

Dos and Don'ts for Offline Classes for the Students

Dos

- ✓ Do wear mask. (Use of gloves and cap is optional.)
- ✓ Do wash your hand frequently with soap and water, or may use sanitizer, if available.
- ✓ Do wash hands with soap properly after entering school as guided by your teachers.
- ✓ Do carry your own water bottle, lunch box, notebooks, stationery etc.
- ✓ Do flush the toilets adequately and wash your hand with soap once done.
- ✓ Do sit at your assigned place as directed by the teacher.
- ✓ Learn about COVID protocol attentively and follow the same in day to day life.
- ✓ Learn how to fold arm over your mouth and nose before sneezing and coughing.
- ✓ Maintain social distance in class room, computer room, corridors and everywhere you go.
- ✓ After reaching home, wash uniform with detergent if you have another set. If that is not possible, keep the uniform isolated for twelve hours and put it under direct sunlight next day.
- ✓ Do remind your parents and guardians to wash your mask, gloves and cap in hot water and surely with soap and detergent.
- ✓ On the way to and from school keep wearing mask. If you carry umbrella, keep your umbrella open and maintain social distance with all on the way.
- ✓ Listen to your teachers and guardians.
- ✓ Verbal assistance or gesture to peers who are not able to maintain social distancing and mask
- ✓ Spread awareness amongst your relatives at home.

Don'ts

- ✘ Do not come to school if you are having fever, cold or any other ailment.
- ✘ Do not touch your face with hand anytime unless it is washed clean.
- ✘ Do not form close clusters with friends.
- ✘ Do not share exercise books, copies, bags, or any other belonging of your friend.
- ✘ Do not share food or drinking water with your friend or anyone.
- ✘ Do not panic.
- ✘ Do not leave the school premises until the end of school.
- ✘ Do not rush or fight.
- ✘ Do not spit here and there.
- ✘ Drink hot water/milk/soup at home.
- ✘ Avoid junk food and eating out. Eat healthy food prepared at home.
- ✘ Avoid wearing metal accessories like rings, chains, bangles and amulets.

Last but not the least; remember you are the true fighter against this formidable threat called COVID 19. We must win the battle by all will power and continuous perseverance. We must not allow COVID 19 to compromise our daily academic progress and achieving excellence.