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.

Risk Reduction at School

Everyone:

- Must wash or sanitise their hands at the entrance/gate
- Should have their temperature taken
- Keep a distance of 1.5 metres
- Be screened when the schools reopen

Use of Personal Protective Equipment (PPE)

- Everyone must be instructed on the correct use of appropriate PPE.
- PPE usage varies, depending on risk.
- EVERYONE must wear a cloth face mask.
- TEACHERS may use visors instead of masks to be heard clearly.

Food Preparation and Hygiene

- Volunteer Food Handlers (kitchen staff) must sanitise food storage and preparation areas every day.
- Learners should eat their meals in the classrooms under the supervision of an educator.
- Staggered serving times should be considered to prevent queuing at the kitchen.

Disinfecting rules

- Clean all floors, bathrooms, toilets and showers twice a day with a disinfectant cleaner.
- Collect all waste bags from classrooms and offices. Tie the bin liners and place in big refuse bags, tying again and disposing of safely.
- Avoid spraying disinfectants near water sources and other vegetation.
- Complete cleaning rosters and checklists and sign off daily.

Hand hygiene practices

Wash your hands:

- After visiting the toilet
- Before handling food or eating
- After taking care of sick people
- After touching surfaces
- After sneezing or coughing

Duties of Volunteer Food Handlers

- Always use protective gear during preparation, cooking and serving of meals.
- Sanitise food storage and preparation areas constantly.
- Receive and wipe down food deliveries.
- Check the availability of stock for school meals.
- Wash and rinse fruit and vegetables thoroughly.

Everyone should wear a mask!

Teachers must use a visor or mask while teaching.

Contamination can pass from PPE to the user’s hands or clothes. Practice hand cleaning when removing protective gear or after any contact with waste material. Wash cloth masks daily.