

CORONAVIRUS

GOLDEN RULES FOR PARENTS & CAREGIVERS

BEFORE LEAVING HOME

My child does not have symptoms for COVID-19 (cough, body ache, fever, sore throat, diarrhoea)

REMINDERS



A cloth mask on before leaving home



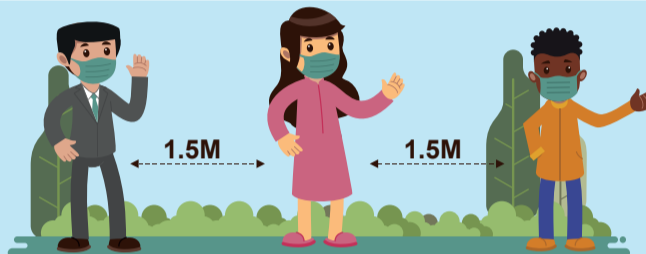
No mask sharing



Wash your hands for 20 seconds using soap and clean water or sanitise frequently



All school supplies (stationery, food, water, etc.)



No hugs, maintain social distancing at school and in the transport



No handshakes. Rather do the elbow greet or foot shake

ALWAYS REMEMBER TO



Wash your hands for 20 seconds using soap and clean water



Wash your mask every day



Check if my child did not bring a friend's belongings; stationery or mask

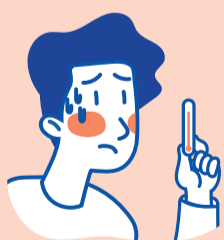


Cough or sneeze in the fold of the elbow or cover your mouth & nose with tissue



Avoid touching your mouth & nose with unwashed hands

Symptoms & procedures to follow



Fever



Dry cough



Feeling tired



Muscle ache



Shortness of breath



Self-isolate at my home or at a quarantine site should I/my child become ill with symptoms of COVID-19.



Always remember where I was and who I was with for contact tracing



AT ALL TIMES

I monitor our health for early COVID-19 symptoms. I know what to do and who to contact if I experience any of the symptoms.



CONTACT

CORONA VIRUS (COVID-19) 24-HOUR HOTLINE NUMBER: 0800 029 999

CORONA VIRUS (COVID-19) WhatsApp Number: 0600 12 3456