



# DAV PUBLIC SCHOOL ,SECTOR-39D, CHANDIGARH

## **ONLINE TEACHING MODULE**

Dear Students and Families,

Greetings !!

Pandemic COVID-19 has forced us to give extended holidays to our students in interest of their health. However we don't want to loose on their academic progression due to unforeseen pandemic, hence we have designed our online modules wherein the class teacher of the student will post e- lessons on line and guide students through WhatsApp groups. The methodology will be as follows:-

- As the student steps in a higher grade, they will be studying new concepts. To bridge this transition, the school is designing a course which includes reading, comprehension and activities related to your class chapter wise.
- As you step into higher grade you are going to study new concepts. To link the knowledge of the previous class to new class a Bridge course has been designed by the school which includes interesting activities related to your syllabus chapter wise.



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- Your subject teachers will be sending educational videos ,links ,online lessons ,assignments , notes in your whatsApp group from time to time so that you can utilize the time creatively and cover up syllabus of new session as well.
- If you find difficulty in any topic you can connect with your subject teachers.
- Do some physical activity at home like skipping, Jumping, yoga, climbing stairs.
- Develop habit of reading books.
- Help your parents in household chores.
- Learn music, gardening etc.
- Help your younger siblings in learning new concepts.
- Try some cooking at home.
- Do online learning. Stay Home Stay Safe.

We are eager to have you back amongst us after the threat of COVID-19 pandemic is over.....

**Mrs. Reena Singh**  
(Headmistress)



# CORONAVIRUS (2019-NCOV)

## GENERAL ADVISORY FOR PUBLIC REDUCE

### THE RISK OF CORONAVIRUS INFECTION

- The 2019 novel coronavirus (2019-nCoV), Wuhan coronavirus, is a contagious virus that causes respiratory infection, can transfer from human to human.

#### **Symptoms:**

- Fever
- Difficulty in Breathing
- Coughing
- Tightness of Chest
- Running Nose
- Headache
- Feeling of being Unwell
- Pneumonia
- Kidney Failure

#### **Incubation Period: 14 days asymptomatic**

#### **Mode of transmission:**

- Human Coronavirus (2019-nCoV) most commonly spread from an infected person to other through:
  - The air by coughing and sneezing
  - Close personal contact, such as touching or shaking hand
  - Touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands

#### **How to reduce risk of Coronavirus infection (2019-nCoV)**

- Clean hands with soap and water or alcohol based hand rub
- Cover nose and mouth when coughing & sneezing with tissue or flexed elbow
- Avoid close contact with anyone with cold or flu like symptoms
- Avoid frozen meet
- Isolation of symptomatic patients for at least 14 days.

#### **STAY PROTECTED STAY SAFE**



# DO'S AND DON'Ts

## DO's and DON'Ts

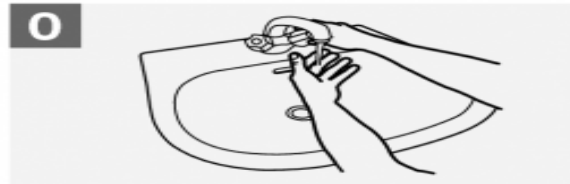
DO's	DON'Ts
<ul style="list-style-type: none"><li>• Cover your nose and mouth with disposable tissue or handkerchief while coughing or sneezing</li><li>• Frequently wash your hands with soap and water</li><li>• Avoid crowded places</li><li>• Person suffering from Influenza like illness must be confined at home</li><li>• Stay more than one arm's length distance from persons sick with flu</li><li>• Take adequate sleep and rest</li><li>• Drink plenty of water/liquids and eat nutritious food</li><li>• Person suspected with Influenza like illness must consult doctor</li></ul>	<ul style="list-style-type: none"><li>• Touching eyes, nose or mouth with unwashed hands</li><li>• Hugging, kissing and shaking hands while greeting</li><li>• Spitting in public places</li><li>• Taking medicines without consulting doctor</li><li>• Excessive physical exercise</li><li>• Disposal of used napkin or tissue paper in open areas</li><li>• Touching surfaces usually used by public (Railing, door gates, etc)</li><li>• Smoking in public places</li><li>• Unnecessary testing</li></ul>

# How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB



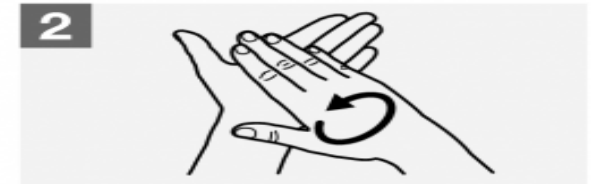
**Duration of the entire procedure: 40-60 seconds**



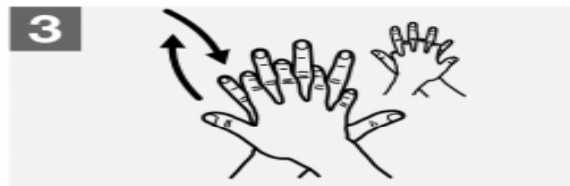
**0** Wet hands with water;



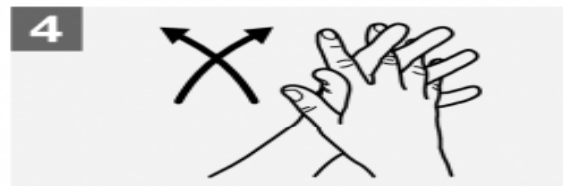
**1** Apply enough soap to cover all hand surfaces;



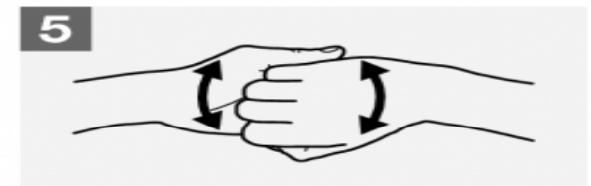
**2** Rub hands palm to palm;



**3** Right palm over left dorsum with interlaced fingers and vice versa;



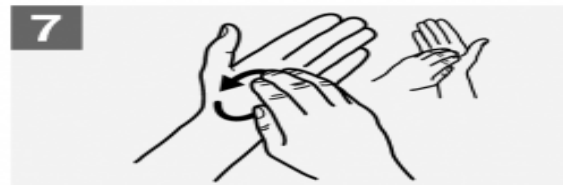
**4** Palm to palm with fingers interlaced;



**5** Backs of fingers to opposing palms with fingers interlocked;



**6** Rotational rubbing of left thumb clasped in right palm and vice versa;



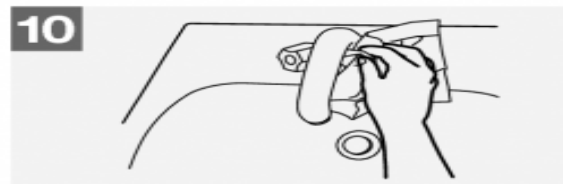
**7** Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



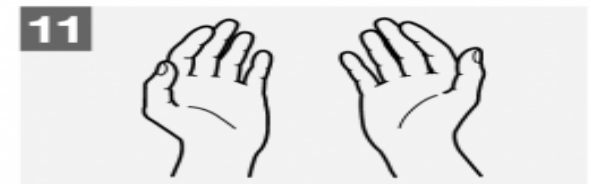
**8** Rinse hands with water;



**9** Dry hands thoroughly with a single use towel;



**10** Use towel to turn off faucet;



**11** Your hands are now safe.