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-OUR HOTLINE NUMBER: 0800 029 999
CORONA VIRUS (COVID-19) WhatsApp Number: 0600 12 3456

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
No hugging, maintain social distancing at school and in the transport as per DBE Standard Operating Procedure
No handshakes. Rather do the elbow greet or foot shake
My child has all school supplies (stationery, food, water, etc.)

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