



# American International School of Zagreb

Accredited by the Middle States Association of Colleges and Schools  
Authorized by the International Baccalaureate

## **COVID-19 Community Update Level 2 of our Emergency Plan Instituted**

25th February 2020

Dear AISZ Community,

Like many International Schools and organizations around the world, AISZ has developed contingency plans in the case the COVID-19 situation seriously affects our community in Zagreb.

Earlier today, one case of the virus was confirmed in Zagreb. As a result, we have moved to the second stage of our emergency plan.

The *Croatian Ministry of Health* has recommended that travelers coming from the affected regions in Italy - currently, Veneto and Lombardy - who arrive in Croatia **on or after 24th February 2020**, self-quarantine for 14 days even if they do not have symptoms. (Please be aware that other regions *may* be designated in the future.)

If you arrived from the Italian regions of Veneto and Lombardy prior to, **24th February 2020**, you are exempt from these self-quarantine restrictions.

The same Health Advisory is applicable to travellers from **South Korea arriving on or after February 16th 2020**.

However, if you have been in the affected areas in the last two week, it would be advisable to contact your Family Doctor to get further advice and information with regards to your own personal situation.

According to the *Croatian Ministry of Health*, the new protocol for travelers entering Croatia from Italy, South Korea and China, will include an interview and, if needed, an examination by an epidemiologist at the point of entry in the country. These travelers will be issued instructions and certificates from the epidemiologist about self-quarantine and from that point, will be under care and surveillance of the designated *Regional Epidemiology Department*.

As you are also aware, in response to the changing situation, we have developed a leveled response plan which you can find at the link at the bottom of the page. I am in constant communication with other CEESA Directors and the Office of Overseas Schools to coordinate responses. The situation may change fast so the Crisis Plan is designed to be dynamic and may well be adjusted to address developments which are unforeseen at this time..

We also have the ability to deliver education through a Virtual Learning Platform (VLP) if the situation escalates. If we need to implement our VLP, additional information will be shared at the appropriate time.

Thank you for your support and assistance in complying with these Ministry recommendations and School Expectations. I will keep you informed with regular updates as we navigate these changing times.

Yours sincerely

Paul Buckley

Director AISZ

## [Link to COVID-19 Management Plan](#)

### **Advice for talking to your children and families about COVID-19**

#### *International School Counselors Association*

Outlined below I have included information which will help reduce anxiety and help you talk with your children and families. This advice is derived from the International Schools' Counselors' Association.

*The coronavirus (now officially named COVID-19) has been declared a public health emergency by the World Health Organization (WHO) and uncertainty around this can bring about fear and worry with our students.*

*It is important to remember our children are looking towards us for reassurance and cues on how to react and respond. As you know, we have a structure to guide our response here at school and strategies to build resilience and to have reassuring conversations with kids at home can be helpful at these times:*

**1. Stay Positive :** *Remember to keep calm. Children will pick up on the anxiety or fear that we, as adults, may feel or express causing them to also feel nervous and afraid. Comments made, reactions to news or changes to the environment and routines can create unease. Check-in on how your child is feeling and acknowledge and address their worries rather than ignore them. Having calm, panic-free discussions can offer a chance to share emotions and ask questions about what is happening around them. Helpful advice from [Psychology Today](#).*

**2. Stick to the facts:** *As you discuss, remember to look at the facts. Consider your child's age, processing, and emotions to determine how to frame these conversations. Let them know that there are no cases to date in Croatia and that the European governments are working together to do everything they can. If your child has additional questions you can look to find the answers. Here are two recognized sites to refer to for the facts, patterns and developments with respect to the virus:*

- *The World Health Organisation ([WHO](#))*
- *European Centre for Disease Control ([ECDC](#))*

*It can also be comforting to be reminded that doctors around the world are looking for ways to address COVID-19 and highlight positive news as well (eg. There are tests for the virus and many patients recover and have been released from hospital already)*

**3. Consider Media Consumption:** *When looking online, be mindful of how much media you are checking and how often. Think before and how you share what you read and hear. Take time to discuss that not everything they hear or see is real, consider the source of information and remember to fact-check to prevent fake news.*

**4. Eliminate stigma:** *Be mindful of how COVID-19 is explained to your children to avoid any person/group being blamed. Be sure to explain that if someone has a fever or cough, that does not mean a person automatically has COVID-19.*

**5. Boost Your Coping Strategies:** *Use positive coping strategies to manage emotions and worries that may arise. Practice positive strategies to calm down or modify thinking to improve outlook and overall well-being. Coping strategies can include: positive self-talk, singing, dancing, reading, drawing, music, Netflix/movies, create a gratitude list, meditation, yoga, coloring, exercise, cooking/baking, talking to a friend or family member, or doing other activities that are fun or give you joy and make you feel good.*

- *[Psych Central](#) - Four ways to cope with fear*

- [Australian Psychological Society](#) - Advice for positive mental health.

*If you notice your child is still worried or anxious, be assured that this is a normal reaction, and continue the conversations and providing care for your child. If you find that additional support is needed, please reach out to talk with your child's teacher or Counselor to plan on how to support them during this time.*