



AMERICANA CHINESE INTERNATIONAL SCHOOL

HEALTH BULLETIN

Student Safety

22TH JANUARY 2020

- Extra Precaution to Prevent Coronavirus

ACIS takes extra precautions against the outbreak of Coronavirus from China. And would like to remind our parents to take appropriate preventive measures during the *Lunar New Year holiday travel and activity*.

- **Keep** your child home (away from crowds) when they have elevated temperature, persistent cough with running nose or other sickness symptoms. Being ill will compromise the immune system and cause the body prone to virus attack.
- **Monitor** body temperature – Keep an eye your child's temperature.
- **Proper** handwashing – The single most effective way to reduce the spread of infectious diseases.
- **Wear** masks –Wear *medical-style (surgical)* masks in public is helpful.
- **Understands** symptoms – Fever/ Coughing/ Difficulty breathing/ Chills/ Body aches/ Sore throat/ Headache/ Diarrhea/ Nausea/Vomiting/ and Runny nose.
- **Reinforcement** – Strengthen preventive measures by *practice*, there is no need to overreact and spread fear.

ACIS School Nurse Office