



# Back to school season: Important precautions

Year 2023



# Educational Institutions



**Educational institutions play a pivotal role in safeguarding students' health through raising awareness on:**



Hand hygiene.



Covering nose and mouth with a tissue or elbow when sneezing or coughing.



Maintaining physical distance and consulting the school doctor for symptoms.



Staying home if showing signs of illness, or wearing masks while at school.

## **School's response to symptomatic students:**



Isolate the affected student in a well-ventilated room.



Provide a medical mask if needed.



Advise the student to remain at home until recovery.



Promptly communicate with parents to inform them of the situation.

# School Staff



**To ensure a healthy school environment, it is crucial to:**



Educate teaching staff on preventive measures to be taken during classes and the appropriate steps to follow if a student displays symptoms of illness.

**Instruct employees on:**



Maintaining cleanliness and ensuring disinfection in school classrooms.






Conducting daily cleaning and disinfection of frequently touched surfaces and objects.






Promptly addressing visibly soiled surfaces and objects, using gloves to prevent contact with liquids.



## Preventive measures for a healthier academic year :

-  Ensure your child stays home if showing signs of illness to prevent infection transmission.
-  Stay updated on essential vaccinations for your child.
-  Educate your child on proper handwashing techniques.

## Nutrition Tips to Enhance Your Child's Immunity and Well-being:

-  Make sure your child gets 5 servings of vegetables and fruits daily.
-  Take a teaspoon of all-natural honey from bees.
-  Consider including immune-boosting foods like:
  - Vitamins, minerals, and antioxidants found in a diverse range of fruits and vegetables.
  - Omega-3 fatty acids found in fish and unsalted, unroasted nuts.
  - Probiotics present in yogurt and low-fat dairy products.