

- a. Wash your hands often (for at least 30 seconds with soap or disinfectant gel).
- b. Avoid close contact with people suffering from acute respiratory infections.
- c. Avoid hugs and handshakes.
- d. Maintain an interpersonal distance of at least 1 meter.
- e. Sneeze/cough covering nose and mouth with a disposable handkerchief or in the bend of the elbow.
- f. Avoid promiscuous use of bottles and glasses, especially during sports activities.
- g. Avoid touching face, mouth and nose with your hands.
- h. Do not take antiviral medicines and antibiotics unless they are prescribed by your doctor.
- i. Clean surfaces with chlorine or alcohol-based disinfectants (parents at home and school staff).
- j. Use the mask in all areas indoors but also outdoors if you cannot keep a distance of at least 1 meter. Always wear the mask at school except for sports activities, lunch and when sitting at the desk and the distance of 1 meter is respected (children under 6 years of age are excluded).
- k. Specific measures for the European School of Varese.
  - For legal guardians and students over 18
    - Pupils with **fever  $\geq 37.5^{\circ}$** , cough, or flu-like symptoms, must not come to School but be examined by their doctor who will provide the clinical assessment and the eventual prescription of the nose-pharynx swab.
    - You are asked to verify your data in SMS and send any changes to the secretariats: it is absolutely necessary to be able to trace the legal guardian in case of emergency (one of the contacts must always be on call).

- For Staff
  - In case of **fever  $\geq 37.5^{\circ}$** , cough or flu-like symptoms, do not go to work but contact your doctor who will provide the clinical assessment and the eventual prescription of the nose-pharynx swab.
  - At each change of hour, open the windows to ventilate the classrooms/offices and wash your hands.
  - If you suspect fever in nursery and primary school pupils, accompany them to the Secretariat staff who will put on a second mask, disinfect their hands and accompany them to the Medical Service.  
If you suspect fever in secondary school students accompany them or send them to the Educational Advisor who will contact the Medical Service avoiding contact with other people.
  
- In case of a virus positive subject (pupil or staff member):
  - ATS Insubria, after evaluating the situation, establishes the quarantine<sup>1</sup> of the groups concerned (class/es, level/s, cycle/s, relative teachers ... the whole School).
  - The School Management officially informs the school community by e-mail/SMS/website indicating the groups concerned (respecting privacy) and the quarantine times.  
The return of the positive subject is only permitted with a medical certificate of recovery. Those who have been in quarantine are admitted with the end of isolation certification. These certifications shall be submitted to the Medical Service.
  - Any absence due to illness or quarantine must be reported promptly to the Medical Service.
  - The return to school in case of illness must be made with a health certificate to be provided in advance to the Medical Service
  
- Anyone with fever or flu-like symptoms **will be isolated in a dedicated area separate from the Infirmary and will be required to leave the school as soon as possible.**

22/09/2020

the Medical Service

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<sup>1</sup> fiduciary/obligatory home isolation