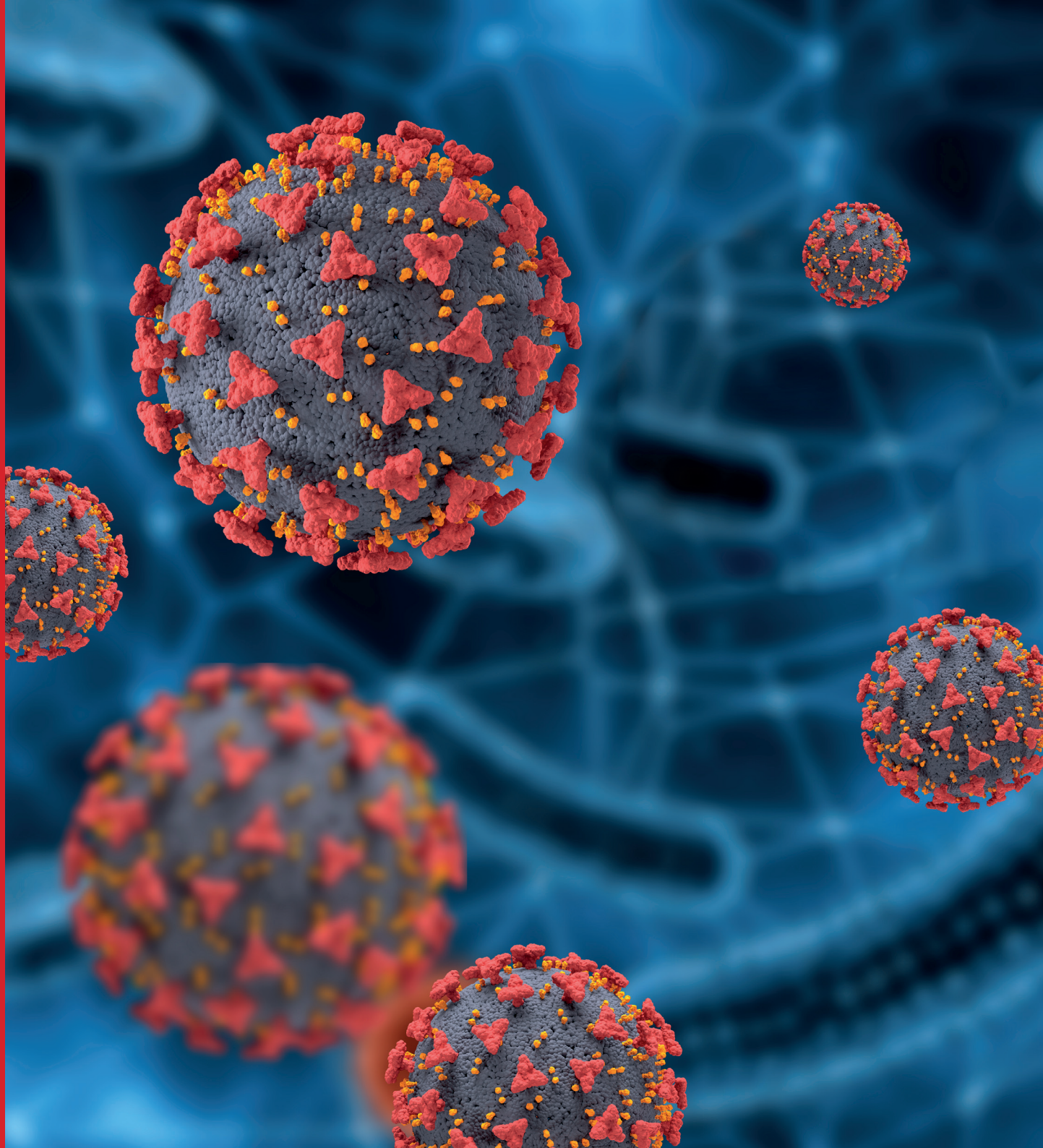




Parents Guide

COVID-19 RELATED ACTIVITIES

2020 / 2021



Dear CIS family!

We have been working hard to open our schools on the 1st of September and will be following the best sanitary guidelines available to us to ensure that the school environment is a safe one. In this document you will find a description of the activities and preventive measures that the school is taking, as well as several recommendations that will help to avoid the spread of COVID-19 infection and continue our learning journey at CIS.

Our Values are central to all that we do. We strongly believe that challenging times are easier to overcome if we commit to our Values now more than ever before. People are the Centre of our every endeavor. We continue to be Open and Globally Minded. We are Responsible towards each other. We are Innovative. We explore and continually learn, respect and treat each other with understanding and support.

Take good care!



Ilnaz Mustafin
Board of Directors, CEO
CIS Education Group

What is COVID-19?



COVID – 19 is a disease caused by a new strain of coronavirus “CO” stands for corona, “VI” for virus, and “D” for disease. Formerly, this disease was referred to as “2019 novel coronavirus” or “2019 -n COV”.

The “COVID-19” virus is a new virus linked to the same family of viruses as Severe Acute Respiration Syndrome (SARS) and some types of common cold.

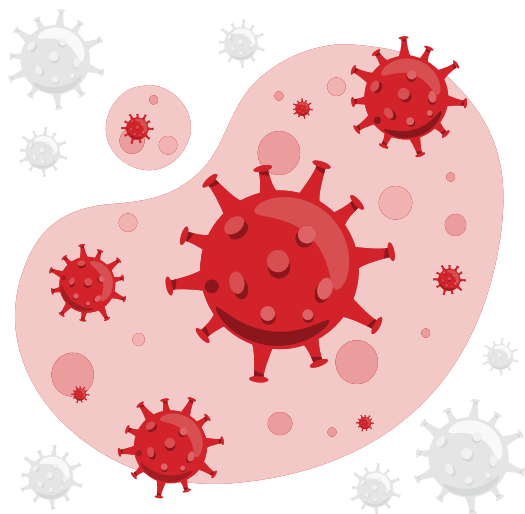
Symptoms:

Symptoms of COVID-19 can range from mild illness to pneumonia. Some people will recover easily, and others may get very sick very quickly. People with coronavirus may experience symptoms such as:

- P fever
- P respiratory symptoms
 - P coughing
 - P sore throat
 - P shortness of breath

Other symptoms can include runny nose, headache, muscle or joint pains, nausea, diarrhoea, vomiting, loss of sense of smell, altered sense of taste, loss of appetite and fatigue.

To stop the spread of COVID-19 people with even mild symptoms of respiratory infection should get tested.



How it spreads

The virus can spread from person to person through:

- close contact with an infectious person (including in the 48 hours before they had symptoms)
- contact with droplets from an infected person's cough or sneeze
- touching objects or surfaces (like doorknobs or tables) that have droplets from an infected person, and then touching your mouth or face

COVID-19 is a new disease, so there is no existing immunity in our community. This means that COVID-19 could spread widely and quickly.

Who is most at risk

People most at risk of getting the virus are:

- travellers who have recently been overseas
- those who have been in close contact with someone who has been diagnosed with COVID-19
- people in correctional and detention facilities
- people in group residential settings

People who are, or are more likely to be, at higher risk of serious illness if they get the virus are:

- Aboriginal and Torres Strait Islander people 50 years and older with one or more chronic medical conditions
- people 65 years and older with chronic medical conditions
- people 70 years and older
- people with chronic conditions or compromised immune systems
- people in aged care facilities
- people with a disability

At this stage the risk to children and babies, and the role children play in the transmission of COVID-19, is not clear. However, there has so far been a low rate of confirmed COVID-19 cases among children, relative to the broader population.

There is limited evidence at this time regarding the risk in pregnant women

Main Principles



Protect yourself and others

Everyone must do the following things to slow the spread of COVID-19 and protect those who are most at risk.

See important advice on:

- ▮ Good hygiene
- ▮ Physical distancing
- ▮ Avoiding public gatherings
- ▮ Isolation
- ▮ Mask

How to seek medical attention

If you are sick and think you have symptoms of COVID-19, seek medical advice and get tested.

If you want to talk to someone about your symptoms, call the COVID -19 Hot line:

📞 8-800-2000-112

To seek medical help from a doctor or hospital, call ahead of time to book an appointment.

You will be asked to take precautions when you attend for treatment. Follow the instructions you are given.

If you have a mask, wear it to protect others. Stay at least 1.5 metres away from other people. Cover your coughs or sneezes with your elbow.

Tell the doctor about:

- ▮ your symptoms
- ▮ any travel history
- ▮ any recent contact you have had with someone who has COVID-19

How to get tested

If you have cold or flu like symptoms, such as a cough, fever, sore throat, shortness of breath or runny nose, even if these are mild, you should get tested for COVID-19 as soon as possible. People with mild symptoms can still spread the virus. To help stop the spread of COVID-19, anyone with cold or flu-like symptoms should get tested.

If your symptoms are severe, you should seek urgent medical attention. If possible, call ahead so the medical facility can prepare

Early diagnosis means you can get the help you need and take steps to avoid spreading the virus to someone else.

Testing diagnoses patients with COVID-19 and helps health authorities monitor and track the spread of COVID-19. As the situation changes, states and territories may adjust their testing criteria based on local needs.

Testing is important for anyone with symptoms and particularly if any of the following apply to you:

- p you have returned from overseas in the past 14 days
- p you have been in close contact with someone diagnosed with COVID-19 in the past 14 days

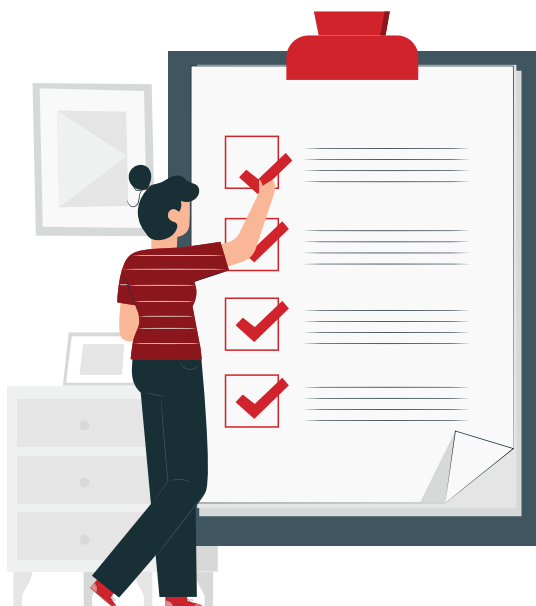
- p you are a health care, aged care or residential care worker or staff member with direct patient contact
- p you have lived in or travelled through an area where there is a higher risk of community transmission, as defined by the local public health unit
- p you travelled on a cruise ship (either passenger or crew) in the 14 days before developing symptoms

People in high-risk settings will be regularly monitored to ensure symptoms are identified early. Rapid response plans will be activated if someone in those settings develops a fever or respiratory symptoms. People who have recovered from COVID-19 need to be tested before they can go into high risk settings.

High-risk settings include:

- p aged and residential care facilities
- p detention centres or correctional facilities
- p boarding schools
- p military group residences and other closed settings, such as Navy ships or live-in accommodation
- p rural and remote Aboriginal and Torres Strait Islander communities

School Measures



Risk Management Strategy

CIS Management Strategy includes a pandemic Risk Matrix from which the following risk levels and related learning models have been identified.

The strategy is regularly reviewed in collaboration with our Board and Leadership Teams, and updated based on evolving research and best practices.

Low Risk:

Assumes the level or rate of infection is very low or minimal and the local government is not requiring any specific health and safety measures beyond what schools are already expected to do as educational organisations.

Medium Risk:

Assumes the level or rate of infection is being controlled and/or falling from previous levels and frequency with the local government easing social restrictions permitting schools to reopen with heightened or restricted health and safety measures in place.

High Risk:

Assumes the level or rate of infection in Moscow is high, or growing, or one or more infection cases directly in the school community. The local government may enforce social restrictions up to and including the closure of schools.

STATUS UPDATE

Dear CIS Family. We are starting this academic year with Medium risk level.

Will it be any changes - we inform you in advance.

Social distancing is a priority.

In order to avoid groups gathering at the school, parents will not be allowed in the school during drop-off and pick-up times.

The exception is for new students in Early Years and Years 1 and 2 (ages 3-6).

Parents are asked to contact staff by email so that appointments can be made for Zoom conferencing when needed.



Social Distancing in School

- p Lines will be marked around the school to ensure social distancing queuing.
- p Classrooms will be arranged to enable social distancing.
- p The dining hall will be zoned for different age groups and lunch times will operate on a rota.
- p Team-sports will not be allowed within PE lessons nor at playtimes.
- p We will minimise contact between children of different age groups and phases.
- p Separate outside areas and playing equipment for each classes
- p Clubs will not take place until further notice.
- p Buses will not run until further notice

Medical measures

separate quarantine room to be organized in each campus

Parent visits to school

Parents are asked to contact staff by email so that appointments can be made for Zoom conferencing when needed.

Staggered timetable (when available)

There will be staggered start and end times, and we will allocate different entrance areas. Staff will be at the entrances to greet students and oversee entry procedure.

Hygiene

Parents must check their children's temperature before sending them to school. If a child's temperature is 37 C or above, they must be kept at home.



- p Fever checks will be in place on arrival at school. Any student or member of staff with a temperature of 37 C or above will need to return home.
- p Handwashing will be a top priority. Hand sanitisers have been placed all around the school. Students must wash their hands using the 6 step rule:
 1. On entry to school;
 2. On entry and exit of classrooms;
 3. Following visits to the toilets;
 4. Before and after eating;
 5. Before and after using sports, music or shared equipment;
 6. Before and after using playground equipment;
- p We will continue to place top priority on educating our students about the importance of handwashing, hygiene and self-care.

Masks

Masks will be worn by staff and in common areas (entrances, corridors) for students in Years 3 and older. Students will not wear masks in classes unless parents request this.

Cleaning and Sanitizing

Our practices will be vigilant and include:

- p air disinfection and ventilation at least 2 times a day
- p frequent cleaning of toilets and changing rooms through the day, with a special



emphasis on periods before and after break-times.

- p Computers, sports, music and all other classroom equipment, will be cleaned before and after use.
- p Points of high frequency use, such as door handles and stair rails will be cleaned constantly throughout the day.

Final moments

We kindly ask for your support and commitment as we put these procedures into place so that we both meet the measures necessary for our campus reopening, and most importantly, ensure the safety and health of our whole school community. Every life is precious to us.

We will be regularly communicating with the local authorities and will alert you via our communication channels if there are any changes.



Governing Documents



World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>



Government official site about COVID-19

<https://стопкоронавирус.рф/info/ofdoc/sanitary/>

Rospotrebnadzor

<https://www.rospotrebnadzor.ru/>

Official covid regulations of republic of Uzbekistan

<https://lex.uz/ru/docs/4780477>

<https://lex.uz/docs/4805231>

<https://www.minjust.uz/ru/law/newlaw/>

CIS Hotline



Campus Gorki

P Primary School 8 495 162 51 15

P Secondary School 8 495 162 51 15

Campus Saint Petersburg

P School 8 812 6043322

Campus Moscow

P School 8 495 152 7730

Campus Skolkovo

P Primary School 8 495 255 22 49

P Secondary School 8 495 255 22 02

Campus Tashkent

P School +998 71 209 66 69

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