

# Coronavirus and schools

# Info for parents



January 2021



Western Cape  
Government

STAY SAFE

MOVE  
FORWARD

# Many parents worry about their children returning to school during COVID-19.

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Severe COVID-19 is very uncommon in children. Children also seem less likely than adults to spread the virus to others.

School is important for children's educational and social development. Schools, learners and their families must work together to prevent coronavirus from spreading, especially to those at risk of severe COVID-19.



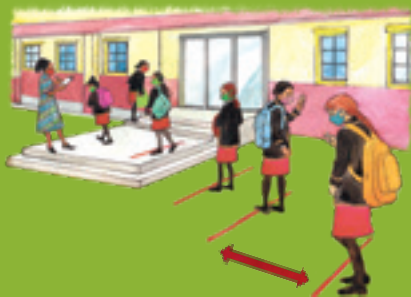
# Help your child prevent the spread of COVID-19

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If you are sick,  
stay at home.

Keep a safe  
physical  
distance from  
one another.



Wear a mask when  
not at home.



Cough or sneeze  
into your elbow.

Open  
windows  
and doors  
to create  
good airflow.



Wash your  
hands often.

# Shield those at risk of severe COVID-19.

If someone at home is over 55 years or has a chronic condition like diabetes, TB, HIV, hypertension, kidney disease or cancer, be extra careful to avoid spreading coronavirus to them. Speak to their healthcare provider or your school principal about the extra measures you should take.



# School is different during COVID-19

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## Give your child emotional support

- Be patient with your child if s/he seems stressed or frustrated.
- Talk to your child about COVID-19. Listen to your child's worries.



**Your child may find it difficult to stick to the COVID-19 school rules.**



## **Give your child learning support**

Help your child organise their schoolbooks and work.

Create a routine at home that will help your child to learn.



## **Seek help if you need it**

If your child or someone at home has COVID-19 symptoms, stay at home and contact the COVID-19 hotline for advice:  
**080 928 4102**  
(tollfree)

## **COVID-19 symptoms**

Coughing

Fever

Sore throat

Loss of smell or taste

Body aches

Flu-like illness



If your child has a chronic condition, discuss with your healthcare provider and the school principal whether you need to take extra COVID-19 precautions.

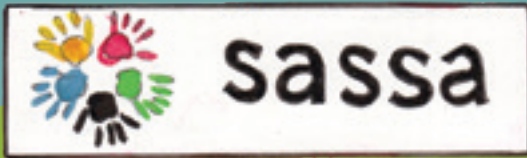


If your child is not coping at school, speak to the principal or teacher.

If your child is very worried or weepy, seek counselling support for you and your child, call the Safe Schools call centre:  
**0800 45 46 47**



If you are struggling financially, find out if you qualify for financial support:



- [GrantEnquiriesWC@sassa.gov.za](mailto:GrantEnquiriesWC@sassa.gov.za)
- 021 469 0200
- 0800 60 10 11 (toll free)



**Western Cape  
Government**

**Western Cape COVID-19 Hotline  
080 928 4102 (tollfree)**

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**National Hotline  
0800 029 999**

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**National WhatsApp  
0600 123 456**

**[www.westerncape.gov.za](http://www.westerncape.gov.za)**