



Subject: Recommendations for Protection Against COVID-19 and Other Respiratory Viruses

As we observe an increased activity of the SARS-CoV-2 and RSV viruses in the population, both in the Republic of Cyprus and globally, and with the return of students to school units after the Christmas break, the Ministry of Health issues relevant recommendations for the protection of students and staff.

Protective Measures:

- Regular and thorough handwashing with soap and water or the use of alcohol-based sanitizer.
- Avoid touching your face, especially the eyes, nose, and mouth (entry points for viruses) if you haven't washed your hands beforehand.
- Wear a mask when in enclosed spaces (classrooms, hallways, stairs, school buses, etc.).
- If you experience respiratory infection symptoms, limit contact with others and stay home for at least 24 hours after their resolution, even if your COVID-19 test is negative, as there is an increase in other viral infections.
- If you have respiratory infection symptoms (coughing, sneezing), cover your mouth and nose with a tissue or the inner elbow area. Also, practice hand hygiene with soap and water or use an alcohol-based solution after sneezing or coughing.
- Ensure good and regular ventilation in classrooms and other enclosed spaces in schools.
- Implement regular cleaning and disinfection of surfaces within the classroom and objects that may have been contaminated by microorganisms.
- If you feel any illness symptoms, avoid contact with others and consult a doctor/pediatrician.
- Precautionary COVID-19 testing is recommended at a pharmacy, chemist, laboratory, or through a self-test before returning to school, especially for individuals experiencing symptoms such as a runny nose, cough, fever, or weakness.
- Self-isolate from others for at least 5 days in case of a positive result for COVID-19.