



BELVEDERE SCHOOL

NEWSLETTER – 24 JULY 2020

COVID-19 - STAFF MEMBERS

Friday 24 July 2020

Dear Parents, Guardians and Learners

We wish to inform all our Learners and their families that as of this morning 6 of our staff members have been exposed to COVID-19. Except for two of them, they are from different departments in our school and were not exposed to each other or our Learners. All those who could have been in contact with them have been informed. We wish them and their families good health and we will keep them in our thoughts and prayers over the holidays.

We have followed all the accepted protocols for prevention since the school opened in June and our entire school will be sanitised again next week. We will open again, for the Matrics only, on the 3rd of August.

ZERO TOLERANCE ON COVID-19 INFORMATION BEING SHARED ON SOCIAL MEDIA:

We remind all of Parents, Guardians and our Learners that we have a Stigmatism Policy in process to protect all of our staff and our Learner's and their families from being stigmatised, victimised or bullied by discussing them on any social media whatsoever.

VIGILANCE OVER THE HOLIDAYS:

We urge all our Parents and Guardians to monitor our children, and themselves, very carefully over the holidays. Please stay away from other people wherever possible.

COVID-19 SYMPTOMS:

Here are some of the symptoms I have been able to gather together from the media and from people who have had it already. **(This is not official information. Your doctor is the best person to offer advice if you suspect that you, or your child has COVID-19.)**

severe headaches (especially when one wakes up), sinus pain, loss of smell and / or taste, a fine rash in the mouth, a cough, continuous sneezing, a blocked nose, a post-nasal drip, a dry nose and throat, a sore throat, body and / or joint aches, a tight chest, chest pain, shortness of breath, extreme tiredness, numbness of limbs or hands and feet, confusion or an inability to concentrate, sweating, and a general feeling of being unwell. (Malaise)

Should you or your child experience any combination of these please contact your doctor over the phone or call the **COVID-19 number 0800 029 999** for instructions and advice.

COVID-19 INCUBATION PERIOD & DURATION:

Symptoms will present from 2 – 8 days after contact. After you have had the disease for 8 days you will no longer be contagious even though you do not feel well yet, but you must be in quarantine for a total of 10 days before you leave your home again. After 2 – 3 weeks evidence suggests that some people have shed the anti-bodies and can therefore contract it again! So we can never stop taking precautions until the disease has run its course and we no longer see new cases in our country. Other countries have come out of this and are now COVID-19 free, and so will we.

WHAT WE CAN DO AS FAR AS POSSIBLE TO AVOID CONTRACTING IT:

Here are some things that have been advised by medical experts that I have found in the media to prevent yourself, as far as possible, from getting it:

- 1) Wash, your hands: palm to palm fingers interlaced, palm to back of hand fingers interlaced, then the other hand on top, fingertips to palm, then the other hand, fingers bent inside each other, palm to thumb, then the other hand, then each wrist to mid-forearm, the rinse thoroughly and dry with a disposable paper towel and throw in the dustbin, ensuring that the dustbin lid was cleaned before you start.
- 2) Drink hot drinks rather than cold – stay hydrated.
- 3) Wash out your nose and sinuses with buffered salt water twice a day.
- 4) Spray your throat with a good throat spray, use a mouth wash or gargle with warm salt water, twice a day.
- 5) Clean your house thoroughly and then use a sanitiser or wash your hands before you leave home and first thing when you get home. Remove all your clothes, have a bath or shower and put your clothes in the wash everyday. Do not touch used clothing more than you need to and wash everything and dry it in the sun or tumble-dry it, before you wear it again.
- 6) Avoid touching others.
- 7) Stay at home as much as you can and be extra careful if you must go out. Sanitise regularly.
- 8) WEAR A MASK THAT HAS A TRIPLE LAYER OF MATERIAL THROUGH WHICH YOU CANNOT BLOW OUT A CANDLE, OVER YOUR NOSE AND MOUTH, ALL THE TIME.
- 9) Stay as far away from others as possible but never be closer than 2m for longer than 15 minutes.

Wash your hands and your child's hands, and enjoy each others company while you do something that you enjoy doing together. Relax as much as you can and keep an eye on those symptoms!

Please contact me at the number and email below should there be anything that you are concerned about.

We wish you, our Belvedere Family, good health, warmth and happiness this holiday. For those who are ill we wish you a speedy and complete recovery, whatever your illness may be.

Yours in education,

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COVID-19 Committee, SMT and SGB