

Coronavirus Prevention



Why do we have to stay at home?

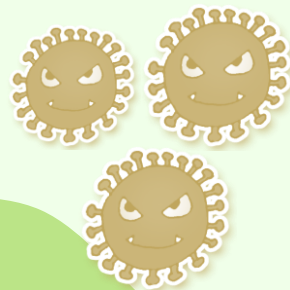
Why can't we go to school?

In 2019, a **novel coronavirus** outbreak has emerged in society, also known as **Coronavirus disease (COVID-19)**. A novel coronavirus is found to be the causative agent.

The novel coronavirus can be **transmitted through droplets and contact**. Most estimates of the incubation period range from **1 to 14 days**, most commonly around **5 days**.



What are the clinical features of Coronavirus disease (COVID-19)?



Fever



Cough

Common
Symptoms



Malaise

Yellowish/
greenish
thick phlegm



You should wear a
mask and immediately
seek medical advice
when symptoms occur.





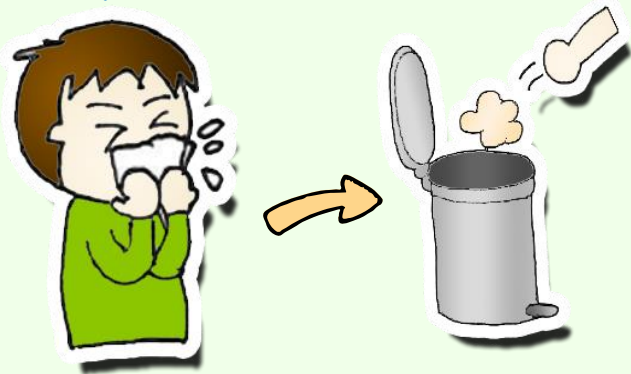
Keep Personal Hygiene

Avoid touching eyes,
nose and mouth



Hand washing
should last for at
least 20 seconds

Cover up with tissue paper
when sneezing or coughing and
dispose it in a covered bin



Mask up



5 Steps to Use Mask Properly

Putting on a Mask



2. Colored side faces out, metallic strip on top



1. Wash hands before putting on the mask



5. Extend the mask to fully cover mouth, nose and chin



3. Fold once before putting on the mask



4. Press the wire on the nasal bridge

Taking off a mask



1. Wash hands before removing the mask.
2. After taking off the mask, fold the mask outwards and avoid touching the outside of the mask.
3. Put the mask into a plastic or paper bag.
4. Put it into a lidded rubbish bin.
5. Wash hands after removing the mask.

10 Steps to Wash Hands Properly



1. Wet hands under running water



2. Apply liquid soap



3. Rub your palms together



4. Rub the back of each hand



5. Interface fingers and rub hands together



6. Rub the back of your fingers



7. Rub your thumbs



8. Rub the tips of your fingers



9. Rub your wrists



10. Rinse both hands properly with water



Ensure Household Hygiene

Close the toilet lid
prior to flushing




Keep windows open to maintain
good indoor ventilation

Clean your home with 1:99
diluted household bleach daily



Prevention Measures For Parents

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1. Children should **stay at home during school suspension**. You are strongly advised against taking your child to group extracurricular activities, playground, etc.
 2. **Measure body temperature every day**. Normal body temperature is 36.5-37.5°C. If the body temperature is consistently high and there are other symptoms such as cough and runny nose, please help your child wear a mask then take him/ her to attend a doctor.
 3. Teach your child to **pay attention to personal hygiene and wash hands frequently**. Hand hygiene should be done before and after meals.
 4. **Set up a daily schedules** with your child to **maintain a regular lifestyle** including regular exercise to strengthen immunity system.
 5. Maintain **good air ventilation** at home.
 6. Clean your home with 1:99 diluted household bleach daily .
 7. Ensure **U-traps drainage pipes are filled with water** by pouring water to each drainage outlet daily.
 8. Avoid visiting areas with reported novel coronavirus cases.
 9. Avoid contact with wild animals or birds. **Do not visit live poultry markets or farms, wet markets, or eat wild animals.**

Stay healthy and fun at home

Exercise



Play



Read



Sing



Study

Children can also enjoy the time with family through various parent-child activities.



Parent-child Activities



Home Transport

Parent-child activities

Purpose:

1. To enhance hand-eye coordination
2. To enhance cooperative skills

Material :

A towel, any items (eg. a ball, a water bottle , a book etc.)

How to play:

1. Parent and child work together to straighten the towel
2. Put an item on the towel and cooperate to reach the end



Slingshot Fingers

Parent- child activities

Purpose:

1. To enhance hand-eye coordination
2. To promote fine motor skills

Material: Eraser/ paper stone, colored paper

How to Play:

1. Put several pieces of colored paper on the desk / floor
2. Stand behind the starting line and use the fingers to shoot the eraser/paper stone into colored paper
(Get 1 point for entering the colored area)

Level up

1. Increase the distance between the starting line and colored paper
2. Limit the number of shoots, like 10 shoots

Work Together

Parent-child activities

Purpose:

1. To enhance cooperative skills
2. To enhance the sense of balance

Material:

Few balloons in different color

How to play :

1. Ask the child to take a balloon in a specified color
2. Stand back to back to hold the balloon and walk to the finish line
3. Cannot touch the balloon with hands or drop the balloon

Searching in the Dark

Parent-child activities

Purpose:

1. To understand and follow instruction
2. To learn different directions

Material: Eye-mask / towel, toys

How to play:

1. Put some toys in various places (which are reachable for child)
2. Cover child's eyes with eye-mask or towel
3. Guide the child to take the toys with simple and straight instructions, such as '3 steps forward', 'Squat down' and 'touch the place at the front'
(*Giving ONE instruction at a time)



Household Collector

Parent-child activities

Purpose:

1. To improve observation skills
2. To gain understandings about daily necessities

Material:

Different types of daily necessities

How to play :

1. Select one to be the collector who can request some items: e.g. I want a pair of shoes, three pairs of socks
2. Others shall find out and collect the required objects as soonest



Pencil Castle

Parent-child activities



Purpose:

1. To enhance hand-eye coordination
2. To facilitate parent-child relationship

Material: Pencils, wire tape

How to play:

1. Put some pencils into the ring of wire tape and stand it on the table
2. Take turns to take out one pencil and do not make the castle falling down

Level up

Use different types and lengths of materials like straws and chopsticks

Fast Peg Controller

**Parent-
child
activities**

Purpose:

1. To enhance fine motor skills
2. To promote hand-eye coordination

Material:

Newspaper/ magazines, clothespins, plastic box

How to play:

1. Cut the newspaper/ magazines into paper strips and place them on the table
2. Parent and child use the clothespins for picking up the paper strips to their own plastic box
3. Whoever picks up more strips to the plastic box within 1 minutes wins the game



Throwing With You

Parent- child activities

Purpose:

1. To enhance hand-eye coordination
2. To promote fine motor skills

Material: Paper rings, toys

How to play:

1. Put several pieces of toys on the floor
2. Stand behind the starting line and throw the paper ring to the target toy
3. Take and keep the hit toy



Level up
Create different
sizes of paper
rings

What is it?

Parent-child activities

Purpose:

1. To understand the characteristics of objects
2. To improve self-expression skills

Material:

A table cloth, a book, a ball, a pen etc.

How to play :

1. Use a table cloth to cover an object
2. Ask the child to touch the object and guess what it is
3. Give some tips to child when he/she needs help



Plastic Bottle Bowling

**Parent-
child
activities**

Purpose:

1. To enhance turn-taking skill
2. To enhance cooperative skills

Material:

1. Few plastic bottles, a small ball or waste paper ball

How to play :

1. Place the plastic bottles on the ground
2. Arrange them in a triangle
3. Parent and child take turn in rolling the ball



Contact Us

*Child-oriented,
Collaborating with
family and school*

***Service
Belief***

During the class suspension period, if you have any enquiries about child's learning, emotions and parenting, please feel free to contact us.

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