



*A parent's guide to sending your child back to school . . .*

# Making the decision to send your child back . . .

- In these strange and uncertain times, it can be challenging to decide what exactly the right thing to do is - especially when it comes to remaining healthy and going back to school.
- When deciding whether or not send your child back to school, it's important to rely on credible sources of information for guidance.



# Consider the facts:

- Children generally handle the novel coronavirus much better than adults
- Transmission from child to adult and probably from child to child seems uncommon from current literature
- Children are the safest group to take out of lockdown because they have the lowest risk of becoming ill from Covid-19 and appear to pose a lower risk of infecting others.
- 80% of children who will get sick will have mild symptoms
- The COVID-19 virus which binds to people's cells, doesn't bind well to children's cells

Professor Claudia Gray, a local Paediatrician and Subspecialist Allergologist

# Preparing your child for school

- Have a discussion with your child about his/her fears
- Encourage your child to tell be honest about any symptoms they are experiencing
- Explain the importance of:

- Social distancing
- Washing hands
- Wearing a mask
- FOCUSING ON SELF PRESERVATION

## Coronavirus Precaution Tips



1. Wear a mask



2. Wash your hands frequently



3. Cough etiquette  
(Cover your mouth with sleeve or elbow.)

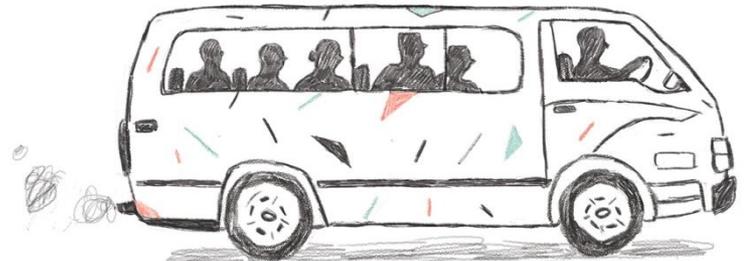
# Preparing your child for school

- Ensure that your child has all the necessary equipment, stationary and tools needed for school. These include:
  - Face mask
  - Sanitizer
  - Tissues
- Help your child pack their bag the evening before
- As far as possible, pack a lunch for your child



# Transportation issues . . .

- Talk to your child about maintaining safe practices on their school transport
- Consult with the driver of your transport about precautions he will be implementing
- Confirm that the transport is abiding by regulations with regards to the maximum number of passengers on public transport



# The new normal . . .

- Familiarise yourself with the precautions that the school to taken to ensure your child's safety
- Encourage your child to abide by these rules
- Keep up-to-date with the school website and homework that has been uploaded
- Check in with your child on a daily basis