



# Instructions for Parents



# Covid-19

**Together we will make a difference...**



# The role of the family: There must be communication and sharing of information and instructions between the school and the parents.

## 1. Promote the general health of your children which includes

- good nutrition for them, rich in fruits and vegetables
- sufficient sleep especially at night
- reduce sugars
- encourage them to increase physical activity.

## 2. Parents are recommended to provide their children with personal protective equipment: such as (masks and sanitizer/alcohol) and make them understand the importance of if and how to use it.

## 3. Providing the student with personal supplies such as food, water bottles, and all school supplies.

## 4. Isolation and Reporting:

- Confirm that the sick child will not attend until recovery or who is in contact with a confirmed case out of school for a period of 10 days under the guidance of the health center with an emphasis on the importance of seeing a doctor or communicating with 937 in the event of fever or other respiratory symptoms. The recovery period is 10 days from the date of taking the positive sample and if had no symptoms in the last 72 hrs without taking any antipyretic. Students returning after recovery should submit a negative PCR result before resuming the studies.
- The student's returning after elapsing the recovery period should ensure the student's health status in Tawakklna app
- Awareness of the importance of preventive measures against covid-19.
- Be sincere with the school , in case of any symptoms or any contact with positive case



The role of the family: There must be communication and sharing of information and instructions between the school and the parents.



Nutritious food and good sleep



Provide masks and sanitizer/alcohol



Provide personal supplies like food water bottle and school supply (No sharing)



Isolation and Reporting



Collaboration of stakeholder



The student's return after the recovery period