- avoid meeting friends at shops, malls, playgrounds, food places and at their homes
- find creative ways to build and maintain your relationships with each other e.g. using social platforms like Whats-App and Facetime, working on joint activities separately and sharing experiences with each other over the phone or when you are at school e.g. a school project, a book or a movie you both are interested in or a new hairstyle.

- Showing kindness to each other is what is needed during this time of crisis. Some family and friends may feel very alone, scared, worried about their health, the health of their family, where the next meal is going to come from and their future.
- Think about things you can do to assist them without putting yours and their safety at risk.
- Schedule time to connect with them by telephone or video call to cheer them up.
- Treat each other with respect. Avoid name calling, spreading rumours, bullying or teasing those you think may or may not have COVID-19.

## Social Media and devices



- The use of cellphones, tablets, i-pads, computers and social platforms has been our main method to connect with family, friends and the rest of the world during this crisis.
- Limit your time spent on social platforms as this could distract you from your schoolwork.
- Beware there is a lot of **fake news** and **misinformation** about the virus on social media.
- In South Africa, deliberately spreading fake news and other misinformation about the virus is an offence punishable by a fine, six months imprisonment, or both.
- Check validity of information before forwarding or posting information or videos of the virus on social media.

**REMEMBER**

The restrictive measures will not last forever, but they are necessary to slow down the spread of the virus.

We are all in this together, the health experts have provided us with guidance as to the things we need to do to protect ourselves and the people around us. All we need to do is to follow the directions and to be extra cautious as we go about our daily lives and activities

## HELPLINE / COUNSELLING SERVICES TOLL FREE NUMBERS

**COVID 19 EMERGENCY HOTLINE**
0800 029 999

**COVID Whatsapp Support line**
0600 123 456

**Childline**
08000 55 555

**Lifeline**
0861 322 322

**South African Depression and Anxiety Group (SADAG)**
0800 567 567
**SMS**
31393

**Gender based Violence DSD Hotline**
0800 428 428

**KZN DoE Helpline**
0800 204 353

**South African Police**
08600 10 111

**National Crisis line**
0861 322 322

**SASSA call centre**
**National** 0800 60 10 11
**KZN** 033 846 3400 / 3300

PSYCHO-SOCIAL SERVICES

**ER24**
084 124

education

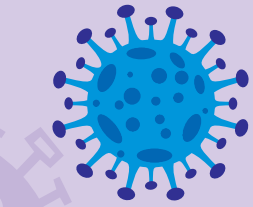
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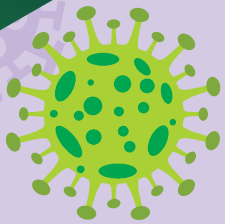


# COVID 19

**Staying Safe and Positive**
**Tips for learners**







In order to combat the spread of the novel coronavirus and to prevent infection, it has become necessary to make changes to how we practice basic hygiene, conduct our school routines, communicate with our teachers and classmates and what activities we can and cannot do at school. This handout provides tips for learners on how to keep safe and positive whilst we continue to live with the threat of COVID-19.

**2020**



## Protecting Yourself

- COVID-19 spreads from person to person through small droplets from the nose or mouth. These droplets land on objects or surfaces when a person who has the virus coughs, sneezes or even talks and breathes out.

- You get the virus when you touch these objects or surfaces and then touch your face, especially your **eyes, nose and mouth.** To protect yourself when you are at school it is important to:

  - **wash your hands** frequently with soap and water or with hand-santiser, when you arrive at school, before meal time, after visiting the toilet, after blowing your nose, coughing, sneezing and touching high use areas like door handles, desk tops and light switches
  - sneeze/ cough into the elbow or use a tissue, bin the tissue
  - keep **physical distance** of at least a meter (1 meter) from your class mates both in the class room, playground and when you have large group activities like meal times
  - wear a **cloth face mask**
  - avoid touching other classmates pens, rulers, books, calculators, eating utensils, without sanitising them and your hands before and after using them
  - regularly clean your working surfaces e.g. desk and chair, keyboards, pens and other working tools.




## Feeling Anxious



- You may be worried about how you, your family and friends would be affected with the coronavirus.
- Worrying about the coronavirus in this time of crisis is a normal reaction.
- Give yourself a break and accept that for a little while we are going to have to adapt to a new 'normal' where there are many things that are unclear and not everybody is able to work at their very best.
- Schools are forced to make changes in their routines, rules and spaces in an effort to keep learners and staff safe, healthy and to limit the spread of the virus.
- The important thing to remember is that your teachers are there to guide and support you to understand what changes have been made to the daily school programme.

***Teachers are there to guide and support you***

- Don't believe everything you hear or all that your friends tell you about the coronavirus. Check the facts with your teacher, parent or a trusted adult.

### Staying safe and positive

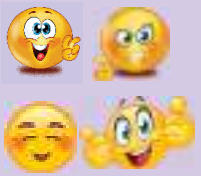
- Avoid over watching or listening to the news, thinking or talking with your friends about the coronavirus. This can make you more anxious. Schedule time in the day to check in on the news.
- Stay positive. Caring for yourself during this time is important. Keep busy, stay active, eat healthy food and get enough sleep. This will help develop your immune system and fight illness.
- Set yourself a routine. Take one day at a time, make a list of the most important things you need to do for the day and focus on achieving them. This will help you to keep moving forward and keep your life on track.



- If something at school or home worries you or you feel threatened, talk to your friends, teacher or family about it.
- Talking helps decrease your stress, gives you a clearer understanding of your worries and helps you find ways to get the support you need to stay healthy and happy.
- Resorting to taking drugs, alcohol and other substances to relieve boredom can have negative health, social and emotional consequences.

***Dagga, drugs cigarettes and alcohol gives you a temporary distraction with permanent consequences***

- If you find your worries distract you from your school work, take a quick break and try breathing slowly or move your concentration to the sounds of the birds outside, the view or anything that you know will calm you down.
- If you've tried these suggestions for a while and still feel stressed, sad or experience difficulty sleeping, eating and concentrating, it is important to speak to your teacher or parents about how you are feeling. They can assist you to get the support you need. See listed counselling services on this flyer.



### Relationships with classmates

- Social distancing means that you must practice physical distance, not emotional distance.
- Our relationships with others need not end, but we need to re-think about how we can connect with each other so we protect ourselves from catching or spreading the virus.
- Connecting with your friends can help you boost your mood and decrease your stress. Some rules to follow when connecting with your friends in and out of school include:
  - greet each other with a wave smile or just say ' hello' instead of a 'high five', a fist bump or a hug
  - in the classroom and during breaks when you are connecting with your friends, avoid close contact, maintain the 1m distance
  - avoid group gatherings, crowds and engaging in activities with classmates and friends that require hand to hand contact