



**HOËRSKOOL
SILVERTON**



COVID-19 REGULATIONS

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitiser.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Always wear your cloth face mask.
- Stay at home when you are sick.
- Cover your cough or sneeze with a flexed elbow or a tissue, then throw the tissue in the bin.
- Clean and disinfect frequently touched objects and surfaces.
- Maintain social distancing – 1.5 m apart from each other.
- Practice good hygiene.
- Bring your own pen/pencil/calculator/textbook.
- Bring your own water bottle.
- Bring your own food.
- Bring your own cloth for cleaning the surfaces.
- Keep a distance of three (3) steps as you walk up or down the staircase. (NO groups).
- Keep left all the time around the school premises.
- Don't leave your class until you're instructed to do so.
- Remember to use the quad as your central point.
- Keep your 1.5m distance from your teacher.
- if you need assistance with your schoolwork in class, your teacher will give you a clear directive. DON'T walk to his/her desk.
- During break, you are expected to maintain the distance of 1.5m between you and your peers.
- You are not allowed to use your mouth to drink water from a tap. (Use your water bottle)
- Change mask daily and wash them.
- Wash your uniform daily.
- No hugging, touching, kissing or shaking hands.
- Make use of the litter bin to discard all tissues, paper towels and contaminated waste.
- No more than 5 people at a time in the toilets.
- Boys – keep a distance when using the urinals.
- Do not talk bad about your fellow peers who might have contracted COVID-19.
- Do not stigmatise fellow learners who recovered from COVID-19.