available, etc.)		
5.	Ensure safe preparation and (where applicable) service of food		
6.	Ensure trash is removed daily and disposed of safely		

## 2- Broad Actions: Parents/caregivers & community members

1. **Know the latest facts:** symptoms, complications, transmission
2. **Recognize the symptoms of COVID-19 (coughing, fever, shortness of breath etc)** in your child → seek medical advice from nearest health facility – facilitate **continue learning from home**
3. **Teach children good respiratory and hand hygiene practices**
4. **Keep children in school when healthy** (After school reopens, as per the advice from school)
5. **Help children cope with the stress** (enabling environment, age appropriate facts, self protection, respond to queries)



### Washing hands properly (Parents at home)

- Step 1: Wet hands
- Step 2: Apply enough soap
- Step 3: Scrub all surfaces (20 sec)
- Step 4: Rinse with water
- Step 5: Dry hands with a clean, dry cloth, single-use towel or hand drier as available

### Role of school Authority/ teachers

- Devise strategy/ approach to transfer reliable update
- To enable/ sensitize parents/ care givers on their role for children at home (through local communication approach-IT, mobile etc)
- To get feedback through children/ SMC members, parents

# Broad Checklist: Parents/caregivers & community members

SN	Checklist	Response (yes/ No/)	Remarks/ Action Req.
1-	<b>Monitor child's health</b> and <b>keep them home from school</b> if they are ill or have a <b>specific medical condition</b> that may make them more at risk		
2-	<b>Teach and model good hygiene practices</b> for your children (hand hygiene with soap & water/ sanitizers, safe drinking water handling, clean functional toilet, safe waste mgt., respiratory etiquettes while cough/ sneeze)		
3-	<b>Encourage children to ask questions</b> and <b>express their feelings</b> with you and their <b>teachers</b> . (be patient and understanding)		
4-	<b>Prevent stigma</b> by <b>using facts</b> and <b>reminding children/students</b> to be <b>considerate of one another</b>		
5-	<b>Coordinate</b> with the <b>school to receive information</b> and <b>ask how you can support school safety</b> efforts (through parent-teacher committees, SMC, etc.)		

# 1- Broad Actions: Students and children

1. **Seek age appropriate information** from reliable sources (parent, teachers) on COVID 19
2. **Stay away from the fake information/ myths**
3. **Ensure self & others protection through adopting desired etiquettes-** frequent handwashing with soap, sneeze/cough safely in elbow/ handkerchief/ tissue paper (dispose tissue paper safely)
4. **Avoid sharing personal utensils, food etc**
5. **Share disease prevention learning with – friends.** Family, parents & younger children
6. **Immediately update parents, family member, teacher for – any sickness/ symptoms**



## Role of school Authority/ teachers

- Devise strategy/ approach to make aware – children, student aware on COVID
- Encourage children sharing their views, curiosity, & support understanding
- Enable a supportive WASH provision & Learning environment
- Get feedback on measures taken up/ supportive monitoring
- Document & share information upward & With community

***Students as advocates for disease prevention & control (home, school, their community)***



# Broad Checklist: Students and children

SN	Checklist	Response (yes/ No/)	Remarks/ Action Req.
1-	<b>Ask questions, educate yourself and get information from reliable sources: Talk to someone you trust, like your parent or teacher so that you can help keep yourself and your school safe and healthy.</b>  (Considering situation, It is normal to feel sad, worried, confused, scared or angry)		
2-	<b>Protect yourself and others</b> (Frequent handwashing, not touch face, not to share food, eating utensils, cups etc)		
3-	<b>Be a leader in keeping oneself, school, family and community healthy</b> (sharing preventive measures)		
4-	<b>Don't stigmatize your peers or tease anyone about being sick</b>		
5-	<b>Tell- parents, another family member, or a caregiver if you feel sick, and ask to stay home</b>		

# Summary (Priorities)

1. **Acquire & Disseminate Facts/ information'**
2. **Training of the staff/ support team on WASH & infection prevention and control at school level**
3. **When sick, stay home**
4. **Regular handwashing**
5. **Physical distancing**
6. **Daily cleaning & disinfection**
7. **Address Stigma**
8. **Ensure Supplies** (water, soap, liquid handwash, 70% Alcohol based-Hand sanitizer/ hand rubs, hypochlorite solution, support equipment, PPE)
9. **Improved WASH services- water, sanitation and hygiene & waste Mgt. )**

## References used & suggested for further reading:

1. Interim Guidance for COVID-19 Prevention And Control In Schools, UNICEF, WHO, IFRC
2. Pocket book by CSE Programme Support Unit, UP
3. Key Directives from MoHRD, MoHFW
4. Hand hygiene – Why, How & when Brochure, WHO?
5. #SphereHandbook author message – Cough diagram,
6. Guidelines for disinfection of quarantine facility (for COVID-19), by NCDC, MoHFW
7. Guidelines for Hygiene and Sanitation in Densely Populated Areas, During the COVID-19 Pandemic, Office of the Principal Scientific, Adviser to the Government of India

**Thank You**

**Turning Crisis into an opportunity for inculcating hygiene, health related life-skills**