

# Preventative guideline for Students

English



The Health Promotion Department of the Supreme Council for Family Affairs has launched a series of awareness and educating publications in light of Covid 19 targetting students, parents, administrative and teaching staff which included tips and measurements to prevent the spread of Covid 19 virus

Health Promotion  
الثقة في الصحة

Health Promotion Dept. - إدارة التثقيف الصحي  
المجلس الأعلى لشؤون الأسرة بالشارقة SCFA - Shj



Preventative guideline for Students

prepared and produced by

Health Promotion Department

in Supreme Council for Family Affairs in Sharjah

In cooperation with Sharjah Private Education Authority

معاً نعود  
TOGETHER WE RETURN

هيئة الشارقة للتعليم الخاص  
SHARJAH PRIVATE EDUCATION AUTHORITY





# How can I boost my immune system?





# Wash hands and use sanitizers:

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## Why do I have to wash my hands?

Germ on unwashed hands can get into your food and drinks, leading to illnesses. Washing your hands with soap prevents the infections and illnesses from spreading to others.

## When to wash my hands?

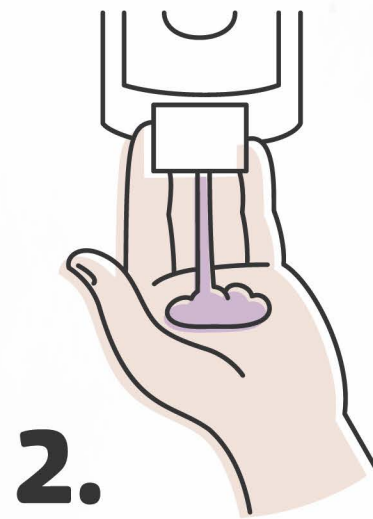
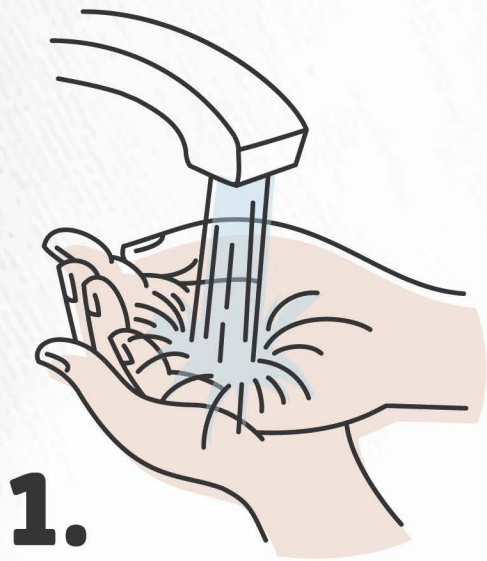
**Before:** eating your food, preparing food, touching your face

**After:** using toilet, sneezing or coughing, leaving a public place like malls, cinemas, parks, taking off your face mask, touching pets, contact with sick person, touching surfaces or items





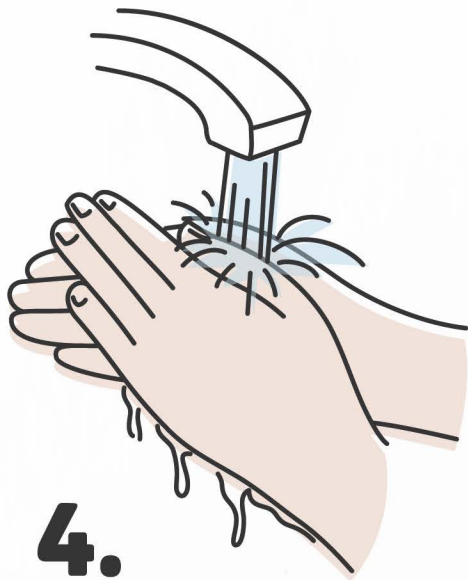
## Steps of hand washing:



Rub your hands  
and fingers together  
for 20 seconds

Put some soap  
on your hands

Wet your hands  
with clean water



Dry your hands with  
single use paper towels

Rinse your hands  
with warm water



Use hand sanitizer only if  
water and soap are not available

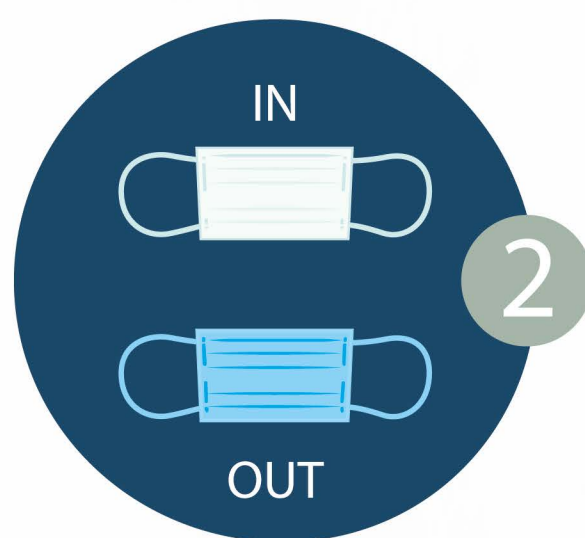




# How to safely wear a face mask?



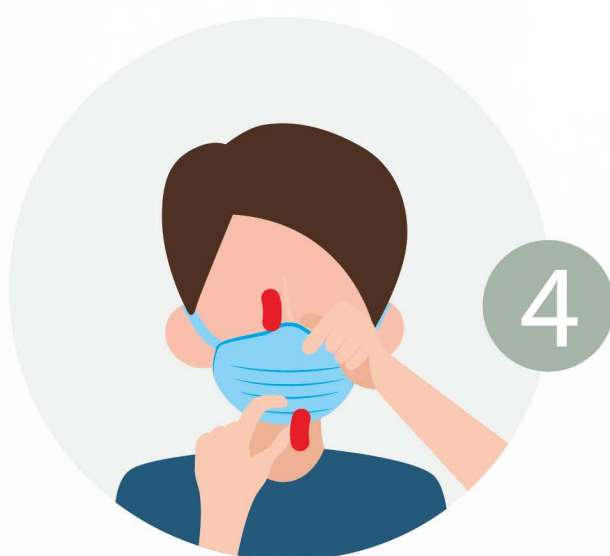
Wash your hands before putting on your face mask



The colored side facing out and white side facing in



Put it over your nose and mouth and secure it under your chin



Fix the straps over the ear



Fix the metallic strip to fit the top of your nose



Don't touch the front part of the mask



## Taking off your face mask:



Stretch the ear loop, avoid touch the front part of the face mask



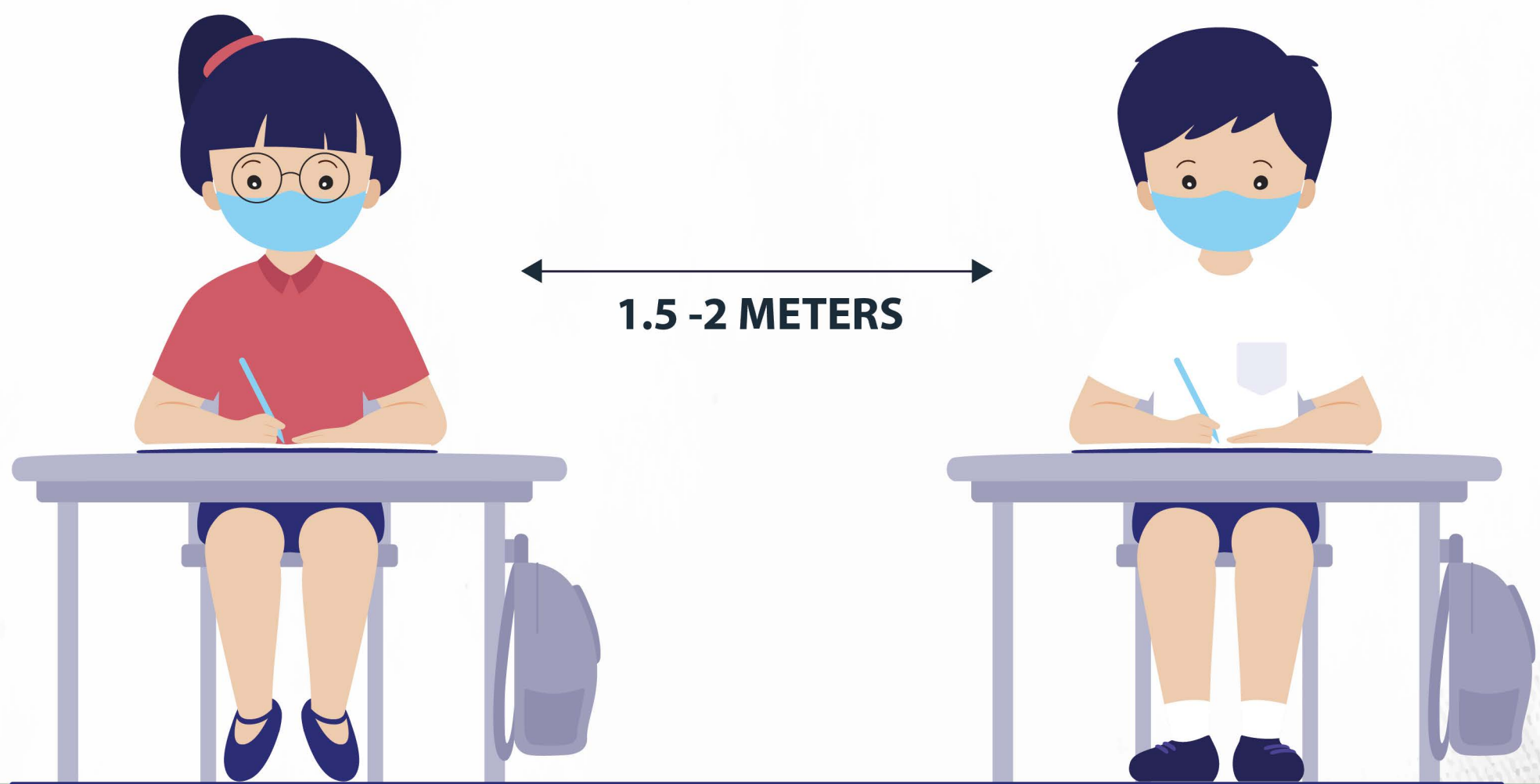
Fold the outside corners together and throw away in closed trash bin



Wash your hand with soap and water

If the face mask is reusable, wash it thoroughly with warm water and soap before reusing





Keep distance between you and others to avoid breathing contaminated droplets from other people



# General Guidelines

- Cover your cough and sneeze with tissue or use the inside of your elbow.
- Avoid crowded places and mass gatherings.
- Tell your parents or the school nurse if you have any symptoms such as fever, fatigue, dizziness and loss of taste and smell
- Never share your personal belonging with others
- Don't shake hands with others
- Avoid contact with people who look sick



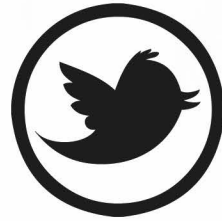


المجلس الأعلى لشؤون الأسرة  
Supreme Council For Family Affairs

## التثقيف الصحي Health Promotion

إدارة التثقيف الصحي - Health Promotion Dept.

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