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TIPS ►

HKFWS

In anticipation of classes.

Be physically and mentally ready:

1 Adjust rest schedule

A week before class resumes, sleep early and rise early.



2 Pre-class message

Inform children that they will soon be reunited with their classmates and resume class schedules.



Pack your schoolbags 3

Pack children's schoolbags with them, preparing school essentials.



Hygiene education 4



Teach children how to maintain their hygiene at school (for example changing masks after lunch)



TIPS ►

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3 things to do before learning for school:

1

Measure body temperature



2

Wear a mask (bring more masks for changing)



3

Bring easy-to-carry cleaning supplies.



(For example wet wipes, tissue and disinfectant cleaner)

 **TIPS** ▶

3 things **NOT** to do
at school:



1 **NOT Share
food**

2 **Touch your
mouth,
nose and ears
with your hands**



3 **Take
off your mask
randomly**



TIPS ▶

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3 Things you should do
at school:



1 Change 100
your mask when it
is dirtied



2 Always
wash your hands
for 20 seconds



3 Cover
the toilet before
flushing





TIPS ▶

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3 things to do after returning from school:



1 Remove your shoes before going into the house and put your schoolbags at the door.

2 Wash your hands --> change your school uniform---> then take a shower

3 Use rubbing alcohol to clean school supplies (like textbooks, stationery and water bottles)



TIPS ▶

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A healthy body is most important:

1 Measure your body temperature daily; if you show signs of coughing and / or a fever you should find a doctor immediately.



2 Eat less fried and greasy food to minimize the risk of getting sick



3 Drink more water to stay hydrated.



4 Eat more healthy food especially fresh fruits and vegetables.



Thanks for reading, Be welcome to share!

For more information feel free to check out on our Facebook and Instagram.

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