

CORONAVIRUS ORIENTATION

LEARNERS

What is COVID-19?

The Respiratory System



COVID-19 is a respiratory illness contracted through the mouth, nose or eyes and transmitted into the lungs.

The best way to prevent contracting the disease is to prevent the virus from entering the respiratory system.

There are simple steps we can each take to keep ourselves, our loved ones and the most vulnerable in our communities safe.

On 31 December 2019, the World Health Organization (WHO) China country office reported a severe acute respiratory syndrome associated with a novel coronavirus. The virus has been named 'SARS-CoV-2' and the disease it causes is 'coronavirus disease 2019', or COVID-19.

The disease is highly contagious.

Prevent Transmission

Hand washing



Cleaning surfaces



Social distancing



How COVID-19 is Spread

A Very Infectious Virus



COVID-19 can survive in tiny droplets in the air for a short time, but it can survive for a few days when it lands on a hard surface like metal or plastic.

Frequently Touched Surfaces



The virus spreads very easily from contaminated hands to other hands and to frequently-touched surfaces (door handles, keyboards, keypads, cash, credit cards, books, stationery, products and packaging).

Don't Touch Your Face!



Try not to touch your face, especially your eyes, nose or mouth, unless your hands have been properly washed or disinfected.



Keep all surfaces free from infection by regularly washing them down or wiping them well with disinfectant.

Keep Yourself and Others Safe!



You can only have a safe environment by killing infectious particles from all surfaces, and by keeping your nose and mouth covered. That's why regular cleaning of frequently used surfaces and wearing a clean cloth mask when you go outside are so important.

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.

Hand washing



3. Avoid close contact with people who are sick.



5. Keep a distance of 1.5 metres from other people at all times.



7. Clean and disinfect frequently touched objects and surfaces.

4. Stay at home when you are sick.



6. Cover your cough or sneeze with a flexed elbow or a tissue, then throw the tissue in the bin.



8. Wear a cloth mask.

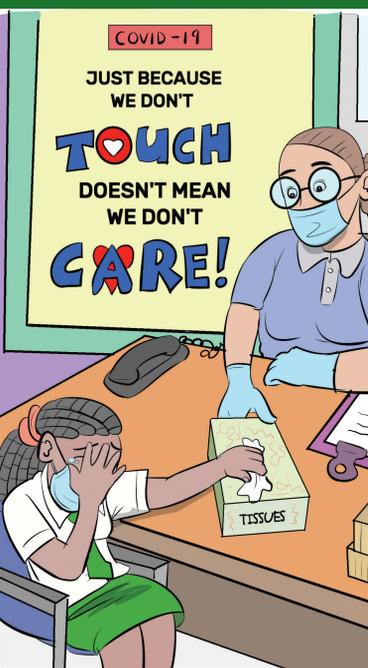


Risk Reduction at School



- ▶ Everyone who enters or leaves school premises must wash or sanitise their hands at the entrance/gate.
- ▶ Everyone who enters a school should have their temperature checked.
- ▶ Everyone should keep 1.5 metres from others, wear a cloth mask and wash hands regularly.
- ▶ Learners and staff should be screened everyday.
- ▶ If you are sick, stay at home.

Caring for Yourself and for Each Other



When you need teacher support

- ▶ Ask for permission to approach.
- ▶ Put up your hand or speak as you approach him/her.
- ▶ Keep a 1.5m distance.
- ▶ Follow instructions.
- ▶ Do not hand him/her anything unless asked to do so.

Meeting friends

- ▶ Do not play physical games or share items such as balls.
- ▶ Do not share food.
- ▶ Keep 1.5m from others on the field and when lining up.
- ▶ Follow the Golden Rules.

Eating and drinking

- ▶ Wash/sanitise your hands before and after eating.
- ▶ Do not accept or offer food.
- ▶ Do not share plates, spoons or cups.

Using the toilet

- ▶ Wash your hands after using the toilets.
- ▶ Follow the Golden Rules.

If your friends seem ill

- ▶ If they show COVID symptoms, tell them to contact their parent or teacher.
- ▶ Know the symptoms: a high temperature, sore throat, cough and finding it hard to breathe.

Transport to and from School

Transport operators

- ▶ Provide regular adequate hygiene information, sanitisers, hygiene dispensers and disinfectants.
- ▶ Sanitise vehicles (including handles, armrests, etc.) before picking up and after dropping off learners.
- ▶ Adhere to regulations.
- ▶ Keep vehicles clean and tidy.

Buses, taxis and e-hailing services

- ▶ Don't carry more than 50% of the licensed capacity.

Private vehicles

- ▶ Don't carry more than 60% of the licenced capacity.
- ▶ Keep the vehicle hygienic to limit learner exposure.

Everyone

- ▶ Wear a mask, including drivers and learners.

Walking to school

- ▶ Practice social distancing and good hygiene.
- ▶ Keep at least 1.5 metres apart from others.

