



# International School Bangkok

## **ISB Health Clinic: Information about novel coronavirus Communication 2**

Posted on January 26, 2020 by ISB Parent Portal

Further to our communication of 23rd January 2020 about novel coronavirus linked here, please find an update below.

In order to gather the best, most up to date information, ISB is in regular contact with International SOS, OSAC, the Thai Ministry of Public Health, and other safety advisors. We are also liaising with a number of international schools in the region. The situation remains fluid and we will be providing regular updates to the ISB community.

### **Symptoms**

Symptoms of the novel coronavirus are similar to influenza and respiratory tract infections and include fever, fatigue, sore throat, dry cough, and breathing difficulty as the disease progresses.

Parents are asked to keep their children home if they are not feeling well and to seek medical attention if their child (or they themselves) are exhibiting symptoms.

### **Student Trips**

At this stage all currently scheduled student travel will continue as planned. We will host IASAS Tennis and Swimming this week.

However, we are monitoring the situation on a day-to-day basis and should we need to cancel trips, we will notify parents.

There are no scheduled ISB trips to China.

### **Healthy Practices**

Recommendations from International SOS include:

- To prevent any respiratory illness, pay attention to hygiene. Wash your hands frequently. Carry hand sanitiser for use when soap and water are not readily available. Avoid touching your face.
- Keep some distance from people who are obviously sick and avoid direct contact with them.
- Seek medical attention if you develop symptoms, especially fever or shortness of breath. Ensure you provide your travel history.
- Do not travel if you are sick - note that some locations have implemented screening, and travellers may face quarantine and testing.



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## Advice from the Department of Disease Control (Royal Thai Government):

- The novel coronavirus can be prevented using the principles for respiratory disease prevention, i.e. washing hands, wearing masks and avoiding contact with patients who have a respiratory disease.
- People can still travel to China, however, it is recommended to avoid visiting crowded places and making contact with patients who have respiratory symptoms. If this is unavoidable, people should wear a mask.
- If anyone has symptoms including coughing, sneezing, panting or runny nose within 14 days after departing from Wuhan, China, please seek medical care at the hospital immediately and inform the doctor regarding the history of recent travel to China.
- Regularly wash hands with water and soap or use alcohol gel. It is also recommended to avoid using your hands to touch your eyes, nose, and mouth.
- Do not use or share personal stuff with others (i.e. handkerchief, glasses, and towels) since pathogens causing respiratory disease can be transmitted to other people through secretions.
- It is recommended to avoid eating uncooked food.

## What is ISB doing?

- Reminding students of proper hygiene practices including hand washing
- Providing additional hand sanitizing gel around campus
- Newly installed positive pressure air filtration systems provide fresh filtered air into classrooms
- We are prepared for early identification and, if necessary, temporary isolation of unwell students in the Health Centre

Please find included here a helpful FAQ from Samitivej Hospital, Bangkok.

If anyone has questions or concerns, please contact either Mark Hevland or June D'Mello.

Kind regards,

Mark Hevland

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