



مركز القيادة و التحكم  
Command & Control Center



وزارة الصحة  
Ministry of Health

## PARENTS and TEACHERS (SCHOOLS) GUIDELINES

### Recommendation for dealing with acute respiratory infections including MERS CoV:

#### A. General recommendations for parents and teachers :

- Perform hand hygiene: Wash your hands often with soap and water for 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer. Be careful not to ingest the hand sanitizer.
- Cover your nose and mouth with a tissue when you cough or sneeze. Then, immediately throw the tissue in the trash.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid close contact with sick people. This includes sharing cups, sharing eating utensils, and kissing.
- Clean and disinfect frequently touched surfaces; toys, doorknobs, desks, chairs, phones, tablets, and stair bannisters.
- When possible, avoid children sharing their items with anyone else. (e.g. pens, erasers, tablets, phones etc)
- **Teach children**
  - To wash their hands with soap and water for 20 seconds.
  - To use an alcohol based hand sanitizer. Be careful children do not swallow the hand sanitizer.
  - To cover their nose and mouth with a tissue when coughing or sneezing. Then, immediately throw the tissue in the trash.
  - Wash their hands before touching eyes, nose, or mouth.
  - To avoid sharing each other's cups, eating utensils, and towels
  - How to act around sick people; do not share their items (cups, utensils, towels, etc...), avoid kissing or hugging them, wash hands thoroughly after being around them.



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**B. What to do if child becomes sick (fever, cough, sore throat and difficulty breathing):**

- If a child has a fever and respiratory symptoms (difficulty breathing) , s/he should stay at home. Do not take him/her to school until they are symptom free for at least 24 hours.
- If child has mild symptoms and been diagnosed with MERS CoV that does not require hospitalization, follow instructions provided by the physician. Do not take child to school until s/he is free of symptoms for 48hrs and their nasal swab test is negative at least once.
- A child should not go to school if s/he has fever and respiratory symptoms. S/he must stay home until s/he is symptom free for at least 1 day.
- Sleep in a different bed when caring for the child.
- Ensure all shared spaces are well ventilated.
- Do not share toothbrushes, eating utensils, cups, towels, washcloths, or bed linen.
- Ensure your child both wears a mask when in close contact with you or anyone else.
- Wear a mask when you are in close contact with your child, and ensure other family members / individuals do the same.
- Follow home quarantine recommendations for the sick person.
- Wash hands with soap and water regularly.



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### C. What to do if someone at home becomes sick (Anything or only MERS):

- Limit contact with the sick person as much as possible. Stay in a different room or, if that is not possible, stay as far away from him/her as possible (e.g. sleep in a separate bed).
- Ensure that shared spaces (e.g. restrooms, kitchen and bathroom) are well ventilated (e.g. keep windows open).
- If close contact care must be provided to the sick person, ensure that s/he covers his or her mouth or nose with hands or other materials (e.g. tissues or a mask, if available)
- Discard materials used to cover the mouth or nose, or clean them appropriately.
- Avoid direct contact with body fluids. If contact occurs, immediately wash hands with soap and water or use an alcohol-based hand sanitizer. Be careful not to swallow any hand sanitizer.
- Ensure that anyone who is at increased risk of severe disease does not care for the sick person or come into close contact with him/her.
- Avoid other types of possible exposure to the sick person or contaminated items; e.g., avoid sharing toothbrushes, eating utensils, cups, towels, washcloths, or bed linen.
- If the sick person suffers from a potential **Acute Respiratory Infection (ARI)** of potential concern
- Follow home quarantine recommendations for the sick person.
  - Ensure the caregiver, and anyone coming in close contact, wears a medical mask or the best available protection against respiratory droplets when in close contact with the ill person.
  - Wash hands with soap and water for 20 seconds after contact with the sick person.



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**D. What to do if someone who has been in contact with an individual suffering from Acute Respiratory Infection becomes sick:**

- Notify the health-care provider of the diagnosis and receive instructions on where to seek care, when and where to enter the health-care facility and the Infection Control precautions that is to be followed.
- Call an ambulance or transport the ill person with own vehicle and open the windows of the vehicle.
- Always perform respiratory hygiene.
- Stand or sit as far away from others as possible (at least 1 m), when in transit and when in the health-care facility.
- Wash hands with soap and water for 20 seconds whenever appropriate.