

NAVY CHILDREN SCHOOL, VISAKHAPATNAM
CIRCULAR -31

COVID ADVISORY FOR STUDENTS

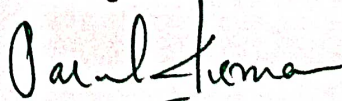
Dear Parents,

Kindly counsel your wards to follow the advisory protocols in the school premises to reduce the risk of COVID.

1. **Maintain Physical Distancing** of at least 6 feet to be followed as far as possible.
2. **Use of Face Masks** is mandatory.
3. **Wash Hands** frequently with soap. Use alcohol-based hand sanitizers wherever possible.
4. **Follow Respiratory Etiquettes** strictly. This involves strict practice of covering one's mouth and nose, while coughing/sneezing, with a tissue/handkerchief/flexed elbow and disposing of used tissues properly.
5. **Rub Hands with Sanitizer**, while entering the school premises.
6. **Self-Isolate and report** to the school authorities and health department in case of any symptoms of COVID.
7. **Inculcate activities that will increase immunity-boosting** mechanism which may include exercise, yoga, eating fresh fruits and healthy food (avoid fast food), sleeping well and in time.
8. **Ensure the norms of physical distancing**, sanitization and hygienic conditions for use of common facilities, viz., Auditorium, Conference/ Seminar halls, Sports ground, Canteen, and Parking Area etc.
9. **Do not share** books, other learning material, personal belongings and eatables.
10. **Give support to your friends** under stress due to COVID-19 pandemic.

NOTE :

- To avoid the risk of transmission, the students, faculty and staff will be thermally screened.
- Symptomatic students and staff are advised to get medically fit certificate before joining the school. Those having symptoms of fever, cough or difficulty in breathing are strictly prohibited from entering the campus.
- Parents are requested not to send their wards to school in case of fever or cold / cough. Academic loss will be compensated.
- Clean and hygienic protocols, as per safety and health advisories of the concerned government departments, are to be followed at all places, including washrooms, libraries, class rooms etc.
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(Dr. Parul Kumar)
Principal