

FOR PARENTS AND LEGAL GUARDIANS

A list with the things you should not forget!

Protect your child, your family and school

- Encourage children to take precautions against the virus (SARS-CoV-2) that causes COVID-19 and to practise the hygiene rules. They should:
 - Wear a **protective mask** in interior spaces as well as exterior ones when there is overcrowding. Discuss with them the correct way of using the mask. Insist on the fact that a mask is strictly a personal item.
 - Avoid close contact with people that do not belong to their immediate family, while keeping a **distance** from friends and unknown people.
 - **Wash their hands regularly** with soap and water for at least 20 seconds, especially after returning home from school, before eating and after going to the toilet.
 - Keep a **distance from the elderly and vulnerable members of the family**- we need to protect them!
 - **Avoid close contact with people that have symptoms** of the virus.
 - **Cough and sneeze into their elbow or on a handkerchief** and throw it immediately in a garbage bin.

Keep your children at home in case they feel sick, contact a doctor immediately, prefer a doctor that attends to the child regularly and contact their school.

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