

# SALWAN PUBLIC SCHOOL

Trans Delhi Signature City



**COVID -19 Safe Return to School**

# PREPARE-BEFORE YOU VENTURE OUT

As a parent, kindly ensure that child before going out :

- Carries a water bottle and food from home.
- Wear s a mask.
- Does not have fever, cough, cold and flu like symptoms.
- Keeps a spare mask and tissues.
- Carries a sanitizer bottle at all times.



# 5 mistakes to avoid with your mask



**MISTAKE #1**  
Not washing  
your hands



**MISTAKE #2**  
Not covering  
your nose  
and mouth

**MISTAKE #3**  
Touching or  
adjusting mask



**MISTAKE #4**  
Masking too  
late, removing it  
too soon

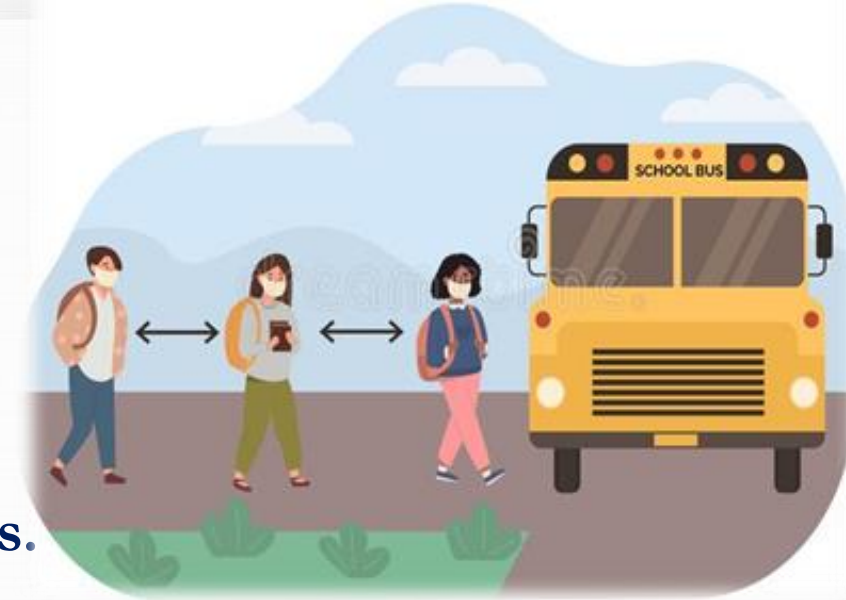


# WHILE TRAVELLING

- **Wear a mask.**
- **Maintain a safe distance with others.**
- **Do not visit crowded or confined spaces.**
- **When travelling by public transport or school bus, avoid touching surfaces and objects with your hands.**
- **Do not eat while travelling.**
- **Do not touch nose or rub your eyes.**
- **Do not spit.**

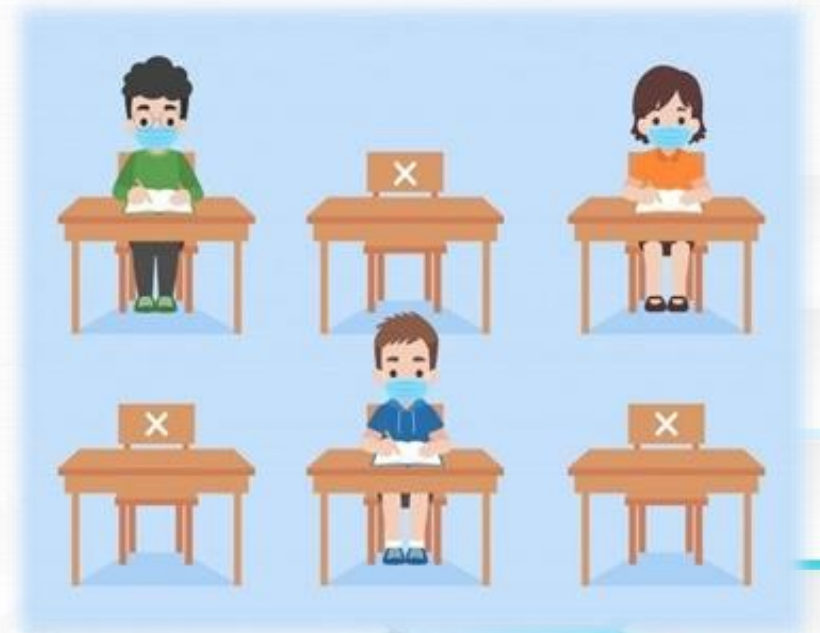


## SOCIAL DISTANCING



# WHILE ENTERING THE SCHOOL

- Ensure temperature check at the entry.
- Wait for your turn , keep a distance of at least 2 meter from others and avoid gathering.
- Sanitize your hands and shoes at the gate.
- Apply soap for 40 seconds and then wash your hands.



# WASHING YOUR HANDS

When you wash your hands, scrub all surfaces of the hands- including backs of hands, between fingers and under nails- for at least 20 seconds. Dry your hands with paper towel.



**Wet Hands**



**Soap**



**Lather**



**Scrub**



**Rinse**



**Dry**



# DURING SCHOOL HOURS

- **Wear a mask throughout the day.**
- **Do not share learning items and personal belongings with others.**
- **During Outdoor P.E classes, keep proper distance from others.**
- **Remove mask and keep it in a clean bag before doing exercise.**



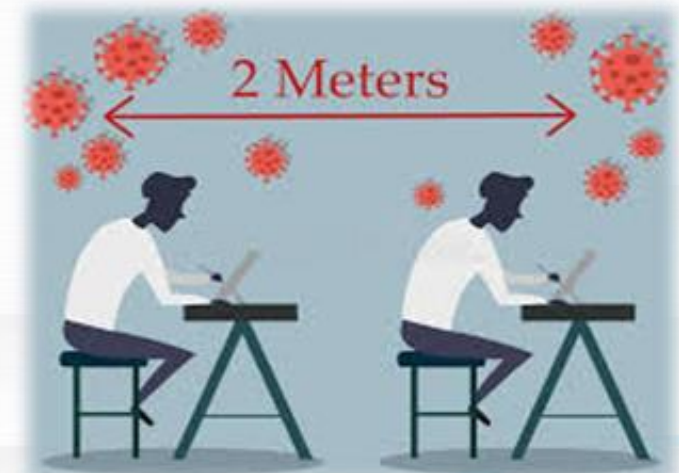
- Move with in designated areas. Avoid gathering, grouping or visiting other classrooms.
- Drink warm water frequently.
- While using washroom, wait for your turn, keep distance from others, and stand on the marked places.
- Wash your hands promptly before and after using the washroom.





# BREAK TIME

- Avoid sharing meals with friends.
- The services of the school canteen are not available.
- Avoid meals in groups, and do not converse/talk while eating.
- Remove your mask before eating and keep it in a clean place.
- Sit at least 2 meters apart during lunch break.
- Wash or sanitize your hands before and after the lunch.



# THINGS TO REMEMBER

- **Maintain a healthy and balanced diet.**
- **Give proper rest to your eyes.**
- **Share hygiene habits with family and friends.**
- **If feeling sad or worried, share your feelings with someone you trust, like your parent, teacher, school counsellor or friends.**
- **In case of cough, cold and fever do not come to school. Send a scanned copy of the prescription within two to three days' time to your class teacher.**



# GOING BACK HOME

- Do not gather with others and wander at places outside school.
- When you reach home take bath with warm water, get your clothes & mask washed with detergent and preferably sun dry.
- Sanitize your school bag and other items you carried along.



## DO'S

## DON'TS

Wear your school ID card.

Enter school without ID card.

Walkers to enter from Gate no. 1 and transport users from Gate no. 2.

Move around in the school bus.

Avoid cross contamination.

Leave your house without a mask.

Limit your self to your own desk, where your name tag is mentioned.

Share food or learning items.

Follow proper hand hygiene.

Touch your face with unwashed hands.

Carry an extra mask and pair of disposable gloves.

Share the sanitizer bottle with someone else.

Cover your nose and mouth with a tissue or a flexed elbow while sneezing or coughing.

Litter the school premises by throwing used masks.

Avoid large gatherings.

Have a close contact with anyone.



Do's

Don'ts



# GUIDELINES FOR PARENTS

- Educate your child to cover the mouth and nose with a tissue or flexed elbow while coughing and sneezing. He/she should dispose the used tissue immediately and wash hands.
- Don't allow your child to come in close contact with anyone who has cold, fever or flu-like symptoms.
- Try to engage your child in indoor activities. Avoid outdoor activities as much as possible.
- Children with fever, cough and runny nose should not be allowed to meet others, especially the elderly/grandparents.
- Do not take children to crowded places. Keep them indoors as much as possible. Give them nutritious diet with plenty of water.



- Encourage them to eat citrus fruits (orange, lemon, and grapefruit) and vegetables which are rich in vitamin C and D.
- Additionally, protein-rich and zinc-rich foods items like cheese, egg yolks, legumes, lentils, beans, and nuts should be a part of their diet.
- Seek medical care early if your child has a fever, cough or breathing difficulty. Check your ward's temperature on every alternate day to minimize the risk of infection.



# CORONAVIRUS PREVENTION



WASH HANDS



USE SOAP



DON'T SHAKE



USE DISINFECTANT



AVOID CONTACT



KEEP DISTANCE

**STAY SAFE &  
STAY HEALTHY**



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