



## CAMPS BAY PRIMARY SCHOOL

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11 March 2020

Dear Parent(s) / Guardian(s)

### **RE: COVID-19 VIRUS - IMPORTANT TRAVEL ADVISORY**

As the end of the first term fast approaches, we are sure that we have some families who may be travelling overseas during the holidays.

With this in mind, we ask that any families who are travelling out of the country, to be cognisant of safe-guarding themselves and their families and to follow the travel guidelines and self-quarantine process of the World Health Organisation (WHO) upon your return.

Unfortunately, social media is flooded with stories and images about the virus, many of which are not true that it becomes difficult to keep up with factual information and reported statistics.

In the case of Coronavirus, information overload may be causing panic and anxiety. To limit your and your child's anxiety, stay informed using ONLY reliable and reputable sites and channels.

For live updates and virus tracking, we suggest you check out  
<https://www.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6>  
<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

#### **Tips to Prevent the spread of infection:**

Most importantly: DON'T PANIC. Your best defence in preventing Coronavirus is a strong immune system. One of the biggest factors impacting immunity is stress, so the less time you spend worrying about contracting the virus and the more time you spend staying healthy, the better your immunity becomes.

#### **To protect yourself and your family, follow these rules:**

##### **The teachers have informed the children about the virus and good hygiene practice.**

1. ***Wash your hands often, using the proper technique.*** If you only do one thing, make it this. Always use soap and rub your hands together for at least **20 seconds**. Make sure you wash and rub the entire hand surface, including the back of your hands, or use alcohol-based hand sanitisers which we have placed in all our bathrooms and classrooms at school.
2. ***Keep your distance.*** Aim to keep at least 1 metre between yourself and someone who is coughing or sneezing.
3. ***Fist bump don't shake.*** Fist bumps transfer only about 10% of the number of germs that handshakes do (out of interest, high 5's transfer around 50%).
4. ***Avoid touching your face.*** The average person touches their face around 23 times per hour. Germs on your hands are easily transferred into your body via the mucus membranes of the eyes, nose and mouth. Keep your hands busy by holding a pencil, or a stress ball.
5. ***Practise respiratory hygiene.*** Cover your nose and mouth with a tissue or elbow when coughing or sneezing.
6. ***Stay home if you are sick.*** Please do not send your child to school if he/she is unwell, even if symptoms are mild. If you or your child has a fever, cough and difficulty breathing, call your doctor and remember to tell them about any recent travel.
7. ***Avoid close contact,*** kissing, hugging, and sharing cups, food, or eating utensils with others.

8. ***Put Bactroban in your nostrils*** if travelling by plane. A medical mask is not required if exhibiting no symptoms, as there is no evidence that wearing a mask of any type protects a non-sick person.

**Travellers returning from Affected Areas:**

1. All travellers returning from affected areas should ***self-monitor for symptoms for 14 days and follow the national protocols*** of receiving countries. Some countries may require returning travellers to enter quarantine.
2. ***If symptoms occur***, such as fever, a cough or difficulty breathing, travellers are advised to ***contact their local health care providers***, preferably by phone, and inform them of their symptoms and travel history.
3. As a school, we ask that any families travelling, ***take the necessary recommended precautions***.
4. ***Anyone who has travelled in the last 14 days, who develops symptoms***, even mild, of cough, fever or shortness of breath ***should immediately self-quarantine*** and contact local medical authorities and ***inform the school***.
5. Please respect the 14-day self-quarantine process upon returning from abroad.

We also ask that you help to ensure that panic and fear is not spread amongst the children at our schools. Unfortunately, we have already had incidents of children being bullied or excluded if they cough or sneeze. Please ensure that we remain a caring school, by ensuring that you share information with your children that informs them, and does not create panic and fear.

In the words of an Infectious Disease Specialist, Dr Abdu Sharkawy, “Temper fear with reason, panic with patience and uncertainty with education. We have an opportunity to learn a great deal about health hygiene and limiting the spread of innumerable transmissible diseases in our society. Let's meet this challenge together in the best spirit of compassion for others, patience, and above all, an unflinching effort to seek truth, facts and knowledge as opposed to conjecture, speculation and catastrophizing. Facts not fear. Clean hands. Open hearts. Our children will thank us for it.”

To all our families, have a safe and happy holiday, regardless of where you are travelling.

Kind regards

A handwritten signature in black ink that reads "Liesel Visagie!". The signature is written in a cursive, flowing style with a large initial 'L' and 'V'.

**LIESEL VISAGIE  
ACTING PRINCIPAL**