



RUSSIAN INTERNATIONAL SCHOOL

2026 - 2027

INFECTION CONTROL POLICY

1. Objective:

- In order to reduce/prevent the spread of infections and communicable diseases through cross-infection at the school, a set of preventive measures are provided by the Infection Control Policy.

2. Intended Audience

- The student's, staff members, admin staff, classroom assistant's and school medical team/nurse

3. Policy Declaration

- This policy covers various ways of avoiding infection and communicable diseases among the school community including general hygiene and maintaining a clean environment.
- All Russian International School members-both students' and staff alike, are expected to follow the policy in order to provide a happy and healthy learning environment for everyone.
- Minimising infection and contraction of communicable disease is the school's utmost priority. And to protect the health of the student's and staff, the school will follow and practice the current ICP (Infection Control Policy) guidelines.

4. Responsibility of the management

- It is the responsibility of the school management to ensure that all the guidelines within the Infection Control Policy manual are followed/implemented by all the student's, their family members/guardians, close contacts and visitors comply with.

5. Procedure and plan of action

- Basic hand washing -Washing hands can keep us healthy and prevent the spread of infections from one person to the next. The simple technique used to clean hands is the usage of liquid soap, water and paper towels. Some antiseptic soap can also be used if prescribed by the physicians. Avoid the dryness and chapping of hands as it could increase the risk of infection. Hands should always be washed after using the restrooms/toilets, handling food items/pets and before eating food. All kinds of cuts and wounds should be cleaned with antiseptics and covered with waterproof dressing.
- Fever, coughing and sneezing- student's who show such symptoms of fever, rashes, vomiting, diarrhoea, sneezing or heavy nasal discharge, persistent coughing or sore/ inflamed throat, red watery or painful eyes should avoid coming to school and they must be fever-free for 24 hours after the last dose of antipyretic (fever reducing medication) has been used before returning to school. Student's and adults should at all times cover their mouth and nose with a tissue and dispose of the tissue in a closed bin.
- Cleaning of body fluid spillage/Wounds

- Any form of spillage (vomit, diarrhoea, saliva, blood, faeces) or nasal/eye discharges should be cleaned up immediately and the area sanitized. Disposable gloves/aprons must be worn by the person who is doing the clean up. If a student has an infected or open wound, it must be covered by a well-sealed dressing. In case of vomiting and diarrhoea, the student should not return to school for 24 hours after the last episode of vomiting or diarrhoea to prevent the spreading.
- **Flu-like symptoms-** Students' who get flu-like symptoms at school would be sent home and they should remain home until at least 24 hours after they no longer have a fever or signs of fever without the use of fever-reducing medicine. Infected students' or staff members will be separated from the rest to stay in the sick room of the school clinic until they could be picked up to go home. Parent's would be contacted immediately if a student is found to be a source of infection to other pupils and staff, following assessment by the school medical team. Serious cases would be asked to seek immediate medical care for further assessment.
 - **Conjunctivitis/Pink eye-** This is caused by microbes, allergens, chemicals, prolonged usage of contact lenses etc. Parents should be contacted and informed of symptoms and advised to seek medical help if a student is suspected to have contracted the disease. It is difficult to manage younger students' to comply with strict hygiene measures and is likely to spread the infection to other children within the school, hence they should be kept at home and the student could possibly return to school 24 hours after the infection has cleared up or once they have had 24 hours of treatment by a Doctor.
 - **Head lice-** These are small flat insects, about 2-3 mm long that live on the scalp. Head lice lay their eggs (nits) on strands of hair. Anyone can get head lice – it doesn't matter how clean or dirty a person's hair is. These are common and contagious infections seen particularly in primary school age students'. If a student is suspected to have head lice, they will be sent to the school nurse for examination and if live head louse are found, a letter will be sent to parents advising them to opt for appropriate treatment. The student can return to school once the treatment has been completed and is examined by the school nurse prior returning to class.
 - **Chickenpox-** Any student suspected to have chickenpox while on the school premises must be examined by the school nurse and the parent's should be informed immediately to take the pupil home. Students' with symptoms should be excluded from school until all lesions have scabbed over which usually takes about 5 days after rash onset. The teaching and the admin staff will be notified.
 - **Mumps/Parotitis-** The school nurse should assess the suspected student of mumps and inform the parents immediately if positive symptoms are visible. Other students' should be kept safe in order to control mumps outbreaks. All students' should have documented evidence of receipt of two doses of MMR vaccine.
 - **Clean Environment-** Managing a clean school environment is very essential to control the spread of infectious and communicable diseases. Regular cleaning of all contaminated and non-contaminated surfaces should take place with recommended standard cleaning solutions and procedures. Adequate waste disposal bins both indoors as well as outdoors should be provided throughout the school to ensure the cleanliness of the whole school premises.
 - **Waste Disposal-** The general and medical waste should be disposed off separately. General wastes such as paper, plastics and other non-contaminated materials are disposed in designated bins for general wastes- whereas medical wastes such as sharp needles, blood stained cotton, wound dressings and other contaminated materials with blood and chemicals are disposed separately in designated medical waste container to be collected by the medical waste collection contractor.

• Facts about COVID-19 Treatment and Prevention

1. COVID-19 is an infectious disease caused by a newly discovered coronavirus and most people who get infected will experience mild to moderate symptoms of fever, dry-cough, tiredness etc. and usually recover without special treatment.
2. COVID-19 virus is mainly transmitted via the spread of droplets produced when an infected person coughs, sneezes or exhales. These heavy droplets do not remain in the air but quickly fall on floors or surfaces.
3. COVID-19 is often more severe in elderly people 60 years and above or with severe health conditions like lung or heart disease, diabetes or with a weaker immune system.
4. COVID-19 treatments are still in its initial stages of investigation, and will be tested through clinical trials. Till date, there are no specific vaccines or medicines to cure COVID-19. Self-care is an effective way to treat this infection by resting, drinking plenty of fluid and eating nutritious food. Maintaining social distancing, wearing masks etc would be helpful too. Seek medical care immediately if the condition worsens.
5. COVID-19 prevention is possible by taking these precautions such as:
 - ❖ Use soap and water to clean your hands thoroughly.
 - ❖ Maintain a social-distance from anyone who is coughing or sneezing.
 - ❖ Wear masks when in public places.
 - ❖ Don't touch your eyes, nose or mouth without washing your hands if you were in public places.
 - ❖ Cover your nose and mouth with your bent elbow or a tissue when you are coughing or sneezing.
 - ❖ Stay home if you are feeling sick.
 - ❖ Seek medical attention immediately if conditions worsen i.e difficulty in breathing.

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