How COVID-19 is Spread

A Very Infectious Virus

- Covid-19 can survive in tiny droplets in the air for a short time, but it can survive for a few days when it lands on a hard surface like metal or plastic.

Frequently Touched Surfaces

- The virus spreads very easily from contaminated hands to other hands and to frequently touched surfaces like handles, keyboards,keypads, cash, credit cards, books, stationery, products and packaging.

Prevent Transmission

- Try not to touch your face, especially your eyes, nose or mouth, unless your hands have been properly washed or disinfected.
- Keep all surfaces free from infection by regularly washing them down or wiping them with disinfectant.

Caring for Yourself and for Each Other

The Golden Rules

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.
9. Keep yourself and others safe!

Risk Reduction at School

- 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 should be screened everyday.
- If you are sick, stay at home.

Transport to and from School

- Transport operators
  - Provide regular adequate hygiene information, sanitizers, hygiene dispensers and disinfectants.
  - Sanitize vehicles (including handles, armrests, seatbelts, packaging).
- Private vehicles
  - Don’t carry more than 50% of the licensed capacity.
- Buses, taxis and e-hailing services
  - Don’t carry more than 60% of the licenced capacity.
  - Keep vehicles clean and tidy.
  - Sanitise (including handles, armrests, etc).
- Everyone
  - Wear a mask, including drivers and learners.
  - Keep at least 1.5 metres from others.
  - Practice social distancing and good hygiene.

Coping with COVID-19

- Ask for permission to approach.
- Put up your hand to speak as you approach him/her.
- Keep a 1.5 distance.
- Follow instructions.
- Do not hand him/her anything unless asked to do so.

Meeting friends

- Do not play physical games or share items such as balls.
- Do not share food.
- Keep 2m from others on the field and when lining up.
- Follow the Golden Rules.

Eating and drinking

- Wash/wipe your hands before and after eating.
- Do not accept or offer food.
- Do not share plates, spoons or cups.

Using the toilet

- Wash or sanitise your hands after using the toilets and after you have touched the doors.
- Follow the Golden Rules.

If your friend seems ill

- If they show COVID symptoms, tell them to contact their parent or teacher.
- Know the symptoms: high temperature, cough and finding it hard to breathe.

When you need teacher support

- Everyone enters or leaves 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.