

Here is our professional tip to face the 2019-nCoV outbreak : Handwashing



Handwashing is one of the best ways to protect yourself and your family from getting sick. You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

Follow these five steps every time:

1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.

School nurses instructions:

As GWA is a huge community, we want to make sure our students are safely interacting with each other safely on campus.

We are taking many measures to address the worldwide 2019-nCoV outbreak including reinforcing good hygiene on campus thorough cleaning and disinfection of the classrooms and common spaces, the availability of hand sanitizers, tissue boxes, and soap. We are also enforcing the safety of our students by sending every student with active symptoms home and highly-recommending a doctor's clearance before they can attend the school.

We also encourage that the students who have traveled abroad to the breakout zones stay home for 14 days and check with a doctor before they can return to school.

If your child is showing symptoms of acute respiratory infection including the following :

Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include

- Fever
- Cough
- Shortness of breath

Please seek medical care immediately.

Feel free to reach out to us if you have any questions or concerns. We would be happy to help.

Nurse's office team