

## **SELF-DECLARATION PER COVID – 19**

(to be delivered signed)

I SUBSCRIBED AS (SURNAME/ FIRST NAME) \_\_\_\_\_

BORN IN \_\_\_\_\_ ON \_\_\_\_\_

**For the protection of the health and safety of pupils and all school staff, for the current school year (2020/2021) I undertake to comply with the following rules:**

1. To enter the school premises, it is obligatory to be certain of not being affected by an illness with temperature above 37.5° C., being cough-free, not breathing with difficulty, and not having a cold, sore throat, headache, strong asthenia (fatigue), decrease or loss of smell/taste, and/or diarrhea.
2. To access the school premises is only possible in the absence of any respiratory symptoms or fever of more than 37.5 C. even in the previous three days. It is also impossible to enter in case of having been in quarantine or in isolation for the previous 14 days, and/ or having been in contact with people who have been infected in the last 14 days.
3. It is necessary to inform the school of any symptoms that may be related to COVID-19 in time.
4. In private life and outside of working hours, it is obligatory to limit contact with other people as much as possible, to avoid trips outside Tehran, not to attend crowded places especially if indoors, to always wear the mask, to respect the social distance, and to frequently wash the hands.

**I also commit myself to scrupulously following the following daily rules:**

**Every morning (at home):** I measure the temperature and carefully check my state of health (cough, difficulty breathing, cold, asthenia, ...), I go out only if in perfect health wearing a mask.  
**Outside the house (route home/ school):** I do not use public transport for travel. I can only use private vehicles if they guarantee a proper distance between a possible driver and the passenger.

### **Arrival at the school:**

Before I enter the main courtyard, my body temperature will be measured by a person in charge of the school. If the temperature is equal to/above 37,5 ° I will not be able to enter. If access is allowed, I will pass through the sanitizer box. I will replace the masks used for the home/ school path and the new ones will be worn by me throughout the period of stay in the school premises.

Coats, jackets, scarves, etc. worn during the trip home/ school will be stored by me in a closed bag until the time of leaving the school.

I will often wash my hands with soap and water, and disinfect them with the appropriate foot sanitizers placed in various points of the school.

I undertake to respect in all circumstances the social distance of at least 1.5 m.

I hereby state that I am fully aware that failure to comply with the anti-Covid regulations and obligations set by the Protocol and this self-declaration will carry disciplinary measures and / or some penalties against me, the extent of which will be established by the school management.

Tehran, \_\_\_\_\_

Authentic (Legible signature of/Declarant)