



# CAMPS BAY HIGH SCHOOL



18 March 2020

Dear Parents,

## WEDNESDAY CORONAVIRUS UPDATE

The last day of the first term is in full swing. We have a small group of children who are on campus watching movies, working in the library or playing games on the field.

### The Executive Committee met this morning and the following decisions were taken

1. Reports should be accessible online on **Thursday** during the course of the day;
2. There are 28 learners who have indicated that they do not have food security in the holidays. We have undertaken to support them with three food packages which will be issued weekly (the first today);
3. While we are saying that this is a holiday, the Grade 12's will be doing some of their own studying. To assist them with this, they are referred to the wide range of online resources available for self-study, this includes the **WCED ePortal**: <https://wcedportal.co.za> and the **WCED examinations exemplar page** : <https://wcedonline.westerncape.gov.za/exams>.
4. In my final instructions to the pupils on campus this morning, I again reminded them, as I do you, that the best protection against infection is **good personal hygiene**. So please continue to be mindful of all the guidelines we have been sharing on how to wash your hands and stay healthy.

There will be another update tomorrow

If you have any questions, please mail me on [dekorte@campsbayhigh.co.za](mailto:dekorte@campsbayhigh.co.za)

Yours sincerely

**David de Korte**  
**PRINCIPAL**



# 4 PRECAUTIONS TO FOLLOW TO AVOID BEING INFECTED



## 1

### WASH YOUR HANDS

Wash your hands with soap thoroughly. Wash the back of your hands, between the fingers and under the nails. Always wash your hands with soap before you eat and after being out in public.



## 2

### GOOD PERSONAL HYGIENE

Cover your mouth with a tissue paper when coughing or sneezing. Avoid touching your face with dirty hands at all times. If you have to, be sure to wash your hands with soap thoroughly first.



## 3

### DO NOT SHARE FOOD AND UTENSILS

Bacteria can be transmitted onto knives, forks, spoons and straws. Only use clean utensils and do not share drinks. Always clean your hands before eating.



## 4

### SEE A DOCTOR IF YOU ARE UNWELL

Typical symptoms include cough, runny nose, fever and shortness of breath. If you are experiencing any of these symptoms, seek medical attention promptly. Call the clinic or doctor ahead of your visit and inform them of your symptoms and travel history.

## 24HR NICD HOTLINE 0800 029 999

REMAIN VIGILANT AND ADOPT GOOD PERSONAL HYGIENE PRACTICES  
The situation is evolving, check updates on [www.health.gov.za](http://www.health.gov.za) and [www.nicd.co.za](http://www.nicd.co.za)



health

Department  
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THERE'S ONLY ONE THING YOU NEED  
TO UNDERSTAND ABOUT HOW A

# COVID-19 CORONAVIRUS\* SPREADS

\*Coronaviruses are a large family of viruses which may cause respiratory infections ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS).

The virus spreads when these droplets get into your:



So if you see someone who is visibly coughing / sneezing / sick, you can choose to:

1. Keep your distance.

2. Avoid crowds

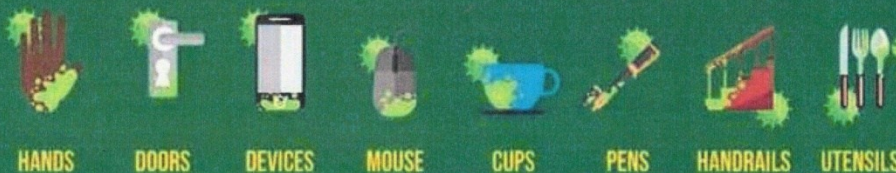


(0.5m to 2m will keep you safe from large droplets.)



(People who are infected can show no symptoms, but are still infectious.)

Sometimes a sick person's saliva can get on other things...



And if you touch any of these things by accident, and then touch your face, rub your eyes or your loved ones face, you might all fall sick.