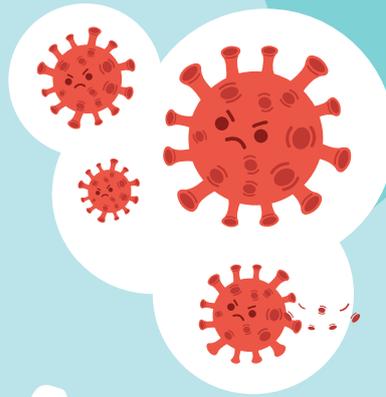


# A guide for parents and guardians

for the safe return of children to schools

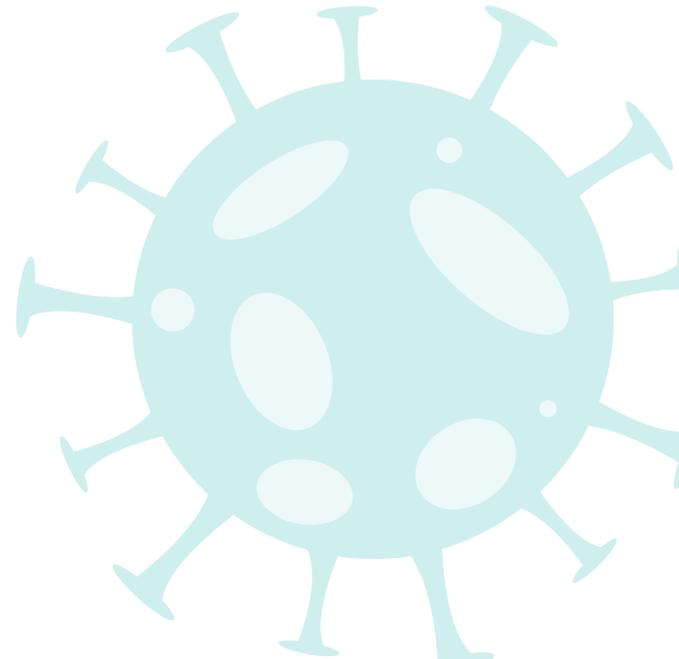


**MINISTRY OF EDUCATION, CULTURE  
SPORT AND YOUTH**

Dear parents and guardians,

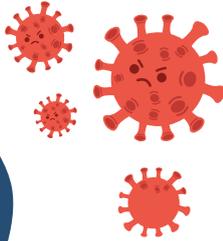
We are sharing this guide with you in order to disseminate useful information that will contribute to our joint efforts for the safe return of children to schools.

Minimising the risks from COVID-19 is an important bet that we cannot afford to lose. We can only succeed if we stand together.



# COVID-19

For the safe return to the classroom, encourage your children to apply the following hygiene measures.

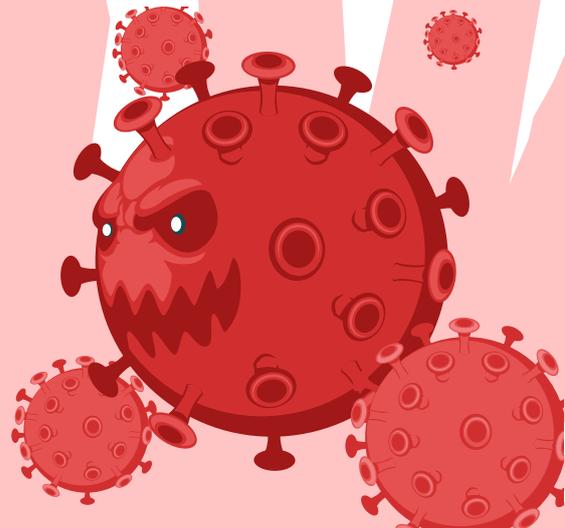


- 1 Keep a strict distance of 2 metres.
- 2 Wash their hands frequently with soap and water for at least 20 seconds.
- 3 Use the alcohol solution available at the school.
- 4 Avoid touching their eyes, nose and mouth.

- 5 When coughing or sneezing, cover their nose and mouth with their sleeve at elbow height or with a tissue, which they must then immediately dispose of in a bin.
- 6 Not to share objects such as pencils, pens, markers and other personal items with others.
- 7 Not to use other children's desks.
- 8 Avoid touching surfaces if not necessary.
- 9 Avoid hugs and handshakes.
- 10 Bring food and water from home as school canteens will remain closed. The food must not be sensitive to high temperatures.
- 11 The use of gloves and masks is not compulsory. Children can use gloves and masks at school on an optional basis.

Children presenting signs and symptoms while at school will be isolated in a specially designated room, the Protocol will be implemented and the Public Health Service will be notified. Schools are equipped with special thermometers to take a child's temperature if necessary.

**It is recommended that you keep your phone switched on at all times.**



If your children are feeling sick or have any suspicious symptoms, keep them at home! Contact your doctor immediately and inform the school accordingly.

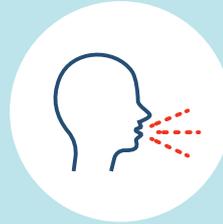


## Covid-19 symptoms

You must systematically check your children at home for any symptoms.



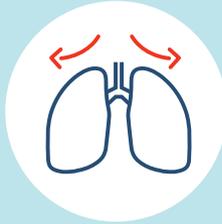
fever



dry cough



sore throat



breathing difficulties



muscle pain



malaise/fatigue



runny nose, reduced of smell/taste



diarrhea/vomiting



pneumonia

## Visits to the school

Visits to the school must be avoided and, where they are necessary, relevant procedures must be strictly complied with. Floor signs have been placed in schools to ensure social distancing.

Visitors must wear a suitable mask and disinfect their hands when entering the school premises.

Each school will keep a contact log (of both visitors and staff) in order to facilitate contact tracing if there is a confirmed COVID-19 case.

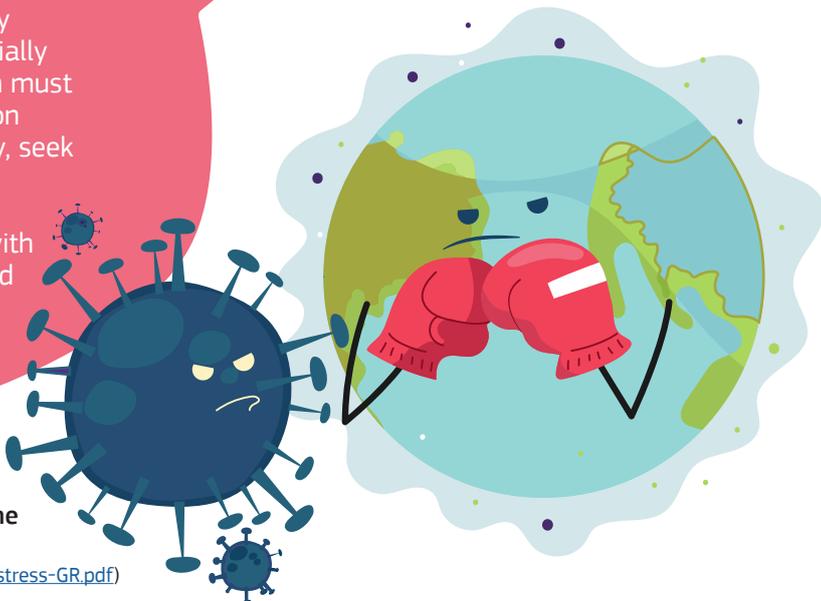


## Psychosocial factors

Talk to your children if you are experiencing unexpected distressful events in the family (death, serious illness) or for any worries, stress or fear caused by the wider social environment. You should make every effort to offer accurate information in order to ensure they are not influenced by misinformation and rumours. Especially during this period, particular attention must be given to misleading information published on the internet. If necessary, seek advice from the school.

Children can discuss such issues with designated school staff appointed for this purpose in each school.

# COVID-19



How can we help children deal with stress during the COVID-19 epidemic.

<https://www.pio.gov.cy/coronavirus/pdf/helping-children-cope-with-stress-GR.pdf>

The background features a white silhouette of a person's head in profile, facing right, set against a teal background. A dark blue speech bubble is positioned in front of the head. Several green, spiky virus-like icons are scattered around the head and speech bubble. On the right side, a white spray bottle is partially visible.

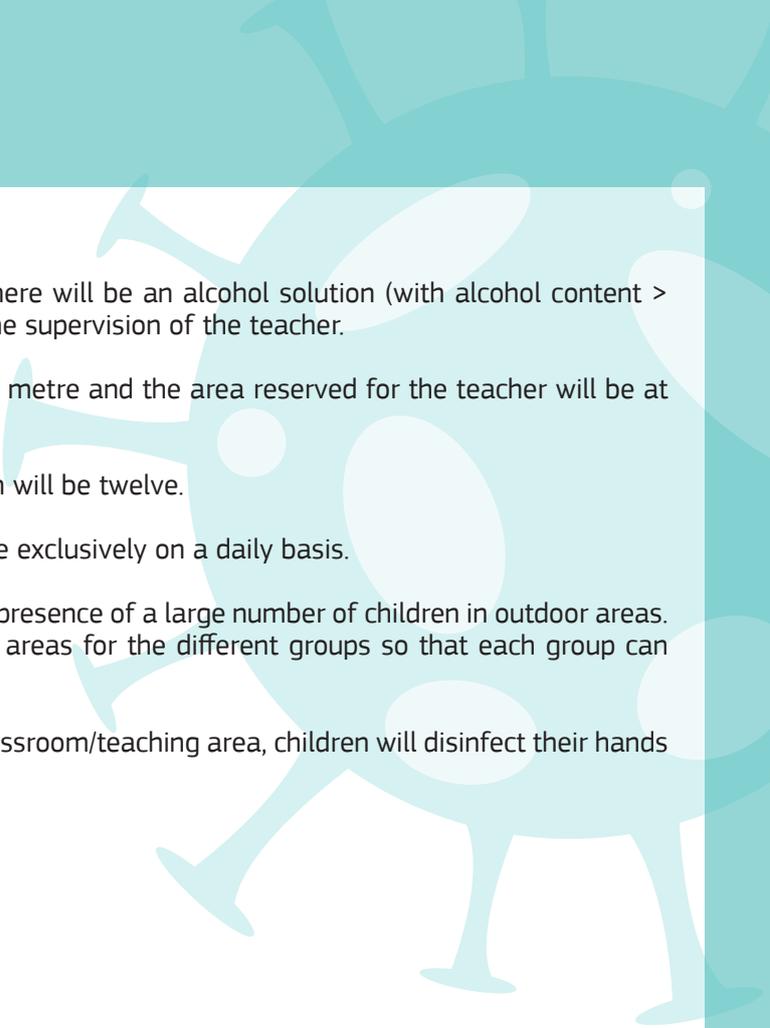
## Cleanliness, hygiene and ventilation of premises

Classrooms/teaching areas and the school in general will be cleaned on a daily basis, in accordance with the prescribed cleaning practices of the Ministry of Health.

All areas will be systematically and adequately ventilated both during breaks and during lessons.

# Additional information

- 1** When schools re-open, children will be informed about the epidemic as well as personal protection measures and their importance.
- 2** Training will be provided on how to wear/remove/dispose of gloves, masks and protection glasses, on the COVID-19 symptoms and the modes of transmission.
- 3** The use of masks and gloves is optional.
- 4** Children will enter the school area from different entrance points. Explain to your children that when entering the school, they must comply with the safety measures..
- 5** Social distancing of at least one metre should be strictly kept at all times.
- 6** Children will head directly to their classrooms, in order to avoid crowding.
- 7** Teaching will take place either in the classroom or outdoors.
- 8** Teachers will be inside the classroom, waiting for the children and making sure the windows are opened.

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- 9** At the entrance of each classroom/teaching area there will be an alcohol solution (with alcohol content > 60%) and children will disinfect their hands under the supervision of the teacher.
  - 10** The distance between the desks will be at least one metre and the area reserved for the teacher will be at least two metres away from the closest desk.
  - 11** The maximum number of children in each classroom will be twelve.
  - 12** Children will have their own desk, which they will use exclusively on a daily basis.
  - 13** Different break times will be introduced to avoid the presence of a large number of children in outdoor areas. School yards have been divided to create separate areas for the different groups so that each group can have its own space.
  - 14** After the end of the break and on returning to the classroom/teaching area, children will disinfect their hands with an antiseptic solution.



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