



المدرسة المعمدانية الإنجيلية
Beirut Baptist School

BBS COVID-19 Manual for Parents & Students

Introduction to COVID-19:

Corona viruses are a large group of viruses who have a crown shape. Crown in Latin is called Corona and this is how these viruses get their names. Corona viruses usually cause respiratory diseases; which usually range from common cold to pneumonia. Most Corona respiratory diseases are mild. However, there are 2 types of severe Corona diseases:

SARS (2003—China)

MERS (2012– Saudi Arabia)

Transmission

The virus is transmitted by droplets created when a sick person coughs or sneezes.

Who is most at risk?

- ✧ People who work in live stock market
- ✧ Those caring for people infected with the virus such as: family members or health care workers

Symptoms range from mild to severe; most people recover without requiring any special treatment. Main symptoms are:

- ✧ Fever
- ✧ Dry cough
- ✧ Tiredness

Less common symptoms:

- ✧ aches and pains.
- ✧ sore throat.
- ✧ diarrhea.
- ✧ Conjunctivitis (eye infection).
- ✧ headache.
- ✧ loss of taste or smell.
- ✧ a rash on skin, or discoloration of fingers or toes.

Serious symptoms:

- ✧ difficulty breathing or shortness of breath.
- ✧ chest pain or pressure.
- ✧ loss of speech or movement.

On average it takes 5–6 days from when someone is infected with the virus for symptoms to show, however it can take up to 14 days.

Similarities and differences between Covid-19 and Influenza viruses

| Covid-19 | Covid-19 and Influenza | Influenza |
|---|---|--|
| Has a longer incubation period (the time from infection to appearance of symptoms) | Both cause respiratory disease, that can range from asymptomatic or mild to severe disease and death. | has a shorter median incubation period (the time from infection to appearance of symptoms) |
| Longer interval approximately 5-6days. | both viruses are transmitted by contact, droplets and fomites. | Shorter Interval approximately 3 days. |
| Children are affected less by Covid than adults. | | Children are important drivers of influenza transmission to the community. |
| Severe and critical infection are higher by percentage (as data-to date) | | Severe and critical infection are lower by percentage (as data-to date) |
| Our current understanding is that older age and underlying conditions increase the risk for severe infection. | | Those most at risk for severe infection are children, pregnant women, elderly, those with underlying chronic medical conditions and those who are immunosuppressed |
| Higher mortality rate between 3-4% | However, mortality is to a large extent determined by access to and quality of health care. | Lower mortality rate below 0.1% |

Personal prevention methods

To prevent infection and to slow transmission of COVID-19, do the following:

- ✧ Wash your hands regularly with soap and water, or clean them with alcohol-based hand rub.
- ✧ Maintain at least 1-meter distance between you and people coughing or sneezing.
- ✧ Avoid touching your face.
- ✧ Cover your mouth and nose when coughing or sneezing.
- ✧ Stay home if you feel unwell.
- ✧ Refrain from smoking and other activities that weaken the lungs.
- ✧ Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.

BBS During Covid-19 Pandemic

Golden Rules:

- ✧ Face masks at all times for all staff and students (grade 5 and up, while grade 4 and less wear masks in hallways and while moving)
- ✧ Individual hand sanitizers for each student
- ✧ Individual stationary
- ✧ Sick students stay at home
- ✧ When student has fever it is prohibited to give Panadol and send to school (very severe consequences will follow)

Student and staff safety is a priority at BBS, thus the school has taken several measures to provide a safe sickness free learning environment. This manual will provide you (parents and students) with all the measures the school is taking; and inform you of your role to keep the school a healthy place.

This year is an exceptional year through which many changes are done; it starts from how the student enters until (s)he leaves.

Entering the school

- ✧ Students will be dropped off at the assigned gate for each division (parents are not allowed to enter the school campus)
- ✧ Students will go through disinfecting tunnel (with bags opened to disinfect the inside)
- ✧ Measurement of temperature upon entrance (student with $T > 37.5$ are not allowed to enter)
- ✧ Time of arrival will be staggered for different divisions (to avoid crowding)
- ✧ All students will be inspected at the gate for: wearing a mask and having personal hand sanitizers
- ✧ After passing through the entrance, the student will go directly to class (no lining up)
- ✧ Stickers and tapes will be assigned on the floor to maintain distance between students

Buses

- ✧ Extreme measures of distancing will be followed
- ✧ Temperature will be checked before entering the bus (student with $T > 37.5$ are not allowed to enter)

- ✧ Masks must be on face all the time
- ✧ Each student sits on a seat alone
- ✧ students will be separated by leaving seats empty between occupied seats
- ✧ windows are to be kept open a bit to have airflow
- ✧ safe distancing must be kept when going up or down from the bus
- ✧ upon arrival to school students will pass through the disinfecting tunnel as the entering school process

Classroom setting and rules

- ✧ face masks must be kept on all the time (for grade 5 and higher)
- ✧ face masks worn while moving and in hallways (grade 4 and down)
- ✧ hand sanitizers will be placed in the hallways for usage when needed
- ✧ safe distancing between desks will be provided
- ✧ students will all be facing the front
- ✧ no sharing whatsoever (each student will have his/her own stationary/food/books)
- ✧ school transfer for special programs will be limited
- ✧ no assemblies and gathering will be held (library/cafeteria)
- ✧ students will eat in the classroom (there will be no cafeteria)
- ✧ Students will not be mixed in common areas (different recess times)
- ✧ Rooms will be ventilated all day long by keeping windows open
- ✧ Teachers will be instructing students to clean their desks and hands throughout the day

N.B. teachers and staff will also be wearing masks all the time on campus.

Outside visitations will be very limited during the school day.

Cleaning and disinfection

there will be:

- ✧ Teaching and training of school cleaners with proper techniques of disinfection and protective gear to wear
- ✧ Frequent disinfection of all objects held by students / employees
- ✧ no cross - usage of items between students like toys or pens, cots to be labeled and disinfected after each use
- ✧ Continuous cleaning and disinfecting surfaces, tabletops, door handles and frequently touched surfaces on a continuous basis throughout the day
- ✧ Sanitizing toilets and sinks on a continuous basis throughout the day
- ✧ hand sanitizers (70 % Alcohol based) at entrance, gates, classrooms, hallways
- ✧ time for washing children's hand for at least 20 seconds before they enter the classroom; before and after recess, before and after eating, and before and after using the toilet

As part of the preparation to receive the students, all teachers will be trained to differentiate signs and symptoms of COVID. All staff and teachers will be practicing safety measures and social distancing at all times.

School clinic settings and measures to be taken

- ✧ Students in the clinic will be separated (according to sickness or injury)
- ✧ 1 student at a time will be present in the clinic
- ✧ The nurse will be wearing protective equipment which will be changed between students
- ✧ The nurse will provide all safety measures and hygiene for the clinic
- ✧ The school nurse will be tracking daily f absenteeism especially sick students / employees
- ✧ A strict "Go Home Stay Home " policy will be applied (the student is not allowed to come back to school until approval from the nurse at school)
- ✧ The clinic will only see essential cases
- ✧ Special care for high risk students &/or employees will be done
- ✧ There will be daily tracking of sick students / personnel
- ✧ The nurse is the designated person to follow up on covid (single contact person)

What is the need of a designated person for COVID?

The designated person will be in charge on following up with families who have an infected member and the student's health. This person will be the only person to record the cases and say when an infected student can return to school. This person will also be the link with the ministry of public health and the school in accordance to COVID-19.

The designated person, will be the person to determine if an outbreak occurs since they have all the needed knowledge and material about staff, student and families' health status.

The school has prepared an emergency plan and protocol if a positive case was detected.

If there is a suspected case of COVID-19 at school:

- ✧ The student will be instructed to stay in the isolation room where (s)he will be monitored by the designated person
- ✧ Student will be asked to perform 2 PCR tests to confirm (test result must be submitted to designated person)
- ✧ Pick up of the student must be done in 1-hour maximum
- ✧ Disinfection will take place after the student leaves

If the PCR results was not submitted to the school, the student may not return to school.

When a student / employee is positive for COVID 19:

- ✧ They will be sent home for isolation and all proper measures according to the recommendation of WHO www.who.int and the Ministry of Health www.moph.gov.lb
- ✧ The school will have measures to close down all rooms where the case was present for enough time before disinfecting them
- ✧ The school will have a list of all persons who were in contact with the case and check for need of isolation or further testing – this has to be coordinated with MOPH

Parent's roles

The school has a lot of faith that the parents will abide by the new regulations and help implement them.

Parents are expected to:

- ✧ Collaborate with the school
- ✧ inform the designated person if a family member is infected with COVID.
- ✧ Inform the school nurse about all health issues of their students
- ✧ Keep sick students at home for as long as the school requires them
- ✧ Inform the school if student develops any symptoms or fever

In return the school staff and nurse will be ready to answer any questions the parents might have. If an outbreak occurs at the school parents will be notified immediately and measures will be taken.

Choosing a correct facemask

Lately we have seen so many different types of facemasks and different perspectives on efficacy. What is the difference between masks and which ones must students wear?

The 3 types of approved masks are:

- ✧ N95
- ✧ Surgical mask (paper)
- ✧ Fabric mask

N95 mask: is used for airborne viruses and bacteria, its only recommended in a hospital setting or around airborne diseases. N95 must be changed every 24 hours or when soiled.

Surgical mask (paper): is used for protection of droplet or contact viruses, it is used in a hospital setting or by a sick person. If you are sick or in the presence of a sick person this mask should be used. To note this mask must be changed every 3-4 hours or when wet.

Fabric masks: a 3-layered masks are highly recommended by WHO for daily usage. They provide the needed protection, and can be used all day but must be washed with soap and water daily.

Important mask rules by WHO

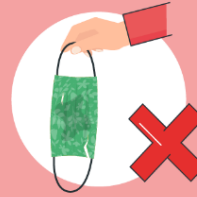
Do's →

- Clean your hands before touching the mask
- Inspect the mask for damage or if dirty
- Adjust the mask to your face without leaving gaps on the sides
- Cover your mouth, nose, and chin
- Avoid touching the mask
- Clean your hands before removing the mask
- Remove the mask by the straps behind the ears or head
- Pull the mask away from your face
- Store the mask in a clean plastic, resealable bag if it is not dirty or wet and you plan to re-use it
- Remove the mask by the straps when taking it out of the bag
- Wash the mask in soap or detergent, preferably with hot water, at least once a day
- Clean your hands after removing the mask

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

[who.int/epi-win](https://www.who.int/epi-win)  World Health Organization

Don'ts →



Do not use a mask that looks damaged



Do not wear a loose mask



Do not wear the mask under the nose



Do not remove the mask where there are people within 1 metre



Do not use a mask that is difficult to breathe through



Do not wear a dirty or wet mask



Do not share your mask with others

A fabric mask can protect others around you. To protect yourself and prevent the spread of COVID-19, remember to keep at least 1 metre distance from others, clean your hands frequently and thoroughly, and avoid touching your face and mask.

[who.int/epi-win](https://www.who.int/epi-win)



Special notice: Face shields are not effective without a facemask, but they can be helpful to prevent kids from touching their faces.