

# CORONAVIRUS ORIENTATION

# PARENTS

## The Golden Rules at Home

1. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitiser.
 
2. Avoid touching your eyes, nose and mouth with unwashed hands.
 
3. Avoid close contact with people who are sick.
 
4. Stay at home when you are sick.
 
5. Keep a distance of 1.5 metres from other people at all times.
 
6. Cover your cough or sneeze with a flexed elbow or a tissue, then throw the tissue in the bin.
 
7. Clean and disinfect frequently touched objects and surfaces.
 
8. Wear a cloth mask.
 

## Transport to and from School

### Transport operators

- ▶ Provide regular adequate hygiene information, sanitisers, hygiene dispensers and disinfectants.
- ▶ Sanitise vehicles (including handles, armrests, etc.) before picking up and after dropping off learners.
- ▶ Adhere to regulations.
- ▶ Keep vehicles clean and tidy.

### Buses, taxis and e-hailing services

- ▶ Do not carry more than 50% of the licensed capacity.

### Private vehicles

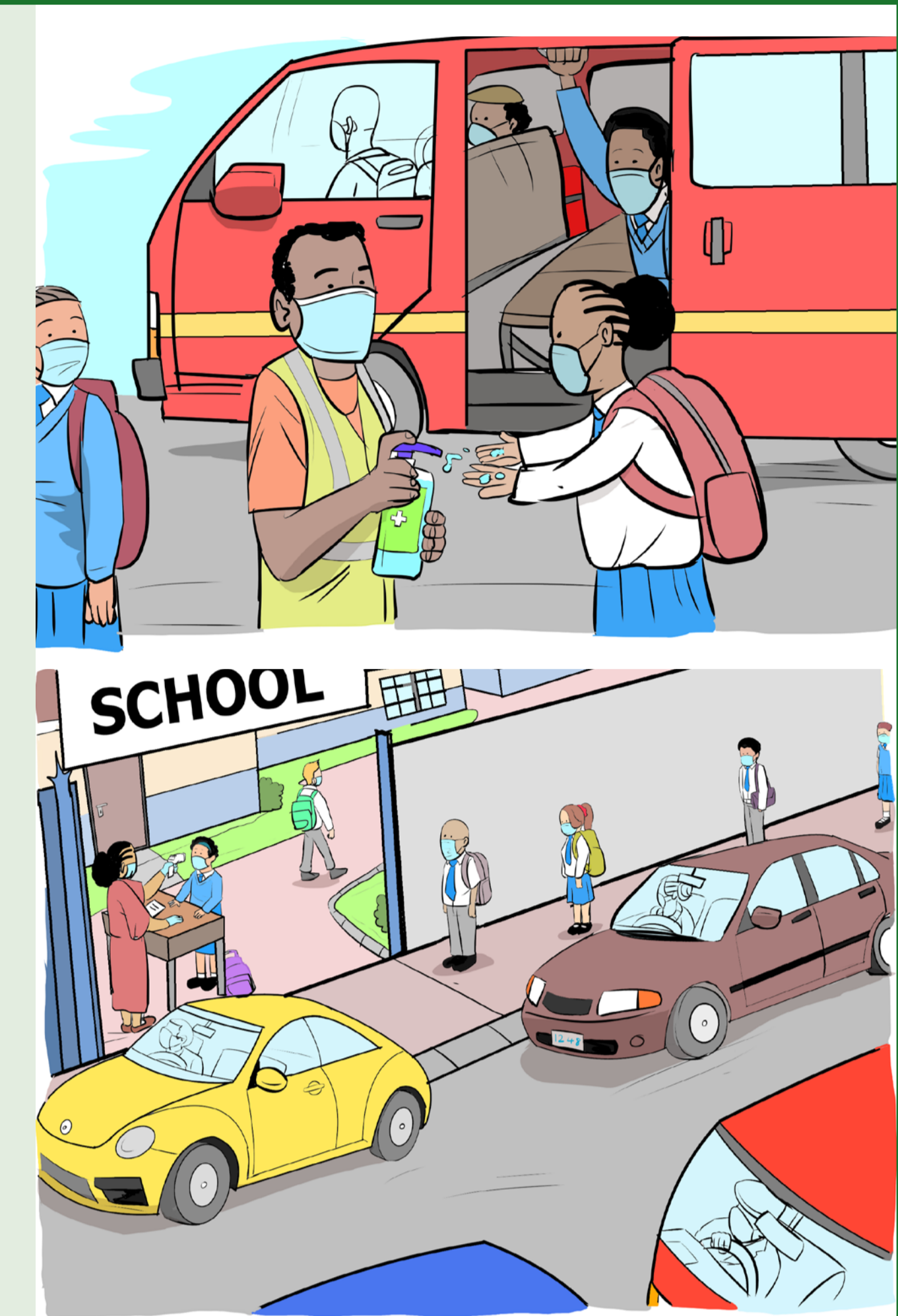
- ▶ Do not carry more than 60% of the licenced capacity.
- ▶ Keep the vehicle hygienic to limit learner exposure.

### Everyone

- ▶ Must wear a cloth mask, including drivers and learners.

### Walking to school

- ▶ Practice social distancing and good hygiene.
- ▶ Keep at least 1.5 metres apart from others.



## Keeping Safe at School



Every person who enters and leaves a classroom must wash their hands with soap and water or sanitise their hands. Each classroom must have access to a hand-washing station, which must include the following:

- ▶ a 'Tippy Tap' (if available) with handwashing soap (bar or liquid).
- ▶ Or a hand sanitiser with at least 70% alcohol base.
- ▶ Paper towels to dry hands or wipe surfaces.
- ▶ A litter bin with a lid, lined with a bin liner.
- ▶ All tissues and paper towels must be safely discarded in the bin.



- ▶ Everyone who enters or leaves the school premises must wash or sanitise their hands at the entrance/gate.
- ▶ Everyone who enters a school should have their temperature checked.
- ▶ Everyone should keep 1.5 metres from others, wear a cloth mask and wash hands regularly.
- ▶ Learners and staff will be screened everyday.
- ▶ If your children are sick, they must stay at home.



- ▶ Frequent hand hygiene is part of the classroom routine. The handwashing station can be inside or outside the classroom.
- ▶ Cloth face masks and/or visors must be worn at all times in the classroom.
- ▶ Social distancing must be adhered to at all times.
- ▶ Pens and pencils must not be shared amongst learners or teachers.
- ▶ There should be one learner at a desk.
- ▶ Desks need to be spaced so that learners are at least 1.5 metres away from each other. Masking tape can be used, as per the illustration so that desks can be positioned at the correct distance from one another.

## Supporting your children in the time of coronavirus

### Helping children cope

- ▶ Our children cope better if we cope better.
- ▶ Your children need to feel that you are in control and making the best decisions for them.
- ▶ Routines are important. Establish a family routine with regular mealtimes, bedtimes, homework time, outdoor play and exercise time.
- ▶ Plan and budget to provide balanced meals with plenty of fruit and vegetables.
- ▶ Teach children how to manage time, how to handle distractions, and how to control negative emotions.
- ▶ As parents and guardians, we need to connect with the children in our care.
- ▶ Watch out for signs of stress, anxiety and depression.
- ▶ For teenagers especially, friends and social connections are very important.
- ▶ Help them to remain socially connected.



### What parents can do:

- ▶ Ask your children what they know about the virus and the lockdown, and how they feel about these events.
- ▶ Listen attentively to what they are saying. Do not interrupt or cut them off. Never laugh at or ridicule your children.
- ▶ Be patient. Many children 'blame' their parents when things go wrong.
- ▶ Give children accurate, age-appropriate information to reduce anxiety and provide hope.
- ▶ Keep the information that you share simple but accurate. Share it in a calm, clear manner. Reassure children that if they follow the rules they will be safe.
- ▶ Reassure children that going back to school is best for them.
- ▶ Reassure them that their school is doing its best to keep them safe.
- ▶ Give your children hope.
- ▶ Talk about the fact that this will end, and that the scientists and doctors will eventually beat the virus.



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