If my Class/School are sent home because of a case of Covid 19
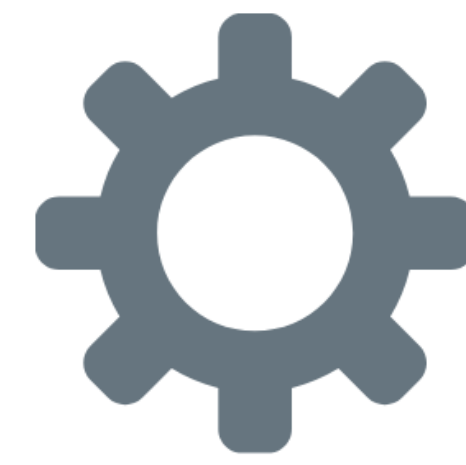
Please follow the advice of Health Officials and your School . This is general advice. *Self-quarantine is recommended for individuals who have been directly exposed to Coronavirus*

Stay at home.

If someone in your bubble tests positive for the virus, you must limit all your non–essential travels for 14 days to keep others safe in case you have been infected.

Only go out if you need to for essentials. If possible have someone else collect your shopping, etc. for you.
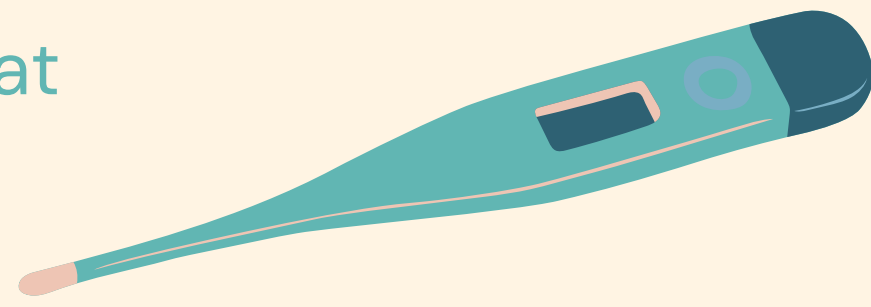
Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.
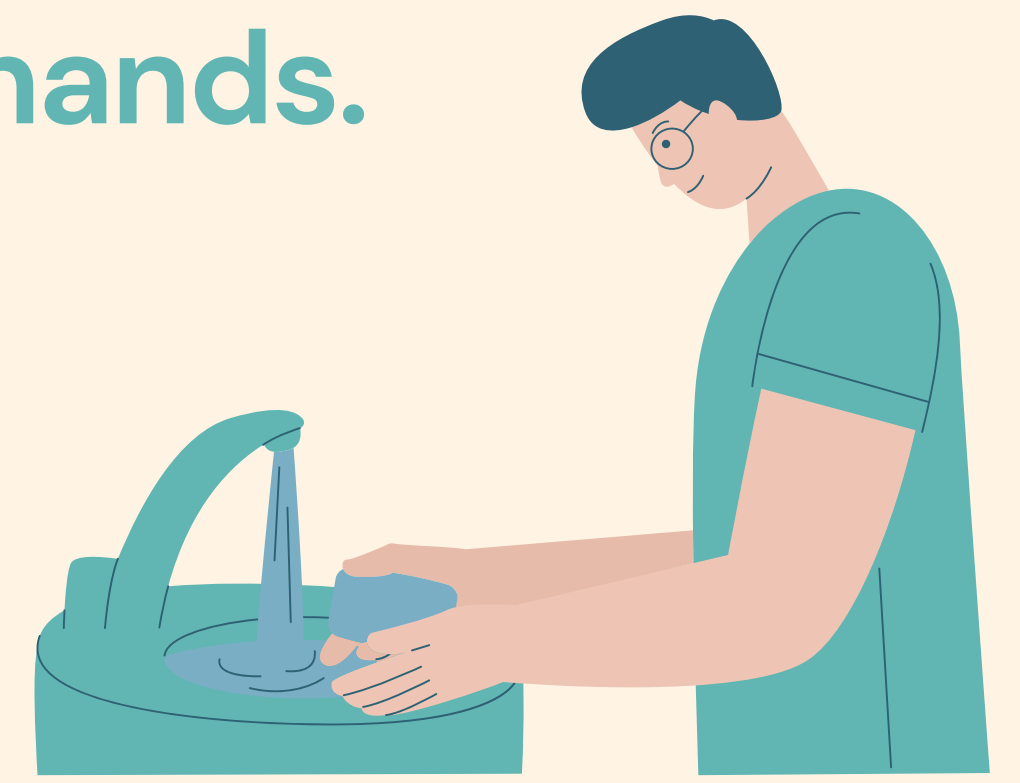
Check your temperature.

Check your temperature at least two times a day.

Stay in a specific room.

If you're sick or suspect yourself to be sick, it's best to stay in a designated room or area away from others.

If possible, have a designated toilet and bathroom as well.
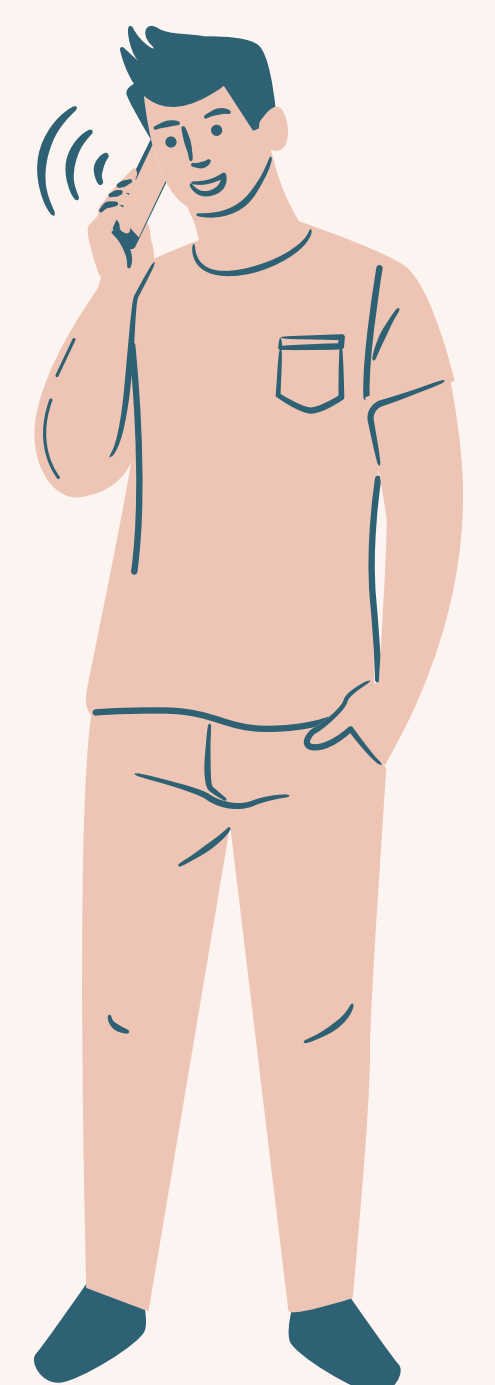
Watch for symptoms.

Aside from fever, Covid–19 symptoms include cough, difficulty breathing, and fatigue.

Call your doctor if you may be sick

If you think that symptoms may be developing, contact your GP.
There may be specific protocols and places for testing if required.

Practice social distancing.

If you need to go out, maintain at least 2 meters distance from others.

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