



# Back to school during COVID-19

## Complete Awareness Guide for Parents





It is natural for your child to feel confused and experience many feelings such as fear and hesitation to return to school.

**Here are some tips to encourage your children to return to school:**

- Encourage your child to have a conversation with you and talk about what is upsetting him and making him feel anxious about returning to school
  - Educate children about COVID- 19, how it is transmitted and ways to protect themselves from it.
  - Inform them about the safety measures and precautions that the school will follow and explain to them that these measures are in place for everyone's safety, health and wellbeing.
- Talk to them about the changes they will experience in school, such as having to wear a mask and the importance of maintaining physical distance between them and everyone at all times.
  - Empower them by making them understand that they are helping keep the school environment healthy and they are protecting themselves and their peers by adopting these precautionary measures.

**Here are some tips to  
encourage your  
children to return to  
school:**

- Talk to them frequently so that you can notice if they are experiencing any change in their behaviour.
- Reach out and seek professional help if you or your child is experiencing persistent behavioral changes or symptoms due to the current situation.

# Back-to-school preparations:

## 1 Prepare your child mentally



Be supportive and listen to your child



Address any concerns and worries they may have



Speak to your child about going back to school



Explain to your child that COVID-19 is not a stigma, so it is important to respect the feelings of those who have the disease



Emphasize the positives of returning to school



Speak to your child about feeling safe within the school environment

## Back-to-school preparations:

Immunity plays a critical role in protecting against COVID-19



Establish a routine before school starts



Set a strict bedtime for them depending on their age group



Ensure sufficient intake of fruits and vegetables



Do not allow any screen time two hours before their bedtime so that they get a restful sleep



Substitute sodas and sugary drinks with water



Ensure that your child is up-to-date with the required vaccinations

# Your child's weapons to fight COVID-19:

## **1** Knowledge: Educate your child about COVID-19



- Symptoms
- Methods of transmission
- Ways in which your child can protect himself and others

## **2** Tools: Provide a safety kit for your child to take to school



- Hand sanitizers
- Face Masks
- Tissues

## **3** Practices



- Teach children the correct way to wash their hands
- Maintain sufficient physical distance (not less than 2 meters)
- Sneeze / cough etiquette



## Immunity and COVID-19

- To fight COVID-19, we all need a strong immune system
- Everyone should be careful because even if you are young and healthy, you can still catch the virus and spread it to others.

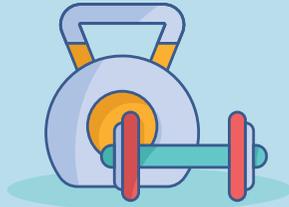
## Immunity:

- Everyone has an immune system
- The immune system acts as the body's defense mechanism
- It defends your body from dangerous viruses or harmful germs
- We **MUST** all take steps to protect ourselves and make our immune system stronger to fight COVID-19

- Make sure you get enough sleep



- Stay active and exercise regularly



- Eat balanced meals



- Avoid feeling angry or stressed



- Eat enough fruits and vegetables



## Ways to boost immunity:

Please be aware that your immune system will not protect you from COVID-19 unless you adhere to preventive measures (physical distancing, washing your hands and wearing a mask)

## Nutrition and Immunology:

A child's immune system is a defense mechanism against infectious diseases. To function efficiently, the immune system needs to be supported with a healthy and balanced diet.

**Nuts and seeds:** They contain the amino acid arginine and it is important in supporting immune cells. (Kindly note that some children are allergic to nuts, so don't send nuts to school and follow your child's school nutrition policy)



**Foods rich in Vitamin C:** Such as oranges, kiwis, papayas, strawberries, bell peppers and broccoli. These foods help protect against infections.



**Your child's diet should contain the following elements:**

**Carrots and sweet potatoes** because they contain vitamin A, which boosts the immune response



**Meat and seafood such as shrimps** as they are rich in Zinc, a mineral that is known to boost the immune response



## Nutrition and Immunology:

A child's immune system is a defense mechanism against infectious diseases. To function efficiently, the immune system needs to be supported with a healthy and balanced diet.



## Sanitization of personal items at school:

1

Children should avoid exchanging their personal items with their classmates. Ensure that you sanitize their personal items regularly.

2

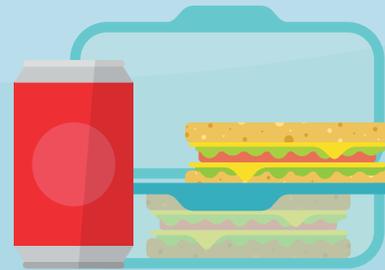
The personal items most susceptible to contamination are:



Pen and notebook



Headphones



Lunch box



School bag

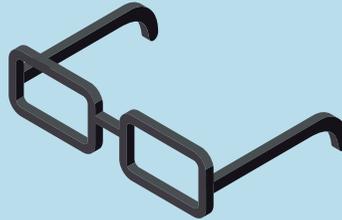
## Sanitization of personal items at school:

**2**

The personal items most susceptible to contamination are:



Children's toys



Glasses



Smart devices

**3**

You can sanitize them with a disinfectant or a sanitizer provided it contains a minimum alcohol content of 60 per cent.

## What your child should know



- **What is the COVID-19 virus?**

It is not a new virus, it is only a new strain from a well-known family of viruses called Corona and it is found in respiratory fluids such as saliva and mucus.

- **How can I get it?**

The virus is transmitted through contaminated droplets resulting from coughing, sneezing and touching surfaces contaminated with this droplet.

- **What are the symptoms of the disease?**

The symptoms are similar to those of the common cold and flu such as fever, dry cough, sore throat and difficulty breathing. Symptoms can also include loss of smell and appetite.

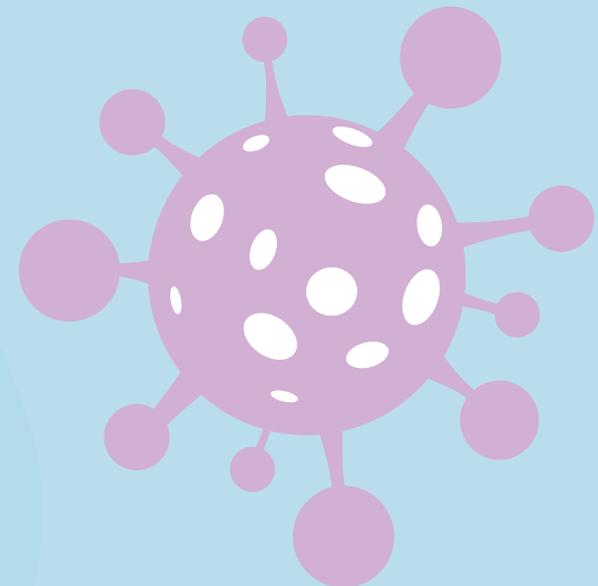
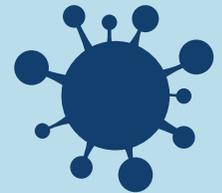
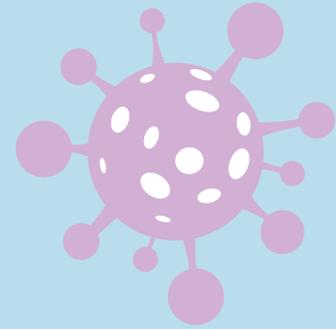
- **Do symptoms appear as soon as the virus enters the body?**

No. Normally symptoms may appear after a period of one to 14 days after the virus enters the body.

## What your child should know

- **How can I protect my family and myself from the virus?**
  - Wash hands frequently for at least 20 seconds
  - Wear a mask
  - Follow the sneezing and coughing etiquette
  - Maintain physical distance
  - Avoid touching the nose, mouth and eyes with contaminated hands.
- **What practices make me more vulnerable to contracting the virus?**

Neglecting to comply with all the precautionary measures

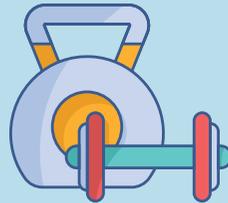


## Tips for students:

- Inform an adult if you notice you have fever or ANY respiratory symptom.
- Talk to an adult if you feel stress or anxious about returning to school.
- Plan ahead: For example, set up a daily schedule for study / homework.
- To boost your immunity:



Get enough sleep



Exercise



Drink lots of water and  
follow a healthy diet

Focus on doing well in school and seeing your classmates.

Don't worry, just follow all necessary safety precautions.

# Ensuring your safety and wellbeing when traveling to and from school:

## Before going out



Wear a mask before leaving the house



It is better to tie your hair to reduce touching your face



Do NOT go to school if you have ANY symptoms of a respiratory infection or fever



It is better to use private transportation



Don't forget to carry your protective kit

# Ensuring your safety and wellbeing when traveling to and from school:

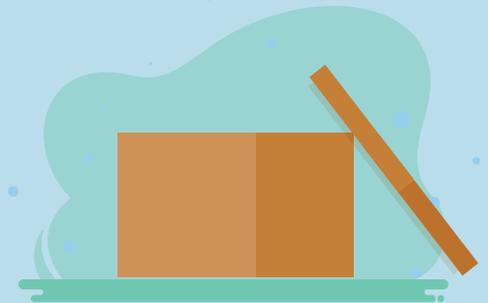
## When entering the house



When you return from school, take off your shoes, keep them in a specific place, preferably outside your home and do not forget to sanitize them later



Remove your face mask and dispose it correctly



Leave your school bag, personal items and study tools in a designated place in the hallway of your home and sanitize it later



Take off your school clothes and put them in a laundry bag



Shower or wash the exposed areas of your body well (hands, wrists, neck and feet)



Now you can safely spend time with your family

# Ensuring your safety and wellbeing when traveling to and from school:

## Tips for students that use the school bus



Do not enter the bus if you have any respiratory symptoms



Wear a mask before entering the bus and follow and precautionary measures required



Maintain physical distancing between yourself and others and avoid gathering with friends



Note that your temperature will be measured before entering the bus



# Ensuring your safety and wellbeing when traveling to and from school:

## Tips for students that use the school bus



Avoid touching the interior surfaces of the bus



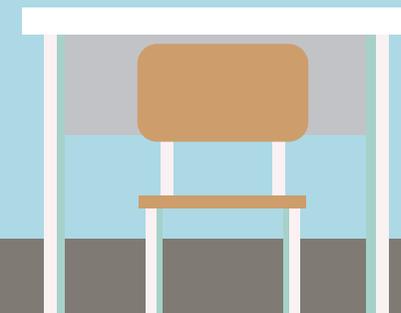
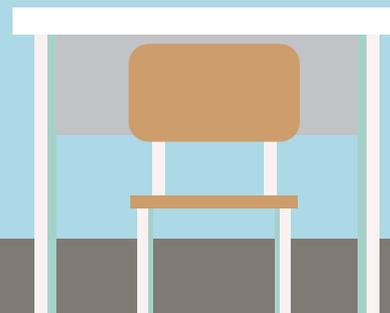
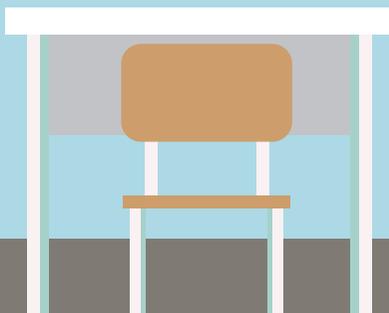
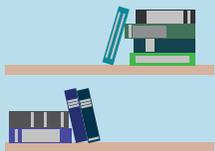
Do not touch your face with contaminated hands and keep your hands clean by sanitizing them frequently



## Tips for students in the classroom

It is normal to feel stress and anxious about COVID-19, however, it is important to remember that the best way to protect yourself and others is to follow all the precautionary measures and instructions

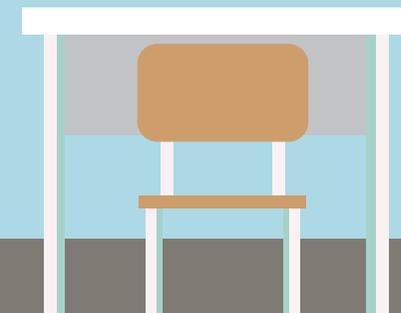
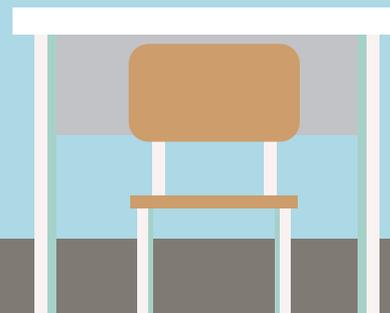
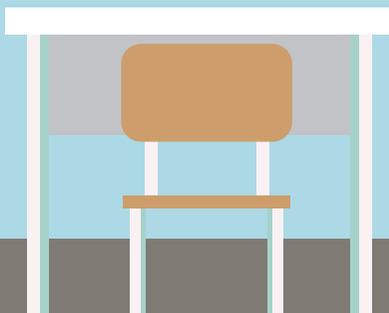
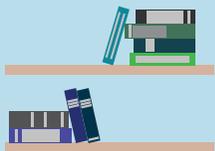
- Accept the new changes and abide by them, everyone is now responsible
- You must inform your teacher if you have any symptoms
- You must bring your own protective kit (hand sanitizer, spare masks and tissue paper)
- Maintain a physical distance between you and others (2 meters) at all times



## Tips for students in the classroom

It is normal to feel stress and anxious about COVID-19, however, it is important to remember that the best way to protect yourself and others is to follow all the precautionary measures and instructions

- Stick to your place in the classroom
- Avoid sharing your tools (such as pens, notebooks and personal items) with your classmates
- It is important not to panic or spread rumors, which negatively affects the school environment



## How to safely communicate with classmates and teachers:

- Follow no-contact greetings; this means no handshake and no high-fives either.
- Avoid gatherings
- Refrain from whispering and exchanging notes
- Maintain physical distancing between yourself and others at all times



## Sneezing and coughing etiquette

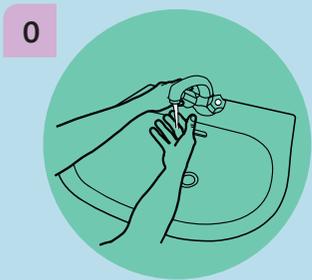
Protect yourself and your classmates

The respiratory droplets from sneezing and coughing transmit COVID-19. To protect yourself from infection, you must adhere to the following preventive measures:

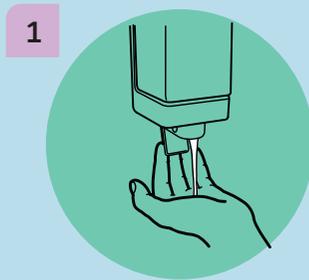
- Cover your mouth and nose with a tissue when coughing or sneezing or use the inside of your elbow
- Immediately throw the used tissue in the a waste bin
- Do not use your hands to cover your mouth
- Wash your hands with soap and water for at least 20 seconds
- Use an alcohol-based hand sanitizer if soap and water are not available



# Hand Washing Technique:



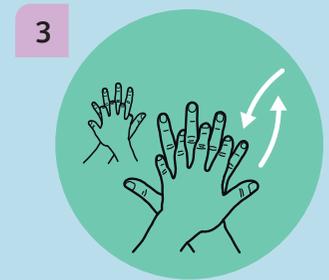
Wet hands with water



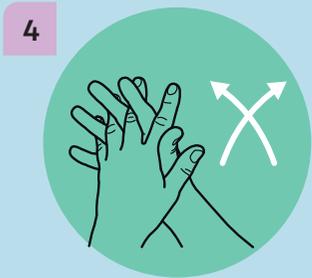
Apply enough soap to cover all hand surfaces



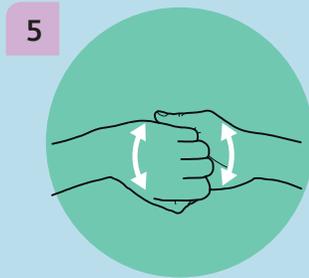
Rub hands palm to palm



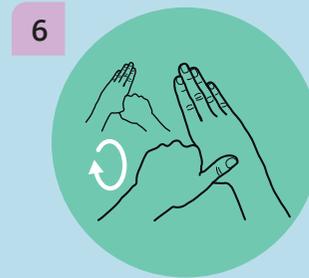
Rub right palm over left dorsum with interlaced fingers and vice versa



Rub palm to palm with fingers interlaced



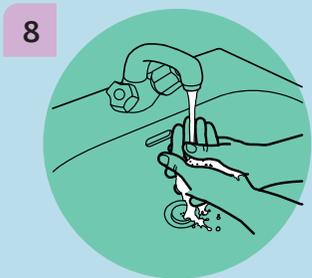
Rub back of fingers to opposing palms with fingers interlocked



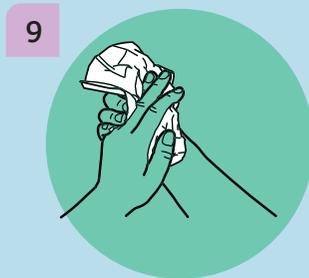
Rotational rubbing of left thumb clasped in right palm and vice versa



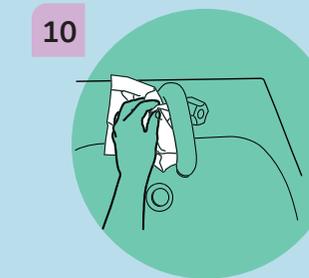
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa



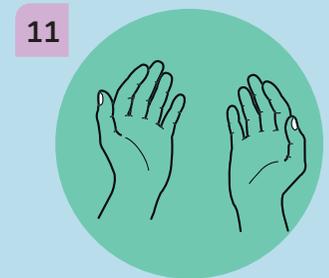
Rinse hands with water



Dry hands thoroughly with a single use towel



Use towel to turn off faucet



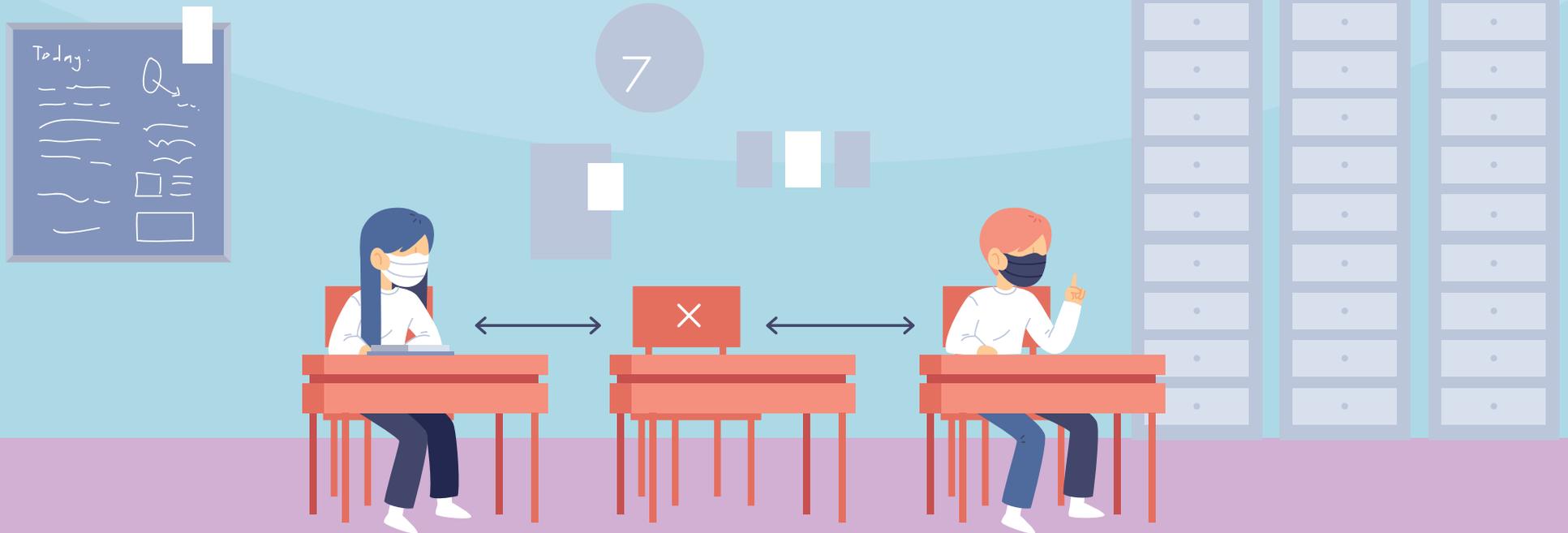
Your hands are now safe

# Physical distancing

COVID-19 is transmitted by contaminated droplets, so it is important to maintain a sufficient distance between you and others at all times

-The distance should not be less than two meters

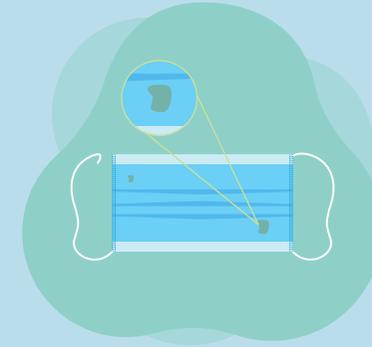
-You may think that it is difficult to maintain this distance in the school environment, especially with your classmates but remember that physical distancing is one of the most basic elements in protecting you, your classmates and your family.



# Before wearing a face mask



Wash your hands before touching the face mask



Ensure that there are no holes or tears in the face mask



Make sure the colored side is facing outwards



Find the top side where the metal piece is and place the metal piece on your nose and squeeze it

# When wearing a face mask



**Pull the face mask from the bottom  
to cover the mouth and chin**



**Adjust the face mask to cover  
your face, leaving no gaps on the  
sides**



**Avoid touching the face  
mask once you wear it**

## After using the face mask



The face mask should be removed from behind the ears or the head without touching the front side



Dispose of the mask immediately after you finish using it and put it in the waste bin



Wash your hands or sanitize them after disposing the face mask

## Practices you must avoid when wearing a face mask

- Using a mask that is torn or wet
- Sharing your mask with classmates or using someone else's mask
- Touching the front side of the mask
- Removing the mask to speak with your classmates
- Placing the mask on exposed surfaces while eating
- Leaving the used mask within the reach of others
- Using a cloth mask without washing it
- Throwing the mask on the ground
- Wearing the mask in an incorrect manner, this includes:
  - Under the nose
  - Leaving the chin uncovered
  - Placing the mask around the neck
  - Wearing a face mask that doesn't fit



## Do and don'ts at school

### Do



- Greet others from afar
- Wash or sanitize your hands frequently
- Wear your mask the entire time you are at school
- Maintain physical distancing
- Bring your own food from home
- Stay home if you have ANY respiratory symptoms
- Clean and disinfect your desk

### Don't



- Handshake and no high-fives either
- Share food with others
- Sit with a big group of friends
- Touch your eyes, nose or mouth with dirty hands
- Throw your mask in undesignated places
- Exchange books and stationary
- Spread rumors about COVID-19
- Bully those who get the virus
- Share your mask with your classmates

**Know that by following safety instructions, you are not only protecting your health and the health of your family but also keeping your classmates, teachers and staff at the school healthy**



Parents can contact our toll-free number  
800588 for more information related to COVID-19



Scan the code to download the  
Back to school guide