



6th March 2020

Educating pupils on the Coronavirus & the importance of hygiene

Dear Parents, Sponsors and Donors

Vuleka School will be embarking on a campaign in educating our pupils about the Coronavirus and the importance of hygiene and cleanliness at all times.

I would like to highlight how it is spread, the symptoms and prevention methods below:

- Human Coronavirus is spread from an infected person to others through:
 - The air by coughing and sneezing, close personal contact, touching an object or surface with the virus on it, then touching your mouth, nose, or eyes before washing your hands. Rarely, fecal contamination.
- Symptoms:
 - Runny nose, headache, cough, sore throat, fever, feeling of being unwell. For those with weakened immune system, the elderly and the very young, there's a chance the virus could cause a lower and more serious respiratory tract illness like pneumonia or bronchitis.
- Prevention:
 - Washing your hands often with soap and water. Avoiding touching eyes, nose or mouth with unwashed hands. Avoiding close contact with people who are sick.
 - If you are mildly sick keep yourself hydrated, stay at home and rest. If you are concerned with your symptoms you should see your healthcare provider

We have also put this information on our social media pages for reference.

Yours sincerely

Mr Sanele Majola

Executive Head of Vuleka Schools

