



MY SCHOOL ISLAMIC EDUCARE CENTRE

84 Rebecca Street, Florida, Roodepoort, 1709

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COVID-19 INDEMNITY FORM

	MOTHER'S DETAILS	FATHER'S DETAILS
Mobile No.:		
Work no.:		
Email:		

The following protocols have been implemented at My School and are strictly adhered to:

In order to curb the virus as far as possible, please adhere to the following:

- Persons who have not been to a risk area and have had no contact with anybody who has fallen ill with COVID-19 can continue to participate in normal school and after school activities.
- Persons who have been to a risk area during the last 14 days or have had contact with a confirmed COVID -19 case – irrespective of any symptoms – avoid unnecessary contact, stay at home for 14 days and inform the school accordingly. Doctors clearance certificate required for readmission.
- Persons who have been to a risk area and develop symptoms associated to COVID -19 (e.g. fever, muscle pain, cough, sneezing, diarrhoea or similar) avoid unnecessary contact, stay at home for 14 days, contact a doctor and inform the school accordingly; clearance certificate required for readmission
- Avoid panic and any irrational actions.
- Adapt your personal hygiene patterns and behaviour to avoid and minimise the risk of getting infected or further spread any virus.

Precautions already in place include:

- Our Staff and learners have been encouraged to wash hands more frequently and at regular intervals as hand washing is critical in the prevention of illness.
- We have procured Hand Sanitisers to be placed in each classroom.
- Cleaning of classrooms and restrooms have been stepped up. Door knobs, desk surfaces are disinfected daily.
- There are tissues available in each classroom at all times.
- Learners and Staff will sanitise hands on entry into classrooms, before and after breaks and at the end of each day before leaving class.

Hygiene & Disinfecting

- The Prophetic practice which Muslims are recommended to follow are full of hygienic practices:
- Frequent hand washing.
- Performing ablution and washing five times a day for prayers.
- Washing before/after eating.
- Covering the mouth when sneezing. Please teach your child to cover their nose and mouth while sneezing and coughing. Please teach your child how to blow their nose with a tissue and how to discard the used tissue into the bin (the same way we do it at school).
- Respiratory hygiene (cover your cough or sneeze with a flexed elbow or tissue, then throw away the tissue into a bin).
- Wiping of desks and other work surfaces, including phones, mobile phones, laptops etc with sanitising wipes is imperative.

For the Parent

- Build your child's immune system.
- Give your child Vitamin C, Scott's Emulsion, etc.
- Encourage them to eat more fruit & vegetables and healthy foods.
- Keep nails short and clean. Boys hair short; girls hair tied.
- Children must bath every day.
- Clothes & Bags should be clean too.
- PLEASE KEEP YOUR SICK CHILDREN AT HOME.
- Avoid travelling unnecessarily, especially abroad at this time.

INDEMNITY FORM

Are any of the following applicable to you?

1. Have you been out of SA in the last 6 weeks? If yes, please provide the date:

2. Have you or your child been in contact with someone who tested positive for Covid-19?

3. Have you or your child attended a funeral/gathering of people in the last 14 days?

Please inform the My School staff if any of the above occurs at a later date than the signed indemnity.

Parents are required to self-test their child/ren every day before bringing him/her to school:

Check temperature / fever and/or chills / red eyes / nausea / coughing / sore throat / breathing difficulty / body pains / tiredness / diarrhoea.