

April 13th, 2020

Dear Students, Parents & Teachers

As we continue our social distancing, we have all realized the importance of the many ways to halt the spread of Covid-19 and the challenges you face. Please be assured the Child Health team continues to focus on prevention and control of COVID-19.

During this time, we would like to encourage you to:

- Use the time wisely with family. Find attached “Make the Most of Your Time at Home” for ideas and activities with your child/children.
- Remain at home, practice social distancing and avoid unnecessary trips to the store.
- Focus on the positive and forward uplifting messages via social messaging Apps, as this will halt the spread of negative and fear causing messages.
- Practice hand hygiene etiquette, cover your cough and dispose of soiled tissues.
- Continue to get enough sleep, exercise, eat well and drink plenty of water.
- Listen and talk with all family members. Remain calm and seek help for you or your child if needed.
- Contact your Employee Assistance (EAP) resources for yourself, if available or MWI 249 3432
- Contact the hotline for your child, if needed:

Covid-19
Child and Adolescent Services HOTLINE
249-3370
Monday to Friday
9 am to 5 pm

Please be reminded if you or a family member are unwell call your doctor. If you have questions related to Covid-19 call the general hotline on 444-2498. Otherwise, stay informed and follow the advice on the government website: www.gov.bm/coronavirus. We recognize it is a stressful time and we are all in this together.

Warmly,



Child Health Team

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