

معاً نعود
TOGETHER WE RETURN

هيئة الشارقة للتعليم الخاص
SHARJAH PRIVATE EDUCATION AUTHORITY



التثقيف الصحي
Health Promotion

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



Why?

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



مجلس الأعلى لشؤون الأسرة
Supreme Council for Family Affairs

Why? booklet
prepared and produced by
Health Promotion Department
in Supreme Council for Family Affairs in Sharjah
In cooperation with Sharjah Private Education Authority

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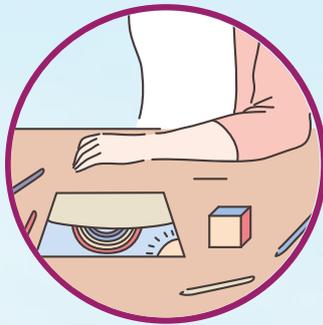


1. Why do I have to wash my hands?

When you touch things such as :



Toys



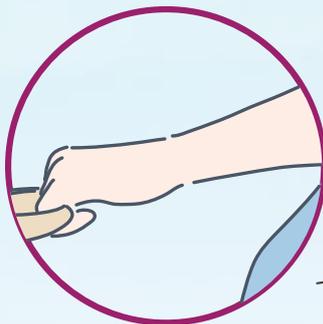
**Desks
and
chairs**



**Shopping
carts**



Books

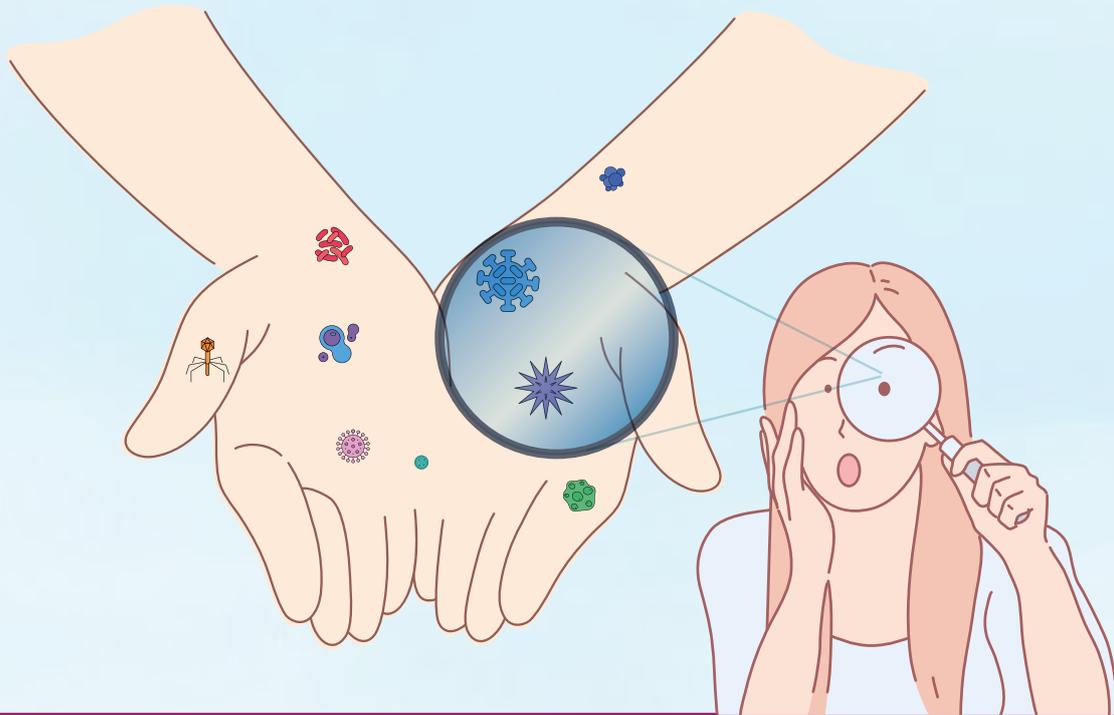


**Door
handles**

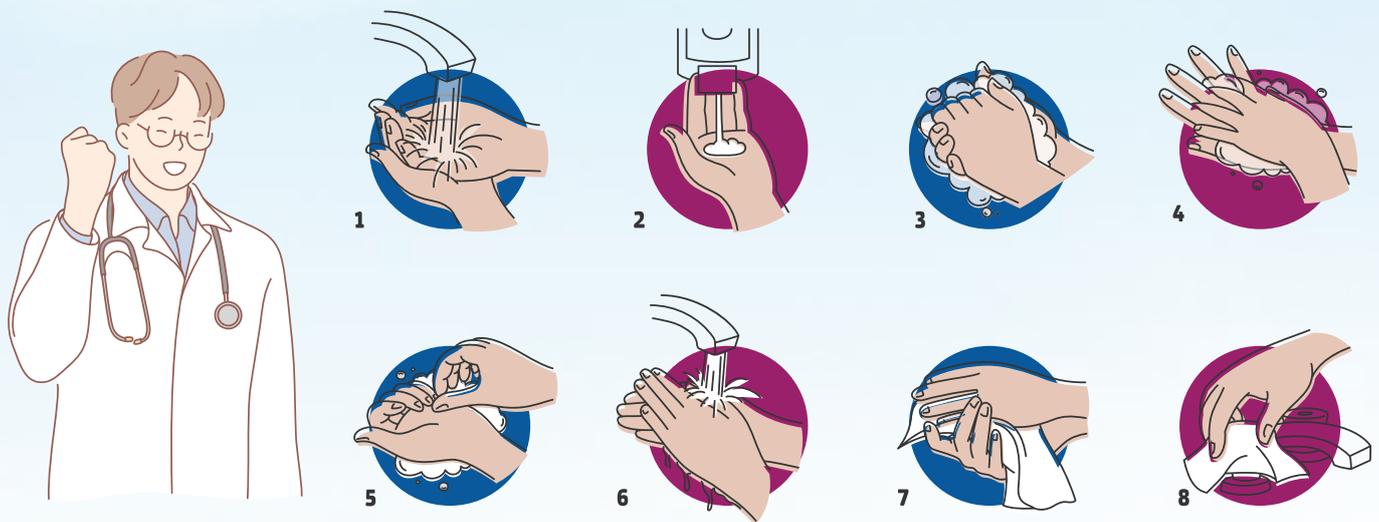


**Electronic
devices**

We can easily get germs on our hands and get sick



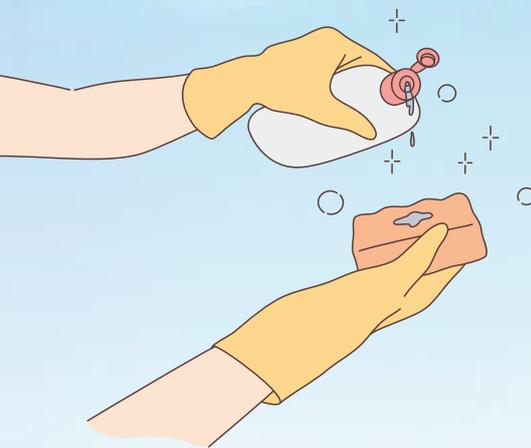
When we wash our hands with soap and water for 20 seconds we make sure that all germs are gone and ensure we stay healthy





2. Why we should clean surfaces?

The COVID19- virus can live on various surfaces for long time and we cannot see it.

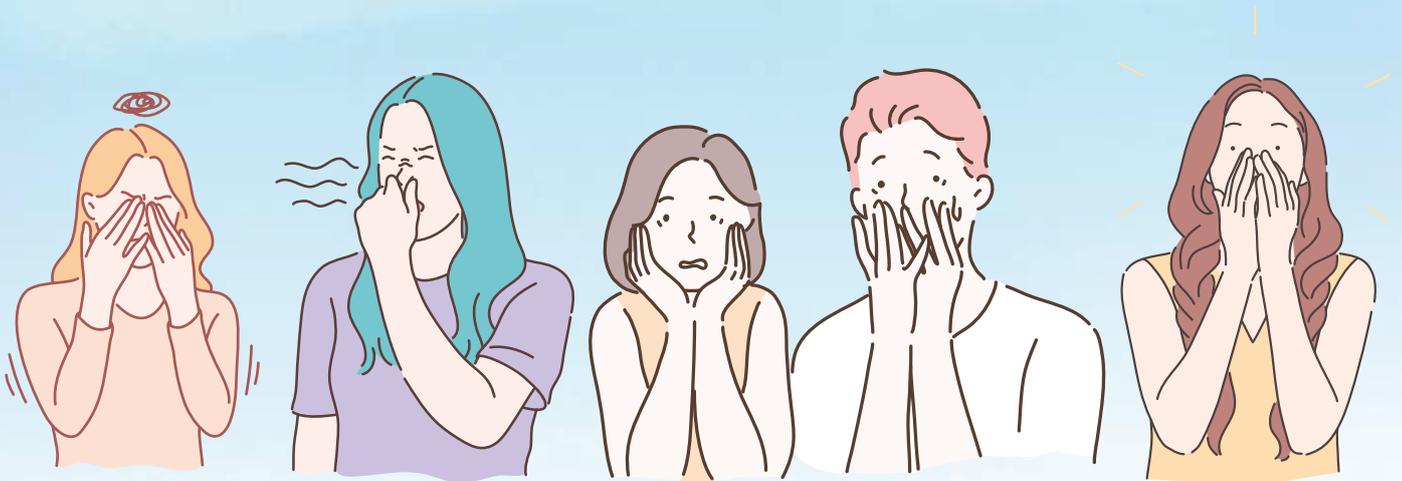


Disinfecting surfaces is extremely important to get rid of the virus and stay safe.



3. Why I should not touch my face?

When we touch things, we can get germs on our hands, making our hand dirty. If we touch our face, mouth, nose or eyes with dirty hands we can allow the virus to enter our body and get sick.



4. Why do I have to wear a mask?

When the virus enters our body and we get sick; we might cough and sneeze.

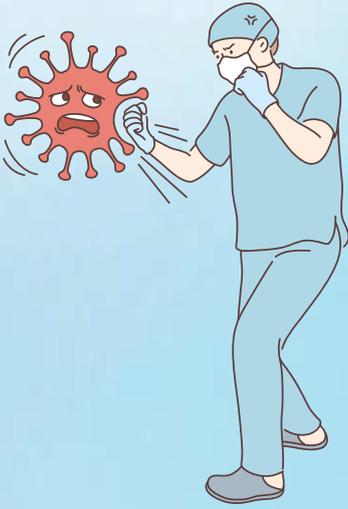


Our mask catches our cough and sneeze and stops the spread to other people.



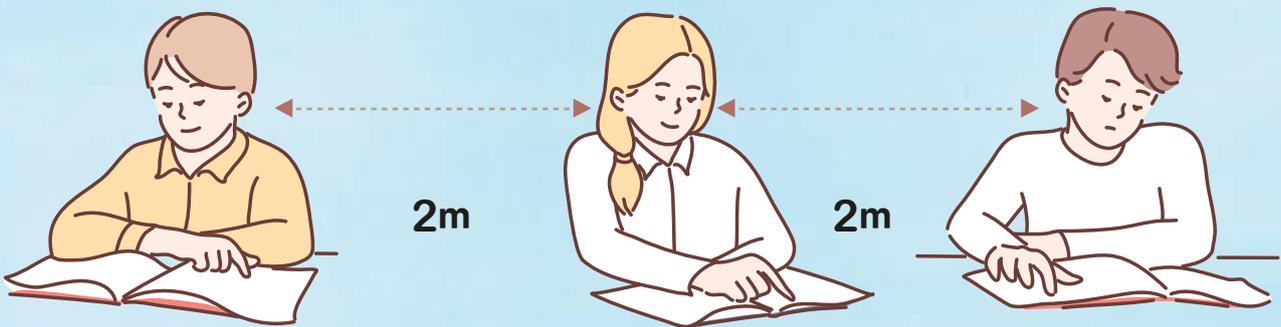
You do not have to wear mask at home, but you need to cover your mouth and nose with the inside of your elbow or a tissue. Do not forget to wash your hands after you cough or sneeze.



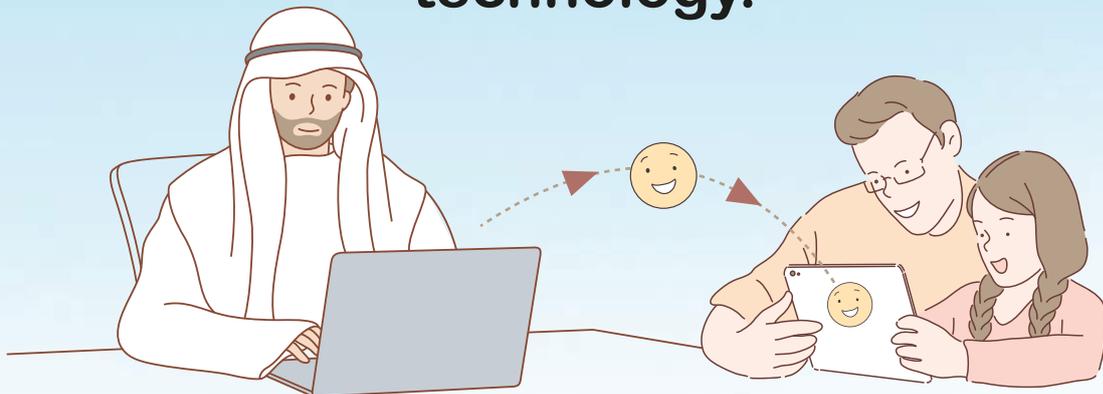


5. Why I need to stay away from my friends?

To beat the virus and stop the spread, we need to maintain physical distance between us.



You can get intouch with them through technology.



4. Why I can't visit my grandparents' house?

Because we love them and we must protect them from the virus as we might expose them to it if we visit. Instead, you can call them and tell them how much you love them.

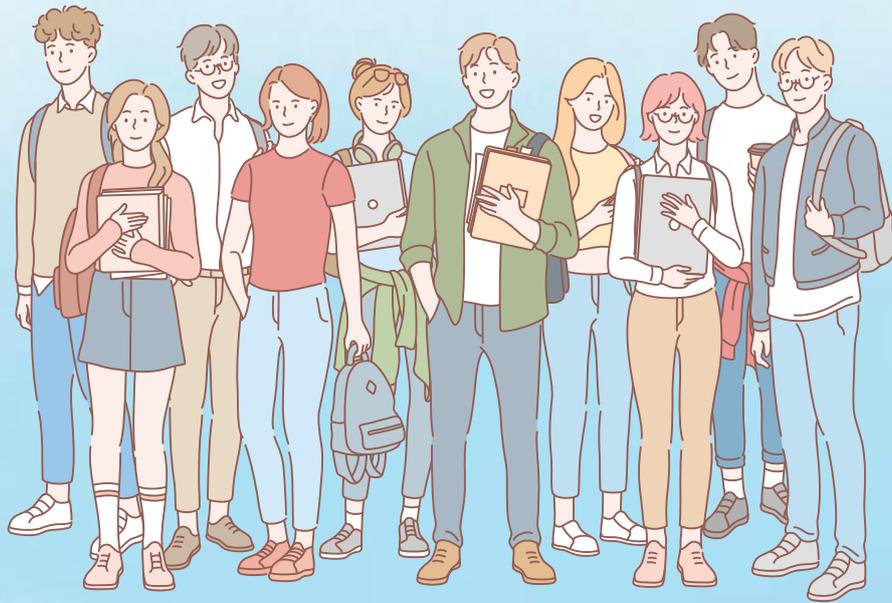


To the people I love



Lets write a letter to someone
you love and tell them how do
you miss them?

A large sheet of white paper with horizontal dashed lines for writing. In the top right corner, there is a blue rounded rectangle placeholder with the text "your picture" below it. The paper is decorated with pink leaf illustrations: a cluster of leaves on the left edge and a row of various leaves along the bottom edge.



7. Why we can't go to school as before?

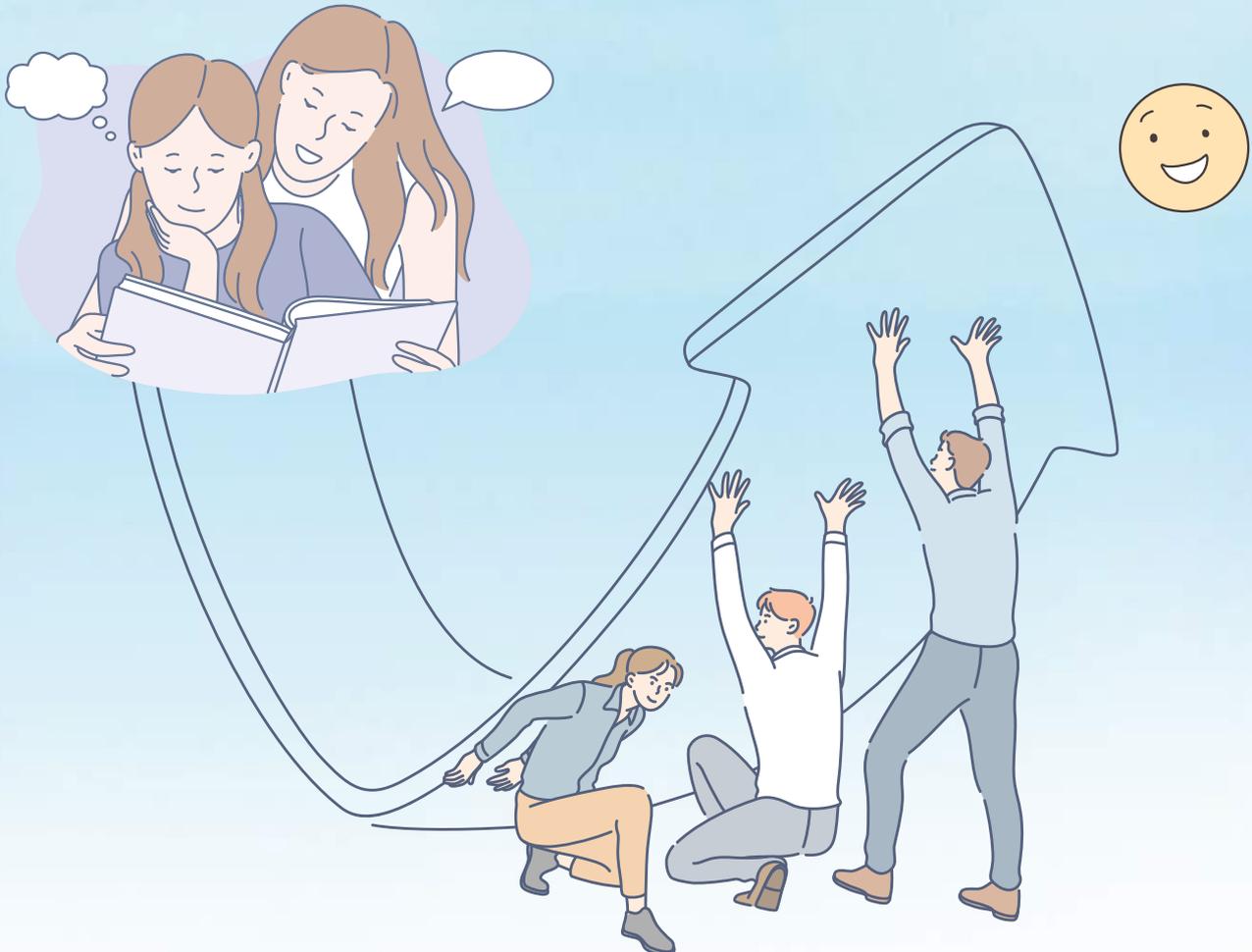
Right now, we don't have a vaccine to fight the virus. Since schools contain large numbers of people (students, teachers, staff, etc), for their safety we should follow all safety measurements till we get a proper vaccine or medicine.



8. Why do I feel worried?



This is a normal reaction to the current situation and to how it has changed out daily routine. Always look for things that make you feel relaxed and less stressed or you can share your feelings with someone you trust like your parents.



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Supreme Council For Family Affairs

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