

COVID -19 “HOW TO” GUIDE FOR LEARNERS

**COVID -19
“HOW TO” GUIDE
FOR LEARNERS ON
PREVENTION
AND
TRANSMISSION
OF COVID-19**

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ICONS USED IN THIS GUIDE

ICON	MEANING
	Thinking/Reflecting
	Task

1. Introduction

This guide is for support for learners, namely “How To” Guide, is intended to provide clear guidance on:

- How to help prevent the transmission of COVID -19 within the school, classroom, and surrounding communities?
- A daily check-in.
- How to support affected learners?
- How to organise your classroom to prevent transmission of COVID-19
- How to learn in COVID-19 and
- How else can I learn under COVID-19?

This guide aims at capacitating learners (**Grade R-12**) in the best application to support the prevention and transmission of COVID-19. All learners need to feel that they are safe in the learning ecosystem. Teachers and caregivers need to support their emotional and physical well-being.

1.1 Why is this manual issued?

This guide will offer learners information and facts about COVID-19, which will help reduce their fears and anxieties around the disease. Through the support of the guide, learners will be able to cope, which will also help with other concerns, which might affect their lives.

This pandemic is like any other crisis that allows us to learn, grow, show compassion, extend a helping hand, and increase resilience, which builds a safer and caring community. This guide provides critical messages and considerations for learners in promoting safe and healthy environments.

Essential information about the psychological and physical aspects of how learners can cope is discussed. Furthermore, the guide shares support and information resources.

1.2 The role of schools in responding to COVID-19

Schools as education institutions play an essential role in preventing the COVID-19 pandemic from ensuring that learners have a safe and healthy learning environment. Schools serve communities throughout the society. All these people may have close contact in the school setting, often sharing space, equipment, and supplies.

ACTIVITY 1



LEARNER CHECKINS – WELL-BEING OF LEARNER

It is an excellent practice to start with a check-in on your well-being. Look at the questions below and have an open discussion with your teacher, friend, parent, or caregiver.

The purpose of these check ins is to have a regular contact with your teacher and maintenance of a relationship with the school.

- How are you?
 - What school work have you been working on?
 - Do you have any questions about the work you have? Do you know how to ask your teacher for support?
 - Do you know your Covid -19 school committee members or SBST?
 - What’s working well studying from home?
 - What is the hardest part of working away from school?
 - Are you having breaks to eat, go outside for fresh air or a walk? Keeping in contact with friends?
- Every class teacher will be expected to check in with every learner in their class at a minimum once per week.

1.3 Talking about your emotions or problems

It is essential to talk to someone who can help you through any emotional issues or problems that you are facing, especially during the uncertain times that we are experiencing. Below is another little exercise to assist you with your emotions and questions. Please complete it.

Activity 1.2



Draw a bubble/ cloud or any shape that you like. In your bubble, write down five words that describe your emotions, emanating from Covid -19 crisis and school your work uncertainty, In the next bubble, write down five words that can help you to cope with your emotions. This you can share with the class if you are comfortable. The more you share about yourself, the more you see that you are not alone, but that we are all facing the same issues.

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Below in figure 1, are a whole range of ideas that will help you cope. These coping skills are not only for learners, but for everyone. As a learner, you can assist another person to deal with difficulties by just sharing these coping skills.

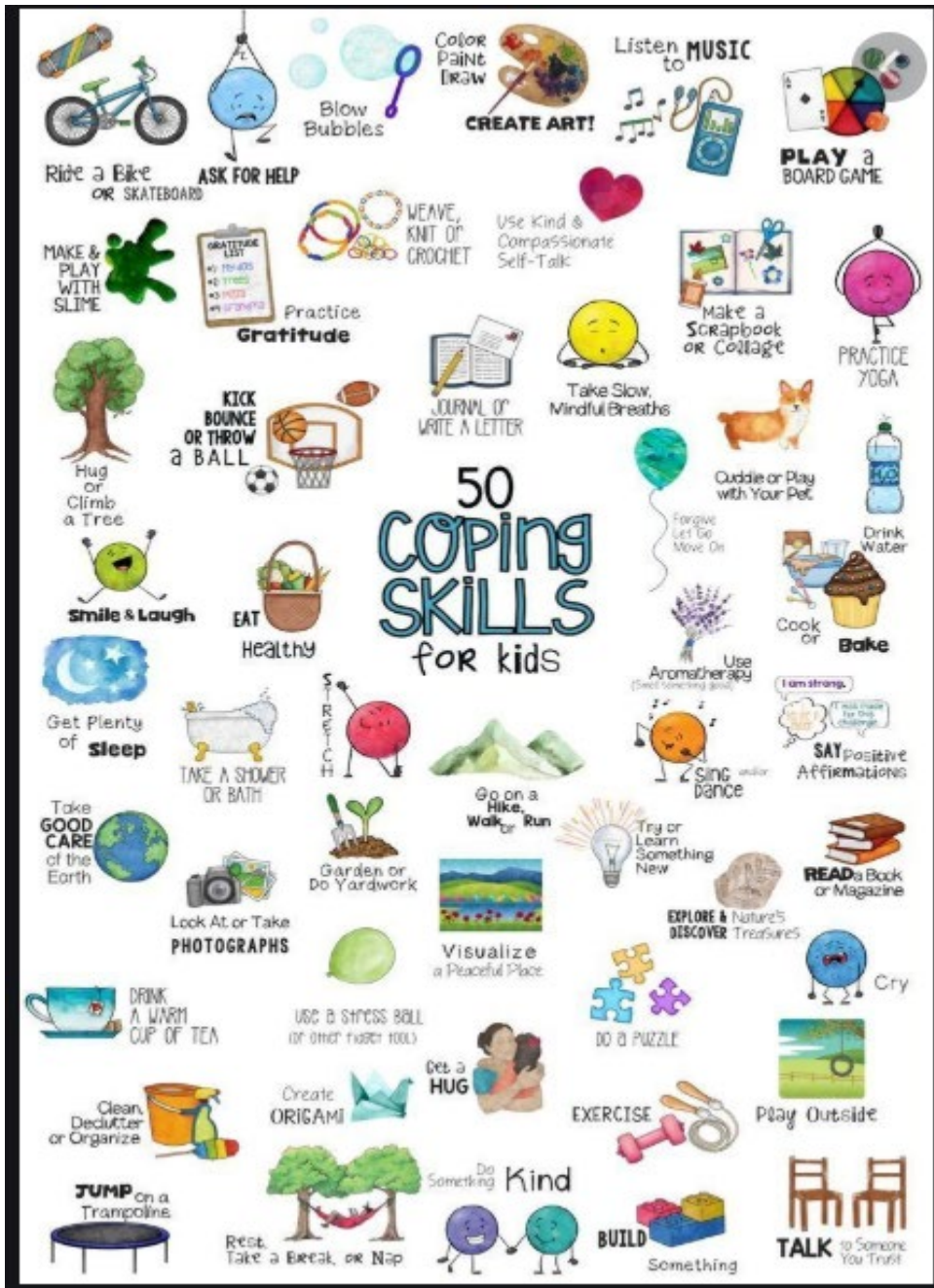


Figure 1 Coping skills: Pinterest

2. What do I know about the Corona Virus?

On 31 December 2019, the World Health Organization (WHO) China country office reported a cluster of pneumonia cases in Wuhan City, Hubei Province of China. Severe acute respiratory syndrome associated with a novel coronavirus was confirmed. The virus has been named “SARS-CoV-2” and the disease caused “coronavirus disease 2019”, or COVID-19

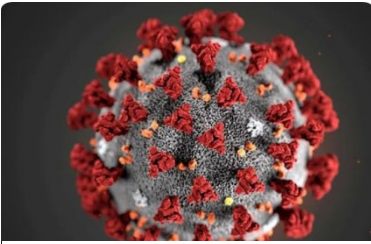


Figure 2 Image of virus

- A virus is an illness, like flu or measles.
- There is a new virus in the world, called the Corona Virus, or COVID-19. This stands for Corona Virus Disease of 2019.

The virus spreads between people who are in close contact with one another, like when an infected person coughs or sneezes. It can also be spread when you touch a contaminated surface or object. For instance, if someone has sneezed on a table, then you touch the table you can transmit the virus to yourself through touching your mouth, nose or eyes.

- This virus affects people in different ways:
- Some people have the virus, but they don't feel sick at all. We say they are ***asymptomatic*** (meaning ***producing or showing no symptoms***).
- Most people feel sick for a week or two. They usually have a temperature, aches, and pains in their body, and may have a cough. Then, they recover and are completely fine.
- A small percentage of people become very ill and may need to go to the hospital for a while.
- Research suggests that people younger than 18 (Is it 18 or 9 years?) are less likely to have symptoms and less likely to get very sick. If they do get sick, they usually recover well.

Because this is a new virus, doctors and scientists need some time to learn about it, so that they can develop a vaccination and better treatments.

- To give the doctors and scientists time to learn about the virus, we all need to stay home for a while, wash our hands for 20 seconds regularly and follow all the Covid -19 restrictions).
- This lockdown period also gives our government time to prepare our public health system – to train hospital staff and put proper systems in place, to buy enough equipment for all hospitals, and to hire as many hospital staff as possible.
- Once the spread of the virus is under control, and our hospitals are ready to care for many sick people, the lockdown may slowly be lifted.
- Learners will start going back to school in a staggered manner – not all at once.

Activity 2.1 Quiz



How much do you know about the virus?

Tick off the correct suitable answer/s. **Make a x or a v in the blocks**

Quiz adapted from World Health Organization (WHO)

1. How is the coronavirus disease (COVID-19) transmitted?

Respiratory droplets through coughing and sneezing		Touching surfaces contaminated with the virus	
--	--	---	--

Both	
------	--

2. Can I catch the coronavirus disease (COVID-19) from my pet?

Yes		No	
-----	--	----	--

3. What are the best ways to protect yourself from catching the coronavirus disease (COVID-19)?

Wash hands often using soap and water or an alcohol-based hand sanitizer		Avoid close contact with anyone who has a cold or flu-like symptoms	
--	--	---	--

Avoid touching your face		All of them	
--------------------------	--	-------------	--

4. Who does the coronavirus disease (COVID-19) affect the most?

Older people		Younger people	
--------------	--	----------------	--

Everyone			
----------	--	--	--

5. What percentage of alcohol in hand rubs and disinfectants is needed to kill the coronavirus disease (COVID-19)?

40%		50%	
-----	--	-----	--

60%		100%	
-----	--	------	--

6. Is there a vaccine or specific medicine to prevent or treat the coronavirus disease (COVID-19)?

Yes		No	
-----	--	----	--

7. For how long should you wash your hands to kill the coronavirus disease (COVID-19)?

5 seconds		15 seconds	
-----------	--	------------	--

20 seconds		60 seconds	
------------	--	------------	--

8. Is the coronavirus disease (COVID-19) the same as the flu?

Yes		No	
-----	--	----	--

9. Can the coronavirus disease (COVID-19) be transmitted in both hot and cold temperatures?

Yes		No	
-----	--	----	--

10. Can letters, products and packages be contaminated by the coronavirus (COVID-19) virus?

Yes		No	
-----	--	----	--

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Answers to quiz

Add up how much you scored out of 10. (1 mark per question)

1	Both
2	No
3	All of them
4	Everyone
5	60%
6	No
7	20 seconds
8	No
9	Yes
10	Yes

3. How to stay safe and healthy inside and outside of the class

Wear a mask at all times

Wear a mask at all times and do not use defective masks.

Make sure the mask is entirely secure.

Make sure it covers your nose and mouth so that the bottom edge is under your chin.



Figure 3 Wear your mask

Stay at least 1.5m away from people

Make sure that you are not close to the next person, to keep yourself and them safe.

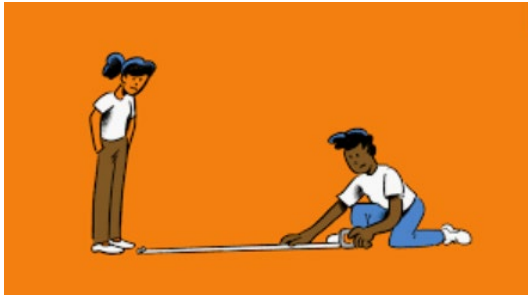


Figure 4 Keep your distance

Wash your hands regularly

Preferably, on arrival to the school before and after meals and also before you go home. Hands could be washed using soap and water. This should be either through washing hands with soap and water or using hand sanitiser.



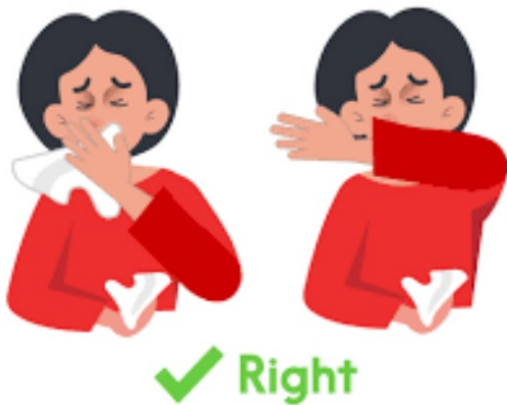
Figure 5 Proper hand washing

Do not touch your face

Your hands touch so many surfaces and objects, which could already be contaminated with Covid -19. When you touch your eyes, nose or mouth, you transfer the virus.



Figure 6 Do not touch your face



Coughing and Sneezing

Give others who are coughing/sneezing a mask

Practice sneeze or cough into your bent elbow or a tissue and dispose of immediately.

Wash your hands or use a sanitizer.

Figure 7 Correct way to cough and sneeze

If you display symptoms like high temperature, cough, itchy throat, no sense of taste, smell alert your parents or teachers to contact medical doctor immediately.



Figure 8 When you feeling unwell

4. Stigmatization

Stigma is a mark of disgrace that sets a person apart from others. When their illness labels a person, they are no longer seen as an individual but as part of a stereotyped group. Negative attitudes and beliefs toward this group create prejudice, which leads to negative actions and discrimination.



Stigma → **stereotyping** → **prejudice** → **discrimination.**

Stigma brings experiences and feelings of:

- o shame
- o blame
- o distress
- o secrecy
- o loneliness,
- o isolation and
- o social exclusion
- o misrepresentation in the media
- o being treated differently than the rest of society

There are many simple ways everyone can help to reduce prejudice and discrimination towards people with experience of mental illness. These include:

- o Learn and share the facts about the disease.
- o Get to know people with personal experiences of Covid-19.
- o Speak up when friends, family, colleagues or the media use language and misinformation that perpetuates false beliefs and negative stereotypes.
- o Offer the same support to people when they are unwell, whether they have a physical or mental health problem.
- o Don't label or judge people by their illness.
- o Talk openly about your own experience if you had the virus.
- o Be cautious about the images that are shared. Make sure they do not reinforce stereotypes.

Activity 3



Think of a time in your life when you felt isolated (lonely) or rejected from being seen to be different from others. Write down a few notes or draw images on how you felt. Explain to the class what effect the experience had on your life.



4. What must I do on my way to school?

- Parents, guardians, and learners must ensure that providers of commuter transport services, including bus services, taxi services, and private cars transporting learners to school at all times, adhere to the Regulations issued in terms of Disaster Management Act 2002 (Act no 57 of 2002).



- It is important to practice social distancing and good hygiene to prevent becoming infected if one is walking to school. COVID-19 is a droplet infection that can spread to those who are in close vicinity with an infected person. It is recommended that you keep at least 1.5-meter distance between yourself and another person walking to school.
- It is equally essential to practice social distancing and good hygiene to prevent becoming infected if you are using public transport to school or sharing traffic (lift club) with a friend. It is crucial to adhere to the measures to prevent and combat the spread of COVID-19 in public and private transport services.
- According to the Regulations, all public transport operators must put measures in place to adhere to social distancing, ensure that transport is sanitized before and after use and observe the new prescribed passenger capacity to curb the spread of COVID-19.

Do's

- All operators of learner transport facilities must at regular intervals provide adequate sanitisers or other hygiene dispensers for washing of hands and disinfection equipment for learners.
- All operators must ensure that public transport vehicles are sanitised before picking up and after dropping off learners. The sanitisers used to sanitise all learner transport vehicles must have a minimum of 60% alcohol content.
- All operators must adhere to the regulations that apply to public transport.
- Operators must ensure that all learner transport vehicles door and window handles, armrest, and handrails are sanitised before picking up and dropping off learners.
- Operators must ensure that all learner transport vehicles are clean and tidy.
- All learner transport operators must provide disinfection information materials and procedures.
- All drivers must wear a mask.
- All learners must wear a mask.

5. Arriving at school

When you arrive at school you will be screened.

5.1 What is screening for COVID-19

Screening for COVID-19 in the school is a simple process. Screening involves use of a thermometer (preferably infra-red) and asking some standard questions to establish if symptoms are present. Below are the screening questions.

1. Do you have fever?
2. Do you have a headache?
3. Are you coughing?
4. Can you taste food?
5. Can you smell?



5.2 Who should be screened?

All school personnel and all learners will be screened. School personnel includes the school principal, school management teams (SMT), all educators, learner support agents (LSA), peer educators, food handlers, cleaners, other school staff, and all visitors to schools, including School Governing Bodies (SGB) and parents.

Screening should be done at least once per week in the morning.

5.3 Who will conduct the screening?

The School Screening Team, depending on the local human resources available, can be comprised of the following cadres: Enrolled Nurses, Enrolled Nurse Assistants, Community Health Workers (CHW), the Ward Based Outreach Team (WBOT), Expanded Public Works Programme (EPWP), School Personnel (e.g. Education staff, school support staff, Learner Support Agents, etc.) and District level DoE officials (e.g. NSNP officials, De-worming programme officials)



5.4 Procedure for screening

School personnel must be screened first to can then assist with the screening of the learners.

The school personnel or learner should approach the table where the screener will be standing on the other side.

Collect the health questionnaire/consent form from the learners that have been completed by the parents/carers.

The screener will refer to the screening question checklist

The learner/school personnel’s temperature will be taken and recorded on the school register

The following table provides indicates the simple screening process to be followed:

Checklist for Screening
Record temperature using infra-red thermometer
Screening questions
Do you have a high temperature?
Do you have a cough?
Do you have a sore throat?
Do you have difficulty breathing (shortness of breath)
Can you taste food and drinks normally?
Can you smell normally?
Have you had close contact with someone who is suspected to have COVID-19 or has been diagnosed positive with COVID-19?
Record in school register
Temperature reading
✓ for all answers NO
X for >1 answer YES

5.5 Sport and other after school programmes

School Sport and other mass-based gathering events such as the South African Schools Choral Eisteddfod remain suspended in schools. This is in line with the directive given by the Minister on 16 March 2020. The instruction will remain in force until further guidance is received from the Department of Health and Covid-19 Command Council.

Where sport equipment must be used during Life Orientation lessons, these must sanitised and social distancing must be maintained at all times. When the ban on sport events is lifted, promotion of good hygiene and safe handling of sport equipment and other related objects must be promoted. School-based enrichment and other cultural activities must be kept to a minimum to allow schools to recover the lost teaching and learning time

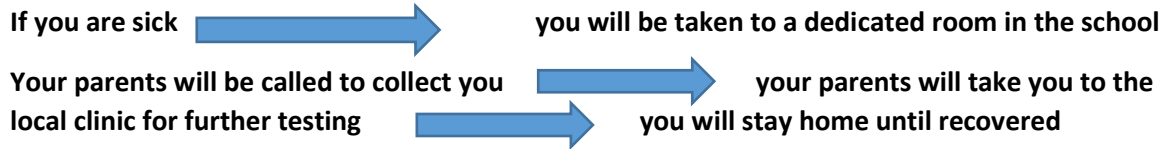
5.6 If you are sick

Sick learners should not attend school, parents and staff must enforce this school policy more now than before due to Covid-19 transmission (where necessary such children will need to access health services at primary health care facilities).

5.7 What if some learners are found to be infected on arrival?

The school will contact the relevant public health officials to discuss the case, identify people who have been in contact with the learner and advise on any actions or precautions that should be taken. If you have not yet been contacted, please contact the public hotline **0800 029 999**, who will refer you

to the relevant contact. An assessment of the school will be undertaken by the public health officials with relevant staff. Advice on the management of learners and staff will be based on this assessment. If there is a confirmed case, a risk assessment will be undertaken by the educational establishment with advice from the public health officials. In most cases, closure of the school will be unnecessary. This decision will be school-specific, based on various factors such as establishment size and learners mixing.



6. Handy Hints for Learners

Establish routine

- o Be inspired to do as many regular activities as possible
- o Work with your family and your teachers to structure a routine and stick to it.

Learning time

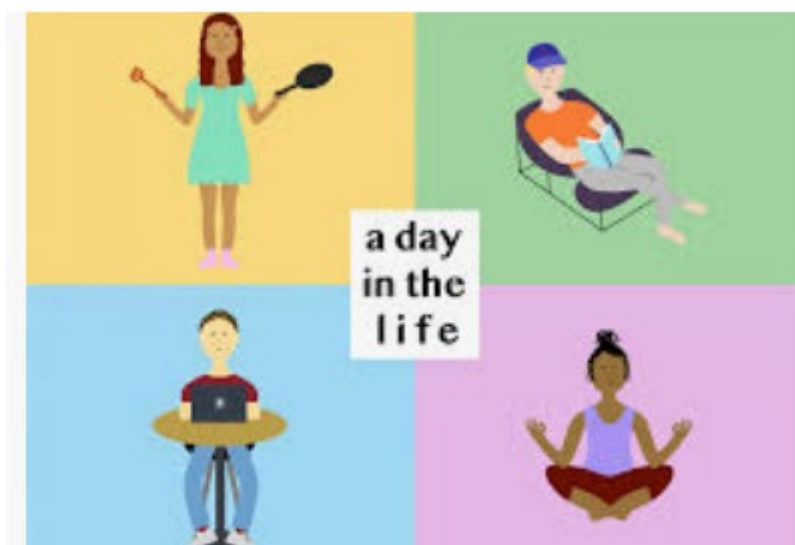
- o Keep connected to school life through listening, reading and completing tasks whether at school or at home.

Effective usage of technology

- o Take advantage of television, radio or any other on-line programs
- o Discussion with your peers on social media on what you have learnt

Exercise

- o It is very important for children to exercise every day.
- o Exercise makes everyone feel better.
- o Think of exercises and activities that can be done in your lockdown space. These can be simple activities, like running on the spot, jumping jacks, squats, and push-ups.





LEARNER HEALTH QUESTIONNAIRE

Dear Sir/ Madam

Please complete the form below for the Department to be aware of any underlying MEDICAL CONDITION your child may have. Your child’s health information will be kept confidential and will only be used by the Department of Education and Department of Health in providing and assisting your child in cases of a medical emergency.

It is also strongly recommended that parents must not send their children to school if they are sick. Parents need to take their children to the nearest clinic if they are sick or not feeling well.

Full Names (Learner)		Full Names (Parent)	
Surname		Surname	
Gender	Male Female	Relationship (Mother, Father, Aunt, Grandmother etc.)	
Identity Number		Gender	Male Female
Home Address		Home Address	
		Cell Number	
Below is a list of conditions that might occur in childhood that it is important for the school to know about and keep in your child’s records. To respond, please circle Yes if your child has the condition or No if he or she doesn’t have it.			
Please indicate if your child is on chronic medication or is currently receiving treatment			Briefly describe what has been prescribed by your doctor
Asthma	Yes	No	
Tuberculosis	Yes	No	
Diabetes	Yes	No	
Other lung disease	Yes	No	
Chronic kidney	Yes	No	
Cancer	Yes	No	
Liver	Yes	No	
Other immune compromising disease	Yes	No	
Other (not covered above):	Yes	No	

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The above responses have been completed to the best of my knowledge.

Parent/ Guardian Signature	Learner Signature 12 years/older	Date of signature

The attached form above will be completed and signed off by your parent, guardian or caregiver.
The school will provide you with a copy.

7. Contact Numbers

Organization	Contact Number
The Coronavirus 24-hour Hotline	0800 029 999
The Department of Health’s Coronavirus WhatsApp	060 012 3456
Official Government Regulations and Guidelines on COVID-19	www.gov.za/coronavirus/guidelines .
National Institute for Communicable Diseases (NICD)	www.nicd.ac.za
The World Health Organisation	www.who.int
Childline Hotline	08000 55 555
Loveline Free Plz Call Me	083 323 1023
Lifeline Toll Free	086 132 2322
SADAG Suicide Crisis Line	0800 567 567 / 0800 212 223 or SMS 31393
Substance Abuse Line	0800 12 13 14 or SMS 32312
Department of Basic Education	https://www.education.gov.za/

8. References

DBE, (2020). Access control guidelines to be implemented in schools

DBE, (2020). Orientation guideline for parents, teachers, non-teaching staff and learners.PPT

DBE, 2020, Standard Operating Procedure for Screening of Learners and School Personnel in South African Schools

DBE, Health, Social Development (2020). Learner Health questionnaire

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Pinterest,(2020). Self-Regulation Coping Skills Bundle: Calm Corner, SEL Lessons ...

https://www.google.com/search?q=coping+skills+for+learners&rlz=1C1GCEU_enZA878ZA878&sxsrf=ALeKk03S0ibE6Eeir8z72IT86b1afH8VQ:1590314290411&source=lnms&tbm=isch&sa=X&ved=2ahUKEwiAt_GynszpAhWhQxUIHb5qARwQ_AUoAXoECBAQAw&biw=1280&bih=578#imgrc=seDR54FeZ9SHjM

Image hand wash, https://www.freepik.com/free-vector/washing-hands-flat-icons-set_3794662.htm#page=1&query=washing%20hands&position=2