



Kamarpukur Collegemore

St Thomas Public School

Holdipole, Joyrambati Road
Kamarpukur, Hooghly, West Bengal : 722161
Website : www.stpsk.com Email : info@stpsk.com
Phone No : 8016615856

COVID-19 HEALTH ADVISORY & SOP FOLLOWED BY STPS

Given the recent spread of the coronavirus officially named COVID-19 to various parts of the world, including India, STPS is taking adequate precautions to detect and contain the spread of the virus. Following the state advisory, Physical Classes will be resumed for all standards (Nursery to Class VIII) w.e.f. **21.02.2022**.

STPS ensures that sensible measures are taken and in the event of any illness, the situation is managed in a controlled fashion.

What is COVID-19

Coronavirus disease (COVID-19) is an infectious disease caused by a new virus that had not been previously identified in humans.

COVID-19 is characterized by mild symptoms including a runny nose, sore throat, cough, and fever. Illness can be more severe for some people and can lead to pneumonia or breathing difficulties.

Symptoms

Common Symptoms:

- Fever
- Tiredness
- Dry Cough

Other Symptoms:

- Aches and Pains
- Nasal Congestion
- Runny Nose
- Sore Throat
- Diarrhea

These symptoms are usually mild and begin gradually. Some people become infected but don't develop any symptoms and don't feel unwell. Most people (about 80%) recover from the disease without needing special treatment.

Around 1 out of every 6 people who gets COVID-19 becomes seriously ill and develops difficulty breathing. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. People with fever, cough and difficulty breathing should seek medical attention.



Kamarpukur Collegemore

St Thomas Public School

Holdipole, Joyrambati Road
Kamarpukur, Hooghly , West Bengal : 722161
Website : www.stpsk.com Email : info@stpsk.com
Phone No : 8016615856

Individual Precautions for Staff, Students, Parents & Visitors

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water.
- Maintain at least 1 meter (3 feet) distance between yourself and anyone who is coughing or sneezing.
- Avoid touching eyes, nose and mouth.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.
- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.
- Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease.
- Students or staff at school should communicate any symptoms to the school clinic without delay so that adequate precautions can be taken.

Precautions & SOP undertaken by STPS

- STPS communicates Individual Precautions to all students and staff and encourage following all directions.
- Regular temperature is being checked for visiting staff at Security Desk..
- Large events and gatherings are minimized.
- Availability of sanitation products (soap, hand sanitizer, paper towels) in all restrooms/classrooms as well as a supply of precautionary items such as masks are supplied.
- Gathering in large groups is discouraged