How COVID-19 is Spread

The Respiratory System

- Eyes and transmitted contract through the mouth, nose or respiratory illness into the lungs.

COVID-19 is contagious through the respiratory system.

Risk Reduction inside the Classroom

1. Don’t Touch Your Face! Keep Yourself and Others Safe!
2. The Golden Rules
3. Risk Reduction for Classrooms

What is COVID-19?

COVID-19 is the disease it causes is known as ‘SARS-CoV-2’ and the coronavirus. The virus associated with a novel coronavirus, which was first identified in Wuhan, China, on 31 December 2019, or COVID-19.

Learner Motivation and Emotional Support

Psychological support for learners

Sources of psychological support:
- Your Employee Assistance Programme
- The South African Depression and Anxiety Group (SADAG) helpline is 0800 567 567 or send a SMS to 31393
- Childline Hotline: 0800 55 55 55
- Lovelife Free Line Call Mc: 083 323 1023
- Lifeline Toll Free: 086 132 2322
- Substance Abuse Line 0800 12 13 14 or SMS 32312

Self-care for teachers
- Avoid excessive exposure to COVID-19 media and negative social media coverage.
- Maintain a healthy diet and positive lifestyle.
- Maintain positive thinking.
- Reach out to others with consolation that the situation will eventually be contained.
- Take personal time out to unwind.
- Remember to practice social distancing when in support groups.

Inside the Classroom

- Frequent hand hygiene must be part of the classroom routine. The handwashing station can be inside or outside the classroom.
- Protective face masks (cloth masks) and/or visors must be worn at all times.
- Social distancing must be adhered to at all times.
- Pens and pencils must not be shared among learners or teachers.
- No sharing of food or eating utensils.
- Hand sanitizer should always be available.
- Classrooms must be disinfected at least twice a day with a disinfectant.
- 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.
- No sharing of food or eating utensils.
- There should be one learner at a desk.
- Frequent hand hygiene must be part of the classroom routine.

Outside the Classroom

- Everyone must wash their hands with soap and water or sanitize when leaving or entering.
- Each class must have access to a handwashing station, including the following at all times:
  - A ‘Tippy Tap’ (if available) with handwashing soap (bar or liquid).
  - If no ‘Tippy Tap’ is available, a hand sanitizer with at least 70% alcohol-based.
  - Paper towels to dry hands or wipe surfaces.
  - A litter bin with a lid, lined with a bin liner.
  - A ‘Tippy Tap’ (if available) with handwashing soap (bar or liquid).
  - A ‘Tippy Tap’ (if available) with handwashing soap (bar or liquid).
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Teaching Motivation and Emotional Support

Telltale signs
- Withdrawal from others (not normal social distancing)
- Loss of interest in personal appearance
- Unusual lack of energy
- Outbreaks of rage or other expressions of anger at the world
- Skipping classes
- Signs of drug or alcohol usage