

COVID-19 GUIDELINES FOR VISITORS

AMERICAN
INTERNATIONAL SCHOOL
OF BUCHAREST



WATCH FOR COVID-19 SYMPTOMS:

Cough, shortness of breath or difficulty breathing, fever, chills, muscle pain, sore throat, new loss of taste or smell

Other less common symptoms: nausea, vomiting, or diarrhea.

RETURNING TO SCHOOL AFTER HAVING COVID-19 SYMPTOMS (SYMPTOM-BASED STRATEGY)

At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications **AND** improvement in respiratory symptoms (e.g., cough, shortness of breath); **AND** at least 10 days have passed since symptoms first appeared

1 MASKS

- Cover your mouth and nose with a face mask when around others
- Wearing a mask does not replace the need to practice social distancing.
- If you are alone in your office, you can stay without the mask
- Do not touch your mask while wearing it
- Gloves - no need to be used during working hours (exception: medical emergencies, cleaning personnel)



4 SOCIAL DISTANCING

- Keep your distance (2 meters) as work duties and practice social as work duties permit in the workplace - no handshakes, hugs or kissing
- Social contact should be less than 15 minutes
- Wear mask when around others
- Avoid gatherings in small spaces

2 HAND WASHING

- Wash your hands often with soap and water for at least 20 seconds
- Key times to clean your hands in addition to regular hygiene habits: before and after work shifts & breaks /after blowing their nose, coughing, or sneezing / after putting on, touching, or removing face mask
- Hand sanitizers - use them when water and soap are not available



5 PROPER HYGIENE ETIQUETTE

- Avoid touching your face with unwashed hands
- Cover your mouth and nose with a tissue when you cough or sneeze, or use the inside of their elbow and immediately wash hands. If soap and water are not available, use hand sanitizer.



3 DISINFECTING TOUCHED OBJECTS

- Practice routine cleaning and disinfection of frequently touched objects and surfaces (workstations, keyboards, telephones, handrails, and doorknobs).
- Avoid using other colleagues' phones, desks, offices, or other work tools and equipment, when possible. Clean and disinfect them before and after use.



6 SELF-MONITOR DAILY AND STAY HOME IF YOU ARE SICK

- Take your temperature twice a day (morning, evening) to monitor for low-grade temperature elevation (>37.3 degrees celsius)
- Watch the Covid-19 symptoms
- Symptoms may appear 2-14 days after exposure to the virus
- If you have Covid-19 symptoms, stay home and avoid interactions with others. Consult your medical provider.

