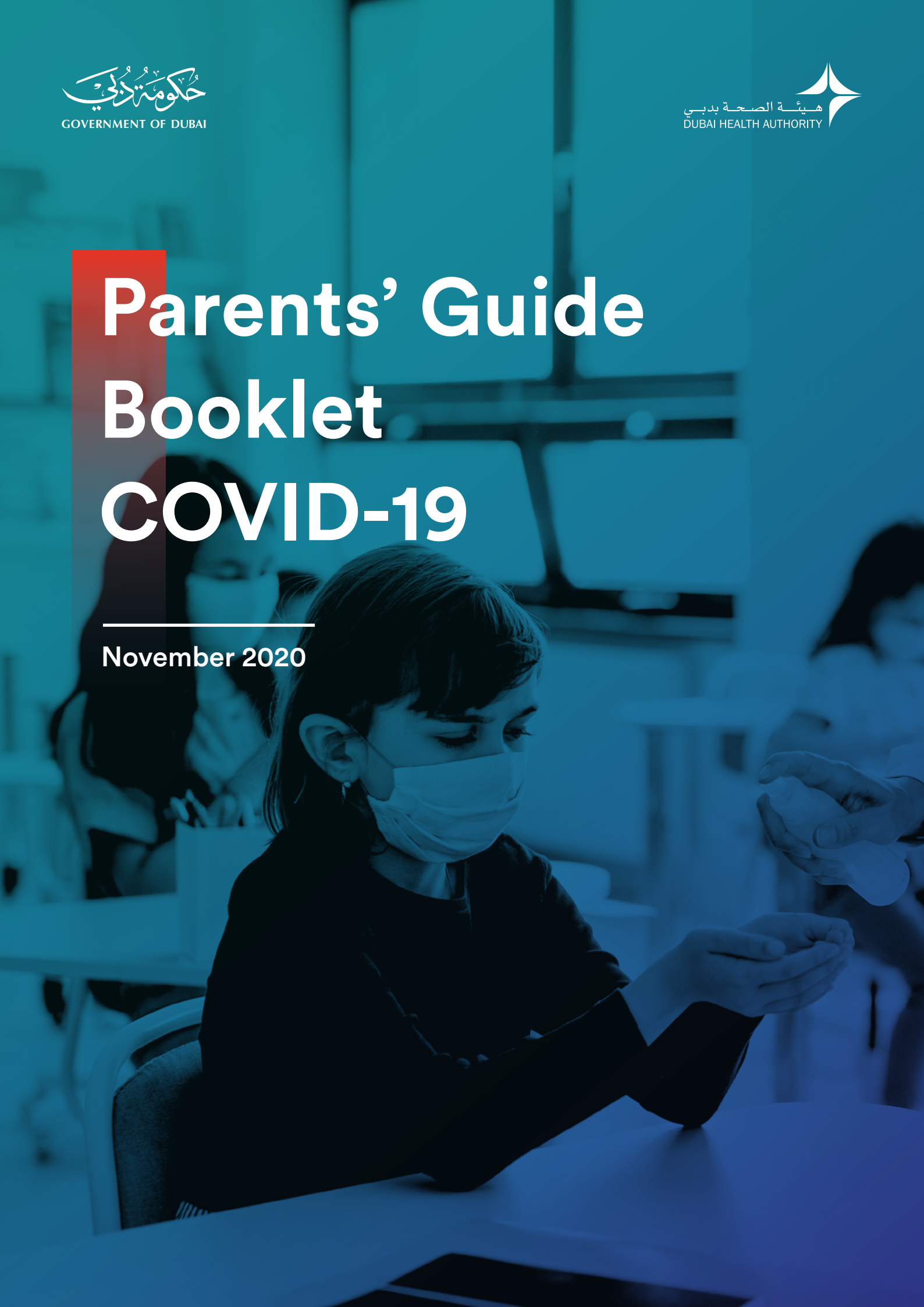
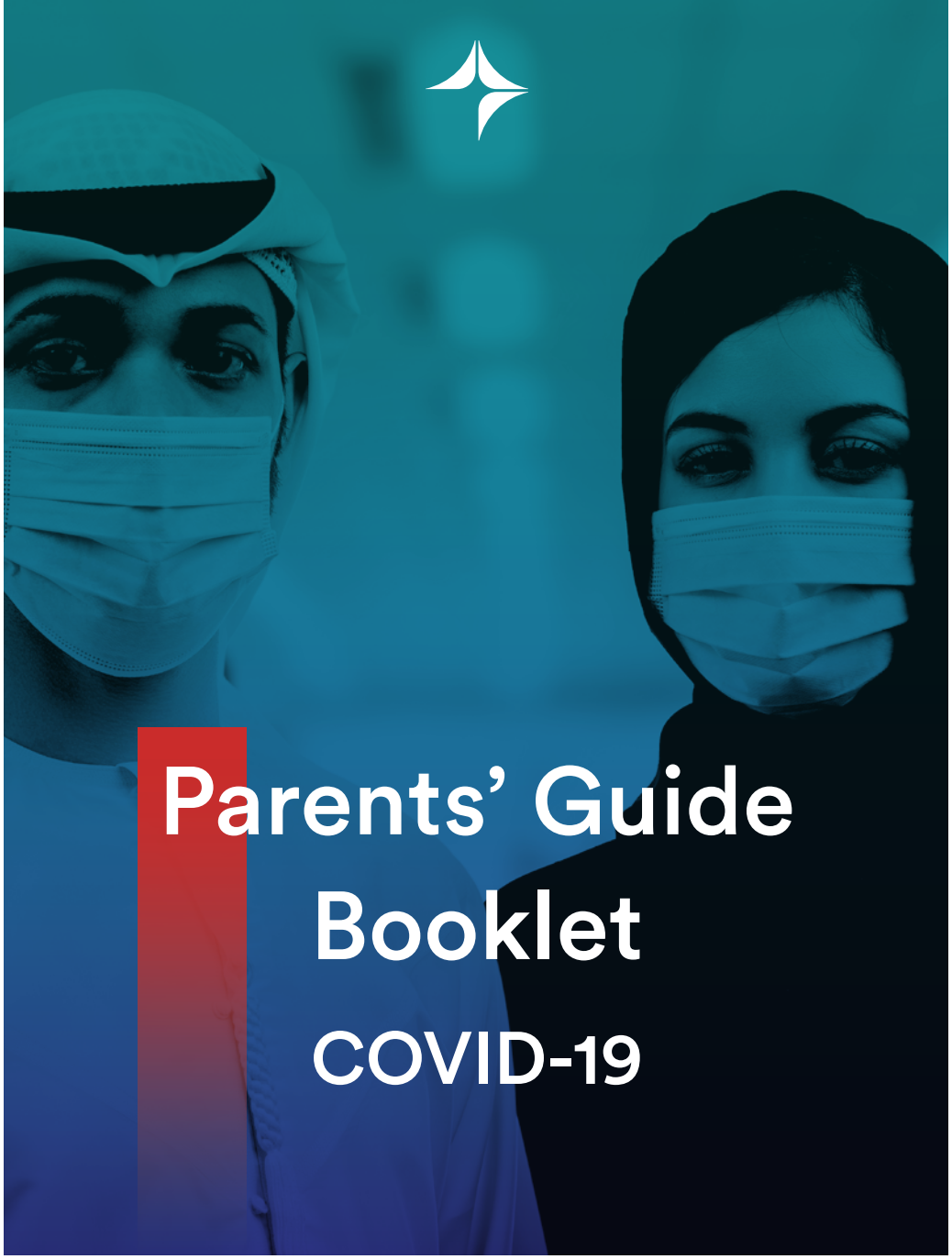
حكومة دبي
GOVERNMENT OF DUBAI

هيئة الصحة بدبي
DUBAI HEALTH AUTHORITY

Parents' Guide Booklet COVID-19

November 2020





Parents' Guide Booklet

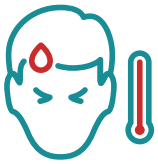
COVID-19

As a parent, you want to do everything you can to protect your child. The COVID-19 pandemic has brought many new challenges for families across the globe. DHA is here to provide you with accurate, updated and reliable information on the best ways to keep you, your family and the community safe.

General Instructions

It is important for parents to have knowledge of the signs and symptoms of COVID-19.

What are the symptoms?



Fever equal to or higher than 37.5°C

Coughing

Pain in the body

Shortness and difficulty in breathing

Sore throat

Runny nose

Diarrhea

Nausea

Headache

Loss of the sense of smell and taste

General Instructions

Parents must adhere to ALL the health instructions issued by the school and the concerned authorities.

Do NOT send your child to school when symptoms appear or if your child has been in contact with a person infected with COVID-19.

Avoid attending large gatherings and parties and stay away from crowded areas that can expose you and your child to the COVID-19 infection.

Educate your children about COVID-19 signs and symptoms and precautionary measures.

Students above 6 years should wear a mask.

Provide your child with an adequate number of masks and sanitizers wherever they go.

Regularly update the travel and health history form whenever you and your family travel abroad (https://www.dha.gov.ae/en/Pages/coronaregistration.asp)

Please bear in mind that each one of us is responsible for preventing the spread of panic, rumors or misinformation.

If your child starts developing COVID-19 symptoms at home:

Your child must stay at home.

You must inform the school immediately.

You must seek medical advice and request a PCR test for your child before returning to school.

If the result is negative:

- Send your child to school only after your child is free of symptoms.
- Submit the PCR test result and sick leave/attendance certificate upon your child's return to school.

If your child starts developing COVID-19 symptoms at home:

If the result is positive:

01

Parents should inform the school immediately if the result is positive.

02

Follow medical instructions and adhere to isolation precautions.

03

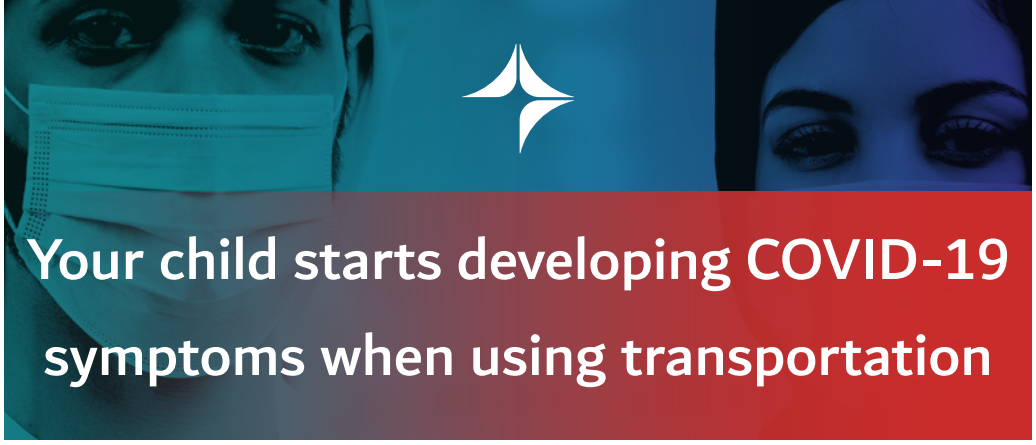
Your child's school will provide your child with distant/ virtual learning.

04

Upon returning to school; provide a COVID-19 Clearance Certificate from the treating doctor or you can call Dubai Health Authority's Helpline 800 342 to obtain the certificate.

05

Close Contacts to your child (such as siblings, other family members, classmates and friends) MUST adhere to home quarantine (14 days) and follow all the below mentioned instructions with regard to close contacts.



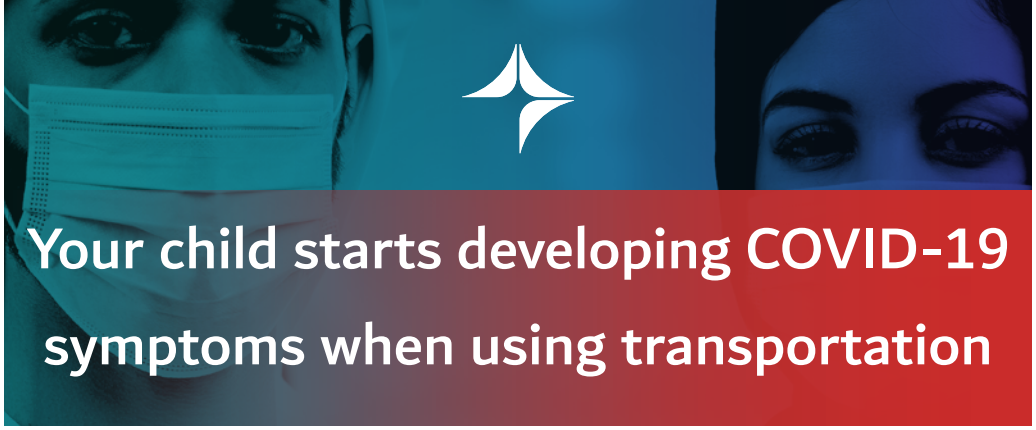
Your child starts developing COVID-19 symptoms when using transportation

Private transport:

- Parents and companions should observe children for any signs and symptoms during the journey to and from school.
- If any signs and symptoms appear, the child must return home, seek medical advice and inform the school immediately.
- Adhere to the above procedures depending on whether the test result is positive or negative.

If signs and symptoms appear before getting on the school bus:

- Keep the student at home.
- Seek medical advice.
- Inform the school immediately.

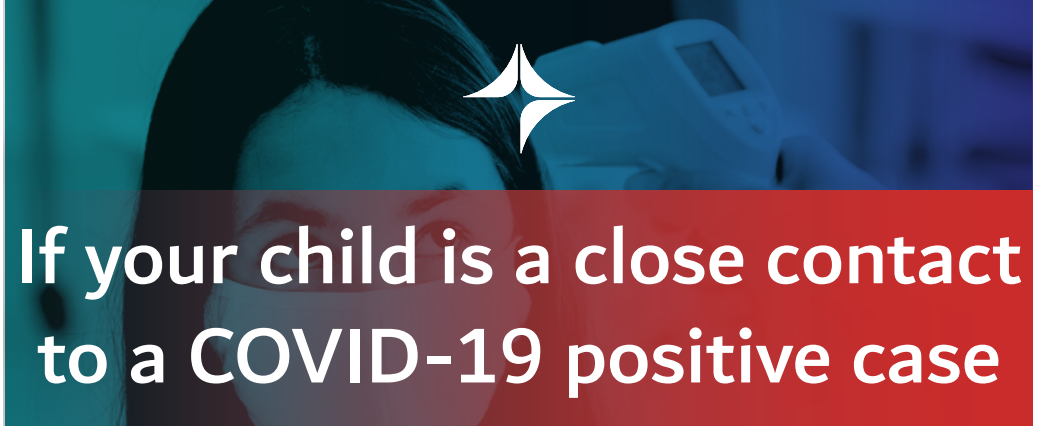


If signs & symptoms appear while riding the bus:

- The student showing symptoms should be seated at the front of the bus and the health and safety officer at school will be notified.
- The school health and safety officer must take the child to the isolation room at school upon arrival.
- The school must inform the parent to collect the child and take the child home. The school must also request the parents to seek immediate medical advice.
- Parents must cooperate with the school by taking the child immediately and they should follow the medical instructions.
- Parents must adhere to the above procedures regardless of whether the test result is positive or negative.

Your child starts developing COVID-19 symptoms at school

- Your child will be immediately taken to the isolation room (a designated room to separate a suspected or confirmed COVID-19 case from the rest of the students until the parent/ guardian arrives).
- Your child will be assessed by the school doctor/nurse.
- The school will contact you to take your child home immediately.
- Seek medical advice and get a PCR test done for your child.
- Adhere to the above procedures depending on whether the test result is positive or negative.

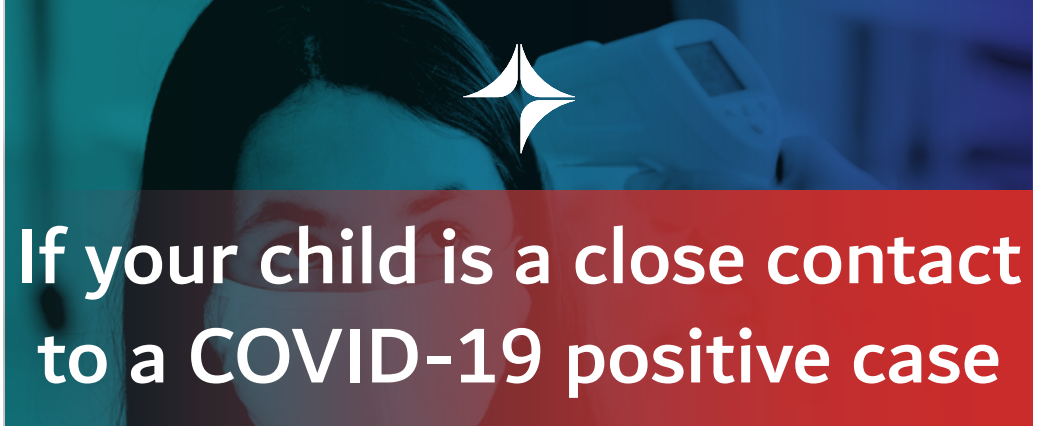


If your child is a close contact to a COVID-19 positive case

In case there is a positive COVID-19 case in school, DHA in collaboration with the school will investigate the case, trace contacts and inform you if your child has been in contact with the case.

Who is a close contact?

Any individual who was within a distance of 2 meters or less of a COVID-19 infected person for 15 minutes or more.

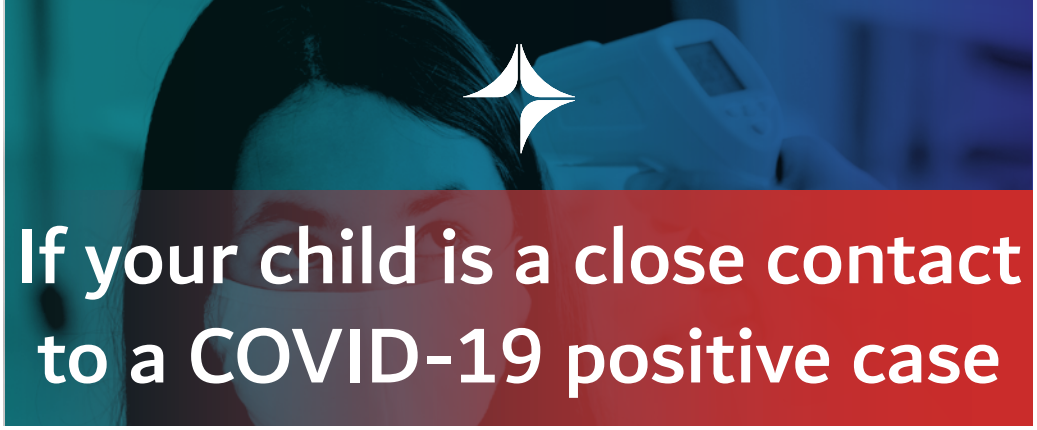


If your child is a close contact to a COVID-19 positive case

If your child is identified as a close contact to a positive COVID-19 case outside the school; you should inform the school immediately and adhere to home quarantine for 14 days from the date of the last contact with the infected person

In both cases mentioned above, the following procedure should be followed:

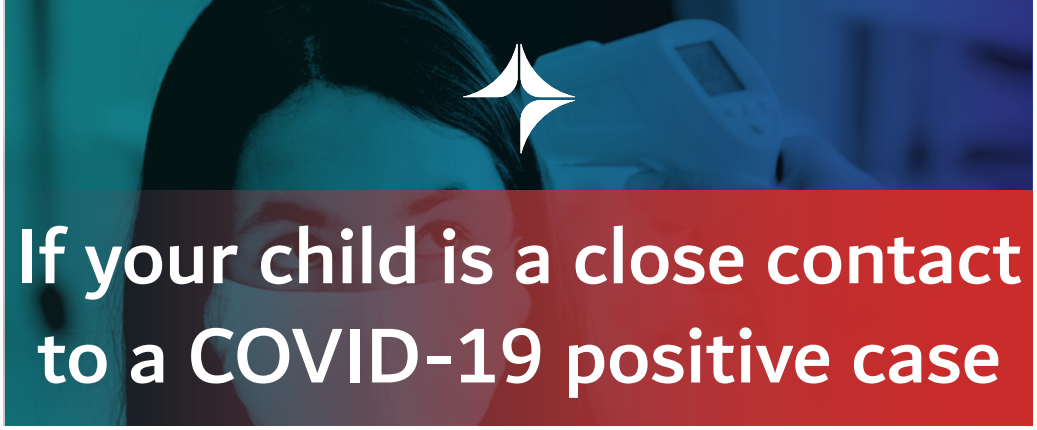
- Home-quarantine for a period of 14 days.
- Monitor your child for COVID-19 signs & symptoms during this period.
- A close contact, who does not show signs & symptoms during the 14 days of home quarantine, can return to school after completing the full home quarantine period. (14 days)



If your child is a close contact to a COVID-19 positive case

Close contacts are not required to do a PCR test unless they show signs & symptoms of COVID-19 during the quarantine period. In such a situation, they should immediately seek medical advice, get the PCR test done and inform the school about the PCR test result.

The school will assist your child with distance/virtual learning; therefore, encourage your child to commit to distance learning.



If your child is a close contact to a COVID-19 positive case

Around two days before returning to school, the school doctor / nurse will virtually evaluate your child to ensure that he/she does not have any signs & symptoms.

After the virtual evaluation, if your child is allowed to return to school, your child must go to the school clinic upon arrival to evaluate his/her health condition in order to resume learning activities in school.