

**Handreichung für Erziehungsberechtigte
In Landkreis und Stadt Osnabrück
zum Umgang mit COVID-19**

**Dear parents,
Dear parent or guardian,**

With these short notes we would like to provide you with the most important information as a guide for dealing with COVID-19.

Please inform your children about the following hygiene measures, which are particularly important in school:

- Keep a safe **distance of at least 1.5 m** from other children and adults/teachers
- **Hand hygiene**, i.e. regular hand washing with soap for 30 seconds
- **Behaviour when coughing and sneezing** (into the crook of your arm or into a handkerchief)
- Wearing a **mouth-and-nose-protector** when transporting pupils in public transport (bus)
- During breaks it is recommended to wear a mouth-and-nose-protector

You have to inform the school immediately if your child has any of the following symptoms:

- cough, shortness of breath, sore throat, cold
- Fever (please measure at home and do not estimate body temperature)
- other symptoms: muscle and joint pain, stuffy nose, headache, disturbance of taste, odour disturbance, exhaustion, indisposition

If you have one or more of these symptoms, you may no longer send your child to school. The kid should stay at home and you should contact your family doctor or paediatrician.

If symptoms occur during school time, your child have to put on a mouth-and-nose-protector immediately and be picked up immediately (depending on age).

Then contact your family doctor or paediatrician immediately.

By mail to: corona-schulen@LKOS.de

By telephone: 0541 501 1111

Mo - Fr 9:00 - 17:00

Sat, Sun and holidays 9:00 - 13:00

What do you have to do if a Corona case is confirmed in your child?

As soon as you have been informed of the result by the health service, inform the school immediately. Further measures will be discussed with the health service.

However, in all the discussions on the subject of mouth-nose-protection, however, it should be noted that the protection within a group increases the more people wear mouth and nose protection.

Your contact person is available for all questions:

Team Corona Schools (Dr. Tasche)

Tel. 0541/501-1111

E-mail: corona-schulen@LKOS.de

Your health service for the district and city of Osnabrück