

Health Curriculum



Reopening Schools Safely

PREFACE

I wish to congratulate Popcorn Furniture for undertaking this crucial exercise to develop guidelines on Reopening Schools Safely. The COVID-19 pandemic has forced schools around the world to remain partially or completely shut. Reopening of schools is currently an issue of debate and is posing colossal challenge for school authorities, administrators and Governments. It is becoming apparent that we all need to learn to live in this environment. If schools are to reopen, it will need to be ensured that adequate protection is provided for students, school staff and parents to prevent the transmission within schools. Reopening of schools will need extensive planning, infrastructural arrangements and preparedness among all stakeholders. This guide developed by Popcorn Furniture will surely help schools in developing school reopening protocols, while considering their local context and taking into account their country specific health and education department guidance.

Best regards,

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REOPENING SCHOOLS SAFELY

A Guideline For Factors To Be Considered When Reopening Schools



INTRODUCTION

Teachers, support staff and learners all have their own roles to play in the day-to-day operations of schools during the COVID-19 pandemic. Currently, a number of countries have fully or partially re-opened schools or are in the process of doing so. Whatever the local circumstances may be, each school is required to ensure compliance with the National, State and Municipal Level **guidance and advice**. To achieve this, a diversified approach is required. It is hoped that these **suggestions and guidelines** will empower teachers, support staff and learners with useful information about their own personal roles and responsibilities.

WHAT IS COVID-19?

On 31 December 2019, the World Health Organization (WHO) China country office reported a cluster of pneumonia cases in Wuhan City, Hubei Province in China. Severe acute respiratory syndrome associated with a novel coronavirus was confirmed.

COVID-19 is highly contagious and is spread when fluid droplets carrying the COVID-19 virus are transmitted.

From one person to another. When a person coughs, sneezes or shouts,

droplets containing virus particles are released into the air and fall onto surfaces. If a person touches their eyes, nose or mouth after having touched other people hands or objects or surfaces on which droplets containing the virus are lying, they can then 'catch' the virus and become infected. The virus can survive in the air for a short period of time, so it can be inhaled directly from droplets in the air. The virus can also survive on hard surfaces such as plastic or steel for as long as 72 hours, if not removed with regular cleaning, and therefore all surfaces, as well as cash, credit cards, books, stationery, door handles and supermarket counters and products, are potentially risky.

PURPOSE

This guide provides checklists, essential questions for consideration, and examples of best practices. This guidance serves as a "how to" safely reopen. It is also reasonable to expect that the protocols schools implement will change as local conditions change.

The purpose of this guideline is to prepare schools and learners for the safe re-opening of schools for teaching and learning. **It is meant to assist** teachers, support staff and learners to adjust to and become familiar with the special arrangements that **may** apply at schools.



OBJECTIVES OF THESE GUIDELINES ARE:

- To provide correct information on COVID-19.
- To provide information about the special arrangements for schools.
- To provide information on how to engage with students, support staff and teachers.
- To provide information on the interaction between educators, support

staff, learners, parents and school communities.

- To provide information on preventing the spread of COVID-19 in the classroom and ultimately in the school.
- To provide information on the standard operating procedures if a suspected COVID-19 event is detected at school.
- To provide information on a psychosocial support package for teachers and learners.

THE ROLE OF THE SCHOOL MANAGEMENT TEAM AND THE PRINCIPAL

- Put measures in place for hygiene control and social distancing prior to the return of teachers and learners.
- Engage in the orientation of all staff, school governing body members and food handlers at the school.
- Keep parents informed of the plans to be implemented, as well as and any changes to these plans.
- Safeguard the health, safety and wellbeing of learners, teachers and support staff.
- Monitor social distancing protocols.
- Ensure that the necessary personal protective equipment items (e.g., facemasks) are in place.
- Keep parents and learners informed of virtual/online learning, TV, radio and other similar opportunities that are available for learners, especially those who have not yet returned to school.
- Promote the protection, motivation and support of vulnerable learners.
- Investigate all cases of absenteeism of learners and staff.



PREVENTION PLAN TO BE MADE BY THE SCHOOL MANAGEMENT

Lay a prevention plan to address issues specific to COVID-19 and steps that will be taken to prevent the spread of the virus, including:

1. Plans for training for students, staff and parents on:

- Frequent hand washing
- Cough and sneeze etiquette
- Keeping hands away from the face
- Use of face coverings {cloth coverings, masks, or face shields}
- Physical distancing guidelines
- Screening for symptoms

2. The role the school will play in alerting the local health department of COVID cases and in contact tracing in collaboration with the local health department.

Make the plan accessible to parents and employees. Involving staff, parents and the community in the development of the updated plan, including new procedures to prevent spread of the virus, can help develop understanding of and support for the plan and new procedures.

PRIOR TO REOPENING CHECKLIST

- Inspect all buildings, facilities, equipment and determine status and needs for resuming and maintaining operations.
- Consider acquiring hand washing stations for distribution across various campus locations {e.g. playground and common areas} to provide easy access without students and staff having to wait in long lines to wash their hands and/or touch less soap dispensers for all sinks to be used for hand washing; touch less trash cans if they are not already in use.
- no contact thermometers.
- Obtain the necessary cleaning supplies , hand sanitizer with at least 60% alcohol and face coverings. Use cleaning products Approved for use against COVID-19 on the Environmental Protection Agency {EPA}-approved list.
- Change air conditioning/heater filters. Thoroughly ventilate the facility.
- Consider posting the posters (hand washing, cover while sneezing/ coughing) in classrooms and common areas.
- Consider installing sneeze guards in high traffic areas, especially offices, the cafeteria and the nurse's office.
- Prepare an isolation area within the school building for use in the event as student or staff member becomes ill while at the school.
- Inspect and clean buses.
- Conduct a parent survey, if needed, for planning purposes.

AFTER REOPENING CHECKLIST

- Modify maintenance staff cleaning routines to provide for disinfecting of surfaces touched by multiple people during the day (work areas, counters, restrooms, doorknobs, desks, and stair railings and other “high-touch” surfaces) several times a day.
- Clean classrooms, restrooms all hall ways, common areas, and the outside of lockers daily.
- Ensure rest rooms stay functional and stocked with soap and toilet paper.
- When safe to do so, leave doors open or ajar so that students and staff do not have to touch doorknobs.
- Implement routines for hand washing/using hand sanitizer at regular intervals.
- Provide hand sanitizer in each classroom.
- Discontinue use of shared food and beverage equipment in employee break rooms.
- Provide adequate supplies within easy reach, including tissues and no-touch trash cans.
- Clean buses after each route.



HYGIENE PRACTICES TO FOLLOWED BY ONE AND ALL

- Wash hands often with soap and water for at least 20 seconds.
- Children and adults should wash hands when they arrive at school, before meals or snacks, after outside time, after going to the bathroom, after nose blowing or sneezing, and before leaving to go home.

- Help young children to make sure they are doing it right.
- Teach children (and adults) not to touch their eyes, nose, and mouth with unwashed hands.
- If soap and water are not readily available, use an alcohol based hand gel with at least 60 percent of alcohol and preferably fragrance free.
- Supervise use of alcohol based hand gel by young children.
- Cover coughs or sneezes with a tissue, then throw the tissue in the trash. Clean hands with soap and water or hand gel.



MENTAL HEALTH AND WELL-BEING CHECKLIST:

- The entire education community has been affected by the COVID-19 pandemic. The community has experienced high levels of stress from the disruption of daily lives and worries about the physical health of oneself and others, and many have been under financial strains. For many, especially children, living with these strains in the household and community, the stress and trauma threaten to have long-lasting negative impacts on the body and brain.
- Each person will need additional supports and systems that will help to rebalance and refocus on the task of learning and being productive in a school community.
- When considering the re-opening of schools, not only physical health of students and staff must be taken into consideration but also their mental health and wellness and make it a priority within their planning.
- Schools should examine the availability and accessibility of mental health resources and supports for their students, families, and staff members as they return to school, continue distance learning, or participate in a blended model.

REDUCING TRANSMISSION ACTIVITIES

Grouping Students

Keep elementary school students in groups with dedicated staff, and maintain consistency from day to day among groups where possible. Multiple groups of students may use the same facility as long as they are in limited contact with other groups.

Physical Distancing



- Determine maximum capacity for students of each classroom while meeting 6 feet physical distancing objectives.
- Plan to limit the number of people in all campus spaces to the number that can be reasonably accommodated while maintaining a minimum of 6 feet of distance between individuals.
- Schools may consider physical distancing strategies such as:
 1. Cancel field trips, assemblies, and other large gatherings. Cancel in-person activities and events such as field trips, student assemblies, special performances, school-wide parent meetings, or spirit nights.
 2. Cancel or modify classes where students are likely to be in very close contact.
 3. Suspend or make significant modifications to activities that are considered high risk, such as choir or other classes or activities that require students to remove face coverings, and may contribute to transmission of COVID-19. If these classes or events continue, hold them outdoors or in a large well-ventilated space and with fewer

people than usual to allow even greater physical distance between students.

4. Increase the space between desks. Rearrange student desks to maximize the space between students.
5. Turn desks to face in the same direction (rather than facing each other) to reduce transmission caused from virus-containing droplets (e.g., from talking, coughing, sneezing).
6. Stagger arrival, dismissal and break times. These approaches can limit the amount of close contact between students in high-traffic situations and times.

Cloth Face Coverings

- Cloth face coverings are most essential in settings where physical distancing cannot easily be maintained, such as school buses or other settings where space maybe in sufficient.
- All staff and students should wear cloth face coverings or face shields while at school or on a bus, and maintain 6 feet of physical distance during school activities.
- Cloth face coverings should not be worn by:
 1. Those with a disability that prevents them from comfortably wearing or removing face covering.
 2. Those with certain respiratory conditions or trouble breathing.
 3. Those who are deaf or hard of hearing and use facial and mouth movements as part of communication. Those advised by a medical, legal, or behavioral health professional that wearing a face covering may pose a risk to that person.
 4. Cloth face coverings are required (except when eating or drinking) for students and all school staff.

Face Shields

Teachers could use face shields, which enable students to see their faces and to avoid potential barriers to phonological instruction.



Temperature

Students/families and staff are required to self-screen at home or before entering the building. If self-screening is not completed, school staff should conduct on-site visual and temperature screenings. To assist with logistics, separate entrances for students and staff who have completed self-screenings and those who will be screened on-site.



Size

Determine maximum capacity for students of each classroom while meeting 6 feet physical distancing objectives.

Plan to limit the number of people in all campus spaces to the number that can be reasonably accommodated while maintaining a minimum of 6feet of distance between individuals.

Length of time

Keep the same students and teacher or staff with each group, to the greatest extent practicable.

Teacher/Student Rotations

Minimize movement of students and teachers or staff as much as possible. For example, consider ways to keep teachers with one group of students for the whole day.

Limit non essential visitors, volunteers and activities involving other groups at the same time.

WHAT TO DO IF SOMEONE DEVELOPS SIGNS OF COVID-19

Students who develop symptoms of illness while at school should be

separated from others right away, preferably isolated in an area through which others do not enter or pass. If more than one student is in an isolation area, ensure physical distancing.

Any students or staff exhibiting symptoms should be required to immediately wear a face covering and wait in an isolation area until they can be transported home or to a health care facility.

Students should remain in isolation with continued supervision and care until picked up by an authorized adult.

RETURNING TO SCHOOL AFTER HAVING SUSPECTED SIGNS OF COVID-19

A staff member or student who had signs of suspected or confirmed COVID-19 can return to the school when:

- At least three days (72 hours) have passed since recovery – defined as no fever without the use of medications and improvement in respiratory signs like cough and shortness of breath.
- At least 14 days have passed since signs first showed up, or
- It has been at least three days (72 hours) since recovery AND a health care provider has certified that the student does not have suspected or confirmed COVID-19.

If a person believes they have had close contact to someone with COVID-19, but they are not sick, they should watch their health for signs of fever, cough, shortness of breath, and other COVID-19 symptoms during the 14 days after the last day they were in close contact with the person sick with COVID-19. They should not go to work, child care, school, or public places for 14 days.



WHAT MUST BE DONE TO PREVENT THE SPREAD OF COVID-19 IN A CLASSROOM?

Prevent direct contact with persons that are sick. Teachers and learners are requested to only attend school if healthy. Agree on the Safety And Hygiene Procedures with the learners in your classroom and include:

- Proper ventilation and fresh flow of air through the classroom will limit the air borne transmission of the virus so ensure that windows and doors are open during class.
- Clean and disinfect frequently touched objects and surfaces e.g. toilet surfaces, door handles, etc. They should be cleaned with diluted bleach disinfectant (20 ml bleach per litre water) hourly when in use, or less frequently depending on the circumstance.

BUS TRANSPORTATION PRINCIPLES FOR COVID PREVENTION WITHIN SCHOOL TRANSPORTATION ARE:

- Maximize outside air and keep windows open as much as possible.
- Encourage walking, biking, or being driven by caregivers as much as possible.
- Riders and staff members must wear a cloth face covering.
- Clean and disinfect frequently touched surfaces.
- Keep riders as far apart as possible on the bus.

NEW NORMAL : KIDS





WHAT MUST BE DONE AT HOME?

Parents and guardians must ensure that learners are provided with accurate, age-appropriate information regarding COVID-19.

Golden Rules:

1. Wash your hands often with soap and water for at least 20 seconds each time. If soap and water is not available, use an alcohol based hand sanitiser with at least 60% alcohol content. Make sure that all parts of your hands including in between fingers, wrists and palms are thoroughly washed or covered in Hand Sanitiser.



2. Avoid touching your eyes, nose, and mouth with your hands or gloves.
3. Avoid close contact with people who are sick and keep at least a metre distance away from others.
4. Stay at home when you are sick and try and keep a distance from others at home. Keep your eating utensils separate from the rest of the household.
5. Cover your cough or sneeze with a flexed elbow or a tissue, then throw the tissue in a bin with a lid.
6. Regularly clean and disinfect all objects and surfaces that are frequently touched.

FAQ'S

1. Face Coverings

Q. Do children need to wear masks in outdoor settings?

A. Yes, if within 6 feet of others.

Q. Do masks present a risk of higher levels of CO₂, particularly, with very young children between 2 and 6 years old?

A. There is only a risk of higher levels of CO₂ with N95 masks, which are not recommended. This is not a problem with cloth masks.

Q. Should we provide masks for students, or rely on them to bring their own masks? Should students use reusable masks or disposable masks?

A. Either reusable or disposable masks are fine. Encourage students to have their own reusable mask. Provide them for students who can't/don't, or forget them on individual days.

2. Hand washing

Q. How often should we have students wash their hands while in the classroom? What is recommended for classrooms with no access to water?

A. Teach and reinforce hand washing with soap and water for at least 20 seconds and increase monitoring to ensure adherence among students and staff. Frequent hand washing is recommended, especially before and after meals, after using the restroom, and after touching your face. If soap and water are not readily available, use an alcohol based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

Q. Do we need to provide handwashing stations outside during recess?

A. This is not a requirement, but frequent hand washing is encouraged, and hand sanitizer or hand washing should be used/done prior to returning to class.

3. Cleaning and Disinfecting

Q. How do we handle shared classroom items (stapler, in class library books, tape, etc.)?

A. It is recommended that you do not share common items. Students should have their own supplies. Items that can be cleaned between uses can be used if cleaned.

Q. How long should teachers wait before touching papers from students? How long should you wait before touching plastic learning materials after use if you aren't able to clean and disinfect them between uses?

A. It's sufficient for papers and other similar materials to sit for 24 hours before they are handled. According to a study found the virus could survive in viable form on cardboard for up to about 24 hours. This would also be safe to assume for paper, and probably wooden beads and puzzles. PLASTICS should be cleaned and disinfected between uses. If this is not possible, we recommend letting them sit for 72 hours based on information from the same study.

Q. Will students be able to check out books from the school library?

A. Students will be able to check out books. When students return books to the library, let them stay in a return box for at least 24 hours before re-shelving them.

Q. How often should we wipe down surfaces during the day?

A. It is recommended that you develop a cleaning schedule. At a minimum clean all frequently touched surfaces daily (bathrooms, door knobs, desks, etc.); thorough classroom cleaning after one cohort leaves and before another cohort enters the space.

Q. Do bathrooms need to be wiped down after every use?

A. This is not required, but frequent cleaning is recommended. At a minimum bathrooms should be cleaned thoroughly daily.

4. Staff Contact with Students

Q. Is there any guidance around one-on-one work with students that needs to take place in a private room (e.g. psychologists, learning specialists, nurses, etc.)?

A. When there is a need for one-on-one work with a student, such as an assessment or a counseling appointment, both the student and teacher/specialist should wear a face covering, practice physical distancing as much as possible, and there should be good ventilation in the room (e.g. provide these individualized services in a room with open windows).



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1

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2

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3

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4

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5

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Deep Cleaning



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OTHER IMPORTANT PROTOCOLS

1

Daily temperature check for Teachers, staff & students

2

Usage of Masks and gloves by the school staff

3

Strict observance of social distancing norms

4

Enter and Exit protocols for Teachers, staff and students

5

E-consultations for symptoms management & queries

6

Vehicle disinfection for staff and Parents

7

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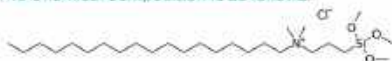
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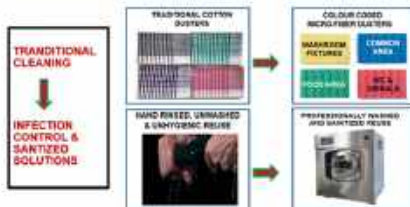
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