

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



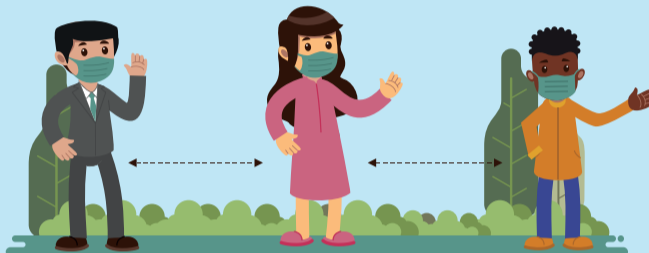
No mask sharing



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



My child has all school
supplies (stationery,
food, water, etc.)



No hugs, 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

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



basic education
Department:
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