

## How can I support my child in the implementation of the hygiene measures? Advice for parents and legal guardians

Dear parents and legal guardians,

After many weeks your child's classes at school will now begin again. Due to the current situation the day-to-day routine of school life will be subject to new rules, which most people concerned will be unaccustomed to and the adherence to which will require a lot of discipline on the part of the pupils. You as parents or legal guardians can support your child in following the requirements necessary for overall health protection.

**Representatives of the town of Marburg, the district, the health department, the town and district parents-council as well as the state school board** have together created this information notice, in order to give you suggestions on how to prepare your child for the beginning of school and how you can accompany your child with confidence into the "new" everyday school life.

✚ **Be a role model:** Pay attention to how you speak about Corona and be open to your child's questions. The manner in which you deal with the information can reduce fear and uncertainty, but can also increase it. Speak to your child in a reassuring manner about the current situation and explain the sense and necessity of social distancing. The underlying principle is to protect other people from infection.

✚ The following **basic rules** need to be discussed with the child and, if needed, explained in a playful manner:

- Keep a distance of 1.50 meters (e.g.: "almost as long as your bed or an air mattress.")  
**TIP:** Take a measuring stick and show, how long 1.50 meters are.
- Carefully and thoroughly apply soap and wash hands for 20-30 seconds with cold or warm water (especially after entering the school building and after breaks, before having a meal, after using the bathrooms, after blowing your nose, sneezing or coughing)
- sneeze and cough into the crook of the arm
- do not touch your face



✚ It is mandatory to wear a **mouth and nose protection guard** (simple cotton suffices) in public transport. In addition to the general recommendation to wear mouth and nose protection, please take note of the requirements enforced at your school.

**TIP:** Together with your child choose a mouth and nose protection with which the child feels comfortable and is happy wearing. Practice its correct handling in your house environment or e.g. take your child shopping so he/she can get used to wearing it in public. For the appropriate safe-keeping of the mouth and nose protection please give your child a suitable box or bag. The protection needs to be washed after school at a temperature of at least 60°C.

✚ Make sure that your child brings all necessary **materials and school documents**, as it is not permitted for the students to share their pens and text books with each other.

✚ **Lunch boxes and drink bottles** are to be labelled with names, so that no ownership confusion arises. Additionally, it is recommended to give your child **wet wipes** before setting off to school.

✚ Explain to your child that **on the way to school** and during **break times** interpersonal distance must be maintained and best friends are not to be greeted with a hug.

**Weitere Hinweise zur Hygiene finden Sie auf der Homepage des Landkreises  
([www.marburg-biedenkopf.de](http://www.marburg-biedenkopf.de)).**



Informationen zum Coronavirus

Hier finden Sie regelmäßig aktualisierte Informationen des Gesundheitsamtes, des Landes Hessen und des RKI zum Coronavirus (2019-nCoV).

www. —→