



SEK BUDAPEST INTERNATIONAL SCHOOL COVID-19 PROTOCOL

SARS-CoV-2/COVID 19 & HOW IT SPREADS

According to the World Health Organisation, the SARS-CoV-2 virus can spread from the mouth or nose of an infectious person when the person coughs, sneezes, sings, breathes heavily or talks. Close contact with an infected person can result in inhalation of, or inoculation with, the virus through the mouth, nose or eyes. There is limited evidence of transmission through objects or materials that may be contaminated with viable virus, such as work equipment or surfaces in the immediate environment around the infected person. Such transmission may occur through touching the fomites followed by touching the mouth, nose or eyes. Transmission occurs most often in indoor, crowded, and inadequately ventilated spaces, where infected persons spend long periods of time with others. This suggests SARS-CoV-2 transmission is particularly effective in crowded, confined indoor spaces where there is poor or no ventilation.

MITIGATING BEHAVIOURS

Vaccination is the leading public health prevention strategy to end the pandemic.

SEK Budapest International School strongly recommends that all community members who are able to receive an approved vaccine do so, including subsequent boosters when/if eligible.

Mask wearing is the single most effective mitigating behaviour against COVID 19 infection. All community members are currently required to wear a mask or face covering over both mouth and nose throughout the day, unless when eating and drinking.

OTHER MITIGATING BEHAVIOURS INCLUDE:

1. Self isolation at home if displaying symptoms or identified as a close contact of a positive case.
2. Physical spacing when around other people:
 - Keep a distance of at least 1.5 metres from others
 - Refrain from shaking hands, hugging, sharing phones.
3. Hand washing/sanitising:
 - Regular hand-washing with soap and water for 20 seconds or rub hands with alcohol-based hand sanitiser

4. Positive encouragement of peers to take all the above actions.

GENERAL HYGIENE

Everyone is to regularly wash their hands with soap for twenty seconds throughout the day. It is mandatory to wash hands thoroughly with soap for at least 20 seconds before dining in the cafeteria.

Everyone is encouraged to carry hand sanitizer.

Everyone is encouraged to bring at least one spare mask.

The school is cleaned daily and surfaces, rails and handles are disinfected regularly throughout the day.

The school has provided hand sanitising dispensers.

TEMPERATURE CHECKS

Parents are encouraged to ensure a temperature check has taken place on all family members before leaving home.

Any individual with a temperature of 37.5 should remain home.

MASK WEARING

All community members must wear masks when inside the school, including corridors, classrooms, library and other social or learning spaces.

Masks may be taken off in the cafeteria to eat and drink.

Community members may also wear face shields in addition to masks. In the case of medical advice, a face shield may be worn instead of a mask. Please provide written documentation of said medical advice. GDPR standards will be applied in all cases.

COVID 19 SYMPTOMS

It is possible to have all, some or no symptoms and still transmit the virus to others. COVID 19's primary symptoms include:

Fever and chills

Dry cough

Loss of taste and smell

Headache

Tiredness and fatigue

Muscle aches

COURSE OF ACTION IF SYMPTOMATIC

If you experience any symptoms of COVID 19 you should remain home and inform the school.

Families can contact us at
emergencyresponse@sekbudapest.com/covidhotline@iesmail.com

Teachers can contact us at absence@iesmail.com

If symptomatic, it is strongly recommended that you take a PCR test. Tests can be booked using the following website: <https://hivataloscovidteszt.hu/en/>, or by contacting your GP.

Please share the PCR test results with the school for relay to local authorities. GDPR standards will be applied in all cases.

If the test result is negative please remain at home for 48 hours until symptoms pass before returning to school. If the test result is positive please remain at home for 10 days or for 10 day + until symptoms have passed for 48 hours.

We ask kindly that all families follow the [COVID 19 guidance of the Hungarian government](#).

SCENARIOS: WHAT TO DO PROTOCOLS

Q: What if I develop symptoms at home?

A: Stay calm, remain at home, you or a caregiver should contact the school, take a PCR test. If negative, remain home until symptoms have passed for 48 hours. If positive, remain at home for 10 days/or for 10 days + until all symptoms have passed for 48 hours.

Q: What if someone at home tests positive for COVID 19?

A: Stay calm, remain at home, contact the school, arrange for a PCR test.

Q: What if I develop symptoms at school?

A: Stay calm, maintain physical distance, keep a mask on, inform the school authorities. Staff, teachers and students will be given the choice to take a rapid antigen test at school. Regardless of the results, adults should return home as soon as possible and arrange a PCR test. Children should have the school contact a family member or caregiver to collect you safely, take you home and arrange a PCR test.

Q: *What if someone in my class or close circle tests positive for COVID 19?*

A: After a positive test in the community has been reported, the school will contact the local authorities, which will make the decision about remote learning. The school will communicate this decision to the community. All departments have prepared action plans in the event that a class must undertake remote learning with little or no notice.

SELF CARE:

The pandemic is an ongoing source of considerable anxiety. That anxiety is normal. It is ok to experience such concerns. Should you need any support advice and counselling is available. Please call 061-210-0330/51243 or email lelkisehely@med.semmelweis-univ.hu.

This document was produced by the SEK Budapest Emergency Response Committee.