



International School of Kenya

Empowering students to create solutions for tomorrow's challenges

March 13, 2020

Subject: COVID-19 ISK Update #5

Dear ISK Community,

With the recent World Health Organization (WHO) declaration of COVID-19 as pandemic and Kenya having its first confirmed case of the Coronavirus, ISK has updated its Pandemic Response Protocol status to Level 2 of this protocol. You can find the protocol in the Health and Safety Measures section of the [COVID-19 page on the ISK website](#). The WHO website is another source that is consulted with regard to COVID-19.

Next ISK COVID-19 Update Communication

Due to the upcoming March Break, *the next ISK COVID-19 Update will be sent out on or before Saturday, March 21*. It is the responsibility of each ISK community member to read all emails from the school about COVID-19 as well as regularly check [the COVID-19 page on the ISK website](#).

Activities/Trips and Cancellations

Any cancellations of future events will be communicated via email. The following activities/events have been cancelled.

- *All ISSEA events are cancelled for the remainder of this school year.*
- *Local sports matches and tournaments, Service Learning trips and interschool gatherings, and off campus field trips are cancelled until April 27, when the situation will be reevaluated.*
- *Other large ISK community events will be evaluated on a case-by-case basis.*

Campus Access During March Break

Access to the ISK Campus during the March Break is limited to only ISK families (with ID's), students and staff members.

Family Travel or Visitor Information Form - All Families Fill Out the Form

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All families **must** fill out the following form indicating whether or not they are traveling or if they are receiving visitors in order for ISK to be prepared when school resumes after the March Break. [Click on this link to fill out this simple family form.](#)

Non-Essential Travel and Mandatory Self-Quarantines

Many of our community members frequently travel or receive visitors, particularly over the holidays, such as the March Break. ISK strongly advises all community members to review the locations of confirmed reported cases on the [WHO website \(situation reports\)](#) before traveling or receiving visitors. You can also reference International Air Travel Association ([IATA.org](#)) for [additional travel advice and travel restrictions](#).

Should members of the community choose to travel outside of Kenya or receive visitors, note that ISK is currently using the CDC list of locations as *WARNING Level 3 Risk 'Avoid Non-Essential Travel'*. On return to Kenya, those individuals and all their household members will be required to self-quarantine for a minimum of 14 days, as per CDC advice. The self-quarantine also pertains to community members' visitors and their household who may be visiting from *WARNING Level 3 Risk* countries. After the quarantine, a medical clearance letter for all family members from your physician would be needed by the Health Office in order to return to school. Check the CDC's list of countries at *WARNING Level 3 Risk – Avoid Non-Essential Travel* [link about travel updates and recommendations](#).

Parents are also advised to check their own country's or sponsoring organization's website for travel advice. Organizations that require their families to be self-quarantined will be supported by our Virtual Learning Plan. Please contact your divisional principal if this applies to you and your family.

Government of Kenya Travel Advice

Please also be aware that the Government of Kenya has posted the following on <http://www.health.go.ke/covid-19/> on [Coronavirus Electronic messages 06-03-2020](#) with advice to visitors from countries reporting COVID-19.

Symptoms and Personal Hygiene

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We ask that everyone take an active role in helping keep our shared school environment as healthy as possible. Please take note of the [symptoms](#) of the Coronavirus and how [to stop the spread of germs](#) that cause disease. We want to reiterate the following points and recommend reviewing the [John Hopkins Medicine](#) website for more information.

- Coronavirus is not an airborne virus; it is transmitted through respiratory droplets. Therefore, covering the mouth and nose when coughing or sneezing is critical, as is consistent washing of hands with soap or hand sanitizer.
- We always ask that sick students and employees stay home if they have a fever or respiratory illness and continue to stay home until they are fever-free, unmedicated, for 24 hours.
- If you suspect you are infected with COVID-19, immediately seek medical advice and follow [these steps](#) to help prevent the disease from spreading.
- Symptoms - fever, dry cough, shortness of breath.

We understand that there is high level of anxiety around the uncertainty of this global pandemic. We ask that you please continue to promote community solidarity. Our thoughts go out to all people impacted by the COVID-19 virus.

Sincerely,
David G. Henry
Director

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