

COVID - 19 Hygiene Plan

Revised: 19th August 2022

Hygiene Principles

Instruction will take place in accordance with the current hygiene framework concept for school hygiene regulations. Based on the framework concept from the Bremen Education Authority.

Most important measures:

- **Students and staff should stay at home if they have Coronavirus (COVID-19) symptoms such as an elevated temperature of 37.5 - 38 degrees C, severe cold, headache, sore throat, persistent cough, aching limbs or diarrhoea. It is recommended that an antigen rapid test is carried out, if negative, return to school only when the symptoms are gone for 48 hours. If positive the official quarantine regulations for infected persons to be found towards the end of this document must be followed.**
- **Regular sufficient and correct shock ventilation of classrooms and teaching areas, with windows fully open for 3-5 minutes every 20 minutes remains a particularly important part of the Bremen Senate measures, as this will allow the indoor air to be exchanged.** Please ensure child safety is adhered to, with an adult standing next to the window when it is open. The use of mobile air purifiers in classrooms is to be used as a supplementary measure for aerosol reduction, but not as an alternative to ventilation.
- **Hand hygiene:**
 - The most effective infection control measure is to wash your hands regularly and thoroughly with soap, especially after blowing your nose, coughing or sneezing, after using public transport, after contact with bannisters, door handles, handholds etc., before and after eating, after going to the toilet.
 - Hand disinfection: The proper disinfection of hands is especially useful when thorough hand washing is not possible. For this purpose, hand sanitiser is available throughout the school and should be massaged into the hands for approx. 30 seconds until completely dry.

Pay attention to:

- Avoiding touching the face, especially the mucous membranes with your hands, i.e. do not touch the mouth, eyes or nose.
- If possible, do not touch publicly accessible objects such as door handles or elevator buttons with your full hand or fingers, use elbows if necessary.
- Cough and sneeze into the crook of your arm! Try and keep the greatest possible distance when coughing or sneezing.
- **We should be teaching the students and encouraging good personal hygiene whenever possible.**

Hygiene Rules in the Cafeteria:

- Students and staff are encouraged to wash or disinfect their hands well before entering the Cafeteria
- As good practice, the Cafeteria tables should be wiped clean with hygiene spray by ELC staff before the Elementary lunch sitting and by Elementary staff/older students before the Secondary lunch sittings.

P.E. :

- Hand hygiene must be possible before entering the sports hall (Big Gym) and after physical education.
- Regular and sufficient ventilation of the Big Gym, including the changing rooms and sanitary facilities, is recommended.

Music:

Singing and wind instruments are allowed.

Field Trips:

- Participants should not go on a Field Trip with cold, flu or gastric symptoms.
- All participants (staff and students) are advised to carry out an antigen rapid test at home before a RESIDENTIAL trip*, irrespective of vaccination or recovery status and bring proof to school of a negative test by way of the parental confirmation slip.
- Facemasks shall be worn on public transport in Bremen and Niedersachsen

MASKS

The wearing of face masks in school is voluntary, please respect others if they make the decision to do so.

ANTIGEN TESTING for Staff and Students in School

Covid testing is currently not compulsory but we do strongly *recommend* that students and staff test in these situations:

- **If they have cold-like/flu symptoms** (especially cough, fever, runny nose, sore throat, headache and aching limbs). Here the recommendation is to test for five days as long as symptoms are present.
- Preventively, **before school RESIDENTIAL (overnight) Field Trips** (see*)
- Following travelling from outside of Germany

Free antigen tests provided by the Senate are still available from the School Foyer.

QUARANTINE

Quarantine Regulations for CLOSE CONTACTS:

According to Senate regulations, contacts do not need to stay at home or quarantine. However we advise to watch for symptoms and carry out an antigen rapid test if symptoms show.

Quarantine Regulations for INFECTED PERSONS (antigen/PCR positive cases):

A student/staff member with a positive *antigen* test

- Does not come into school and stays at home
- Parents/staff member informs the school Health coordinator immediately
- Without symptoms; the affected person goes for a PCR test either at a test center
- With symptoms; contact the family physician to get a PCR test arranged

If the PCR test comes back positive:

- Inform the school Health Office immediately and send the result via screenshot or pdf to the Health Coordinator, who will advise as necessary.
- **Quarantine**
 - **Without symptoms** (asymptomatic) = 5 days and NO TEST is necessary* to leave the official quarantine
 - **With symptoms** = 5 days and no test to leave the quarantine* BUT you need to be symptom free for 48 hours (without the help of medication) to exit your quarantine

NOTE: Day 1 starts the day after the PCR test!

Return to School After a COVID Infection:

*Important: irrespective of whether students/staff or visitors have had COVID with symptoms or without, following the end of their quarantine the school needs an official POC (antigen) NEGATIVE TEST to return/to enter school. The test certificate must be sent to the Health Office on the day before return until 18:00.