



Indonesian Values. International Standards

THE EMBASSY OF THE REPUBLIC OF INDONESIA – THE HAGUE

INDONESIAN SCHOOL OF THE HAGUE

Rijksstraatweg 679, 2245 CB, Wassenaar, The Netherlands

Tel: +31 70 5178875 ● Email: info@sekolahindonesia.nl ● Website: <http://www.sekolahindonesia.nl>

PROTECTION MEASURES FOR EVERYONE VISITING INDONESIAN SCHOOL OF THE HAGUE

PRECAUTIONS (MUST DO):

- Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water

(Be prepared with your own handwash gel)

- Maintain at least 1 metre (3 feet) distance between yourself and anyone who is coughing or sneezing.
- Avoid touching eyes, nose and mouth.
- Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze. Then dispose of the used tissue immediately.

(Be prepared with your own mask/handkerchief/tissue)

- Stay home if you feel unwell. If you have a fever, cough and difficulty breathing, seek medical attention and call in advance. Follow the directions of your local health authority.
- Keep up to date on the latest COVID-19 hotspots (cities or local areas where COVID-19 is spreading widely). If possible, avoid traveling to places – especially if you are an older person or have diabetes, heart or lung disease.



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PROTECTION MEASURES FOR PERSONS WHO ARE IN OR HAVE RECENTLY VISITED (PAST 14 DAYS) AREAS WHERE COVID-19 IS SPREADING

- Follow the guidance outlined (Protection measures for everyone)
- Self-isolate by staying at home if you begin to feel unwell, even with mild symptoms such as headache, low grade fever (37.3 C or above) and slight runny nose, until you recover. If it is essential for you to have someone bring you supplies or to go out, e.g. to buy food, then wear a mask to avoid infecting other people.
- If you develop fever, cough and difficulty breathing, seek medical advice promptly as this may be due to a respiratory infection or other serious condition. Call in advance and tell your provider of any recent travel or contact with travelers.