



## Students' Guide

### Student Arrival and Dismissal

To minimize large gatherings, the arrival and dismissal of students will continue to be at their designated gates. Please note down the following gates information for the smooth arrival and dismissal at KABS.

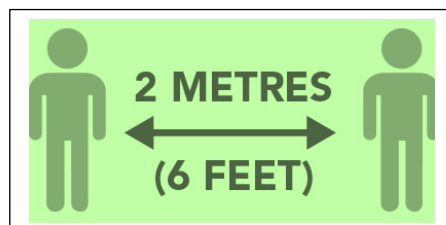
	Gate
High School Boys	6
Middle School Boys	5
Middle School Girls	4
Grade 1 to Grade 4 Boys/Girls	3
High School Girls	2
Kindergarten (KGs)	1

### Essential Health and Safety Expectations

- Students are required to remain at their designated seats, space and class unless advised by teachers
- Students are required to wear masks
- Avoid touching your face and/ or mask
- Students are required to wash hands and use sanitizer as instructed by teachers

### Physical Distancing

Students must maintain a physical distance of 2-meter from other students, staff, and visitors.





## Kuwait Academy Bilingual School

### Masks

Students are required to wear masks throughout the school day. Students can use disposable face masks once and should be thrown in the covered trash after one use. Masks must be replaced when they become moist.

#### Instructions for putting on and removing masks

- Before touching the masks, clean your hands Clean your hands with soap or water sanitizer
- Before putting on the mask make sure that there are no holes or tears in either side of the mask.
- Look for the top side of the mask. The side that has a stiff bendable edge is the top
- Look for the front side of the mask. Usually the colored side of the mask is the front and should face away from you, while the white side should touch your face.
- Mold the stiff edge of the mask to the shape of your nose.
- Pull the bottom of the mask to cover your mouth and chin

#### Do wear a mask that:

- Covers your nose and mouth and secure it under your chin.
- Fits snugly against the sides of your face



How not to wear a mask?



Around your neck



On your forehead



Under your nose



Only on your nose



On your chin



Dangling from one ear



On your arm

How to take off a mask?



1

Carefully, unite the strings behind your head or stretch the ear loops



2

Handled only by the ear loops or ties



3

Fold the outside corners together



4

Be careful not to touch your eyes, nose, and mouth. When removing and wash hand immediately after removing.



### How to wash your hands

Students are required to clean their hands frequently during the school day in the correct manner. It is preferred to wash them with soap and water for no less than 12 seconds, or to be rubbed with an approved hand sanitizer (such as: an alcohol-based hand sanitizer of 70% or no less than 60%) if possible. KABS encourage a strict hand hygiene routine among students. Teachers will allow adequate time for hand cleaning/sanitizing during lessons.

### Correct Steps for Hands Washing and Rubbing

#### How to handrub? WITH ALCOHOL-BASED FORMULATION

**1a**

**1b**

Apply a palmful of the product in a cupped hand and cover all surfaces.

**2**

**3**

**4**

Rub hands palm to palm

right palm over left dorsum with interlaced fingers and vice versa

palm to palm with fingers interlaced

**5**

**6**

**7**

backs of fingers to opposing palms with fingers interlocked

rotational rubbing of left thumb clasped in right palm and vice versa

rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa

#### How to handwash? WITH SOAP AND WATER

**0**

**1**

Wet hands with water

apply enough soap to cover all hand surfaces.

**8**

**9**

**10**

rinse hands with water

dry thoroughly with a single use towel

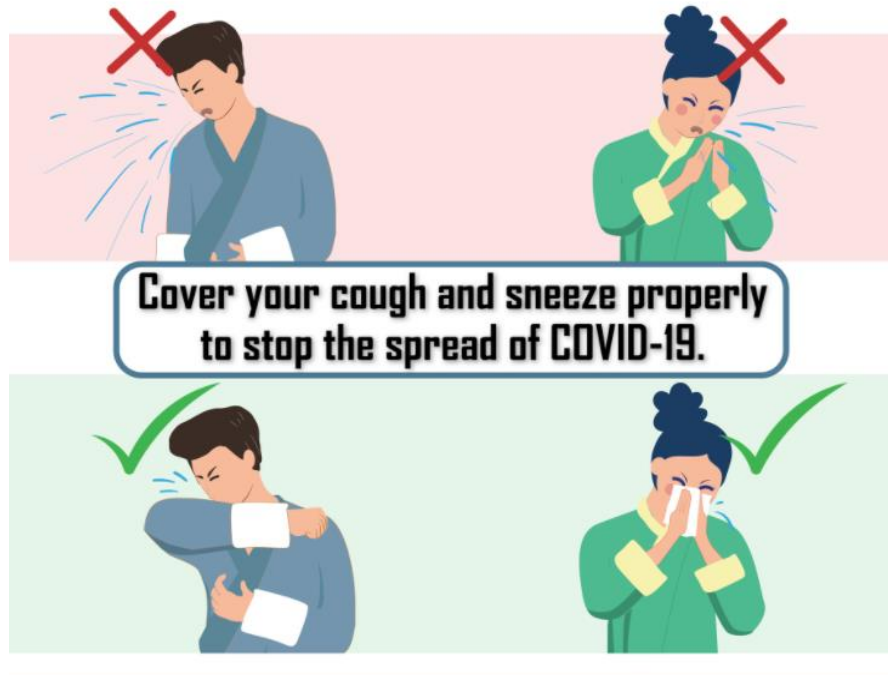
use towel to turn off faucet





### How to cough or sneeze

Contain cough or sneeze by using a tissue or into your elbow to cover nose and mouth, then immediately throw the tissue in the garbage and wash or sanitize your hands. If you don't have a tissue, sneeze or cough into your sleeve or arm, as show in the figure below.



### Food and drinks

Currently KABS canteen is closed, students are required to bring their own food and water. Students will eat in their classrooms at the study desks while maintaining hygiene and physical distancing. Additionally, they will not be allowed to share food or utensils.

### Supplies

Students are required to bring their own supplies such as black or blue pens, pencils, and erasers. Students will carry their supplies in their backpacks and are not allowed to share their supplies with others.



## Kuwait Academy Bilingual School

### Important Checklist

- If you are not feeling well in form your parent before departing for school
- Make sure that your uniform is washed on daily bases
- Make sure that you have extra masks in your backpack
- Make sure that that you a personal sanitizer
- Make sure that you have filled bottle of water
- If you came in contact with someone who tested positive for COVID-19, please inform your parents or teachers at your earliest

