



The happiness of learning

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What to do if you have symptoms of COVID-19, however mild, Or tested positive for COVID-19.

- **Immediately self-isolate at home for at least 14 days from when your symptoms started.** Staying at home will help prevent the spread of the virus to family, friends, the wider community, and particularly those who are clinically extremely vulnerable. Controlling the spread of the virus will help save lives. You should stay in a well-ventilated room with a window to the outside that can be opened, separate from other people in your home if this is possible. Keep the door closed.
- **Alert LAF and people who have had close contact within the last 48 hours;** let them know you have symptoms and waiting for the results or tested positive for coronavirus COVID-19. At this stage, those people should not self-isolate. Alerting those that you have been in contact with means they can take extra care in practicing social distancing. They can also be more alert to any symptoms they might develop.
- **After 14 days, if you still have symptoms,** you must continue to self-isolate until you feel better.
- **All other household members, including siblings (brothers and sisters), who remain well must stay at home and not leave the house for 14 days.** The 14-day period starts from the day when the first person in the household became ill. You and everyone else in your household must remain at home. It is recommended that they do not go to work, school, or public areas, and do not use public transport or taxis.
- **Reduce the spread of infection by washing your hands regularly** for 20 seconds using soap and water, or use hand sanitizer, **and cover coughs and sneezes.**
- If you have possible or confirmed COVID-19 and you live with others, **consider using a face covering inside your home when spending time in shared parts of the household, in addition to avoiding contact with other members of the household as much as possible.** Wearing a face covering does not replace social distancing.

- [Cleaning and disposal of waste.](#) When cleaning you should use your usual household products, like detergents and bleach, as these will be very effective at getting rid of the virus on surfaces. Clean frequently touched surfaces such as door handles, handrails, remote controls and tabletops.

Clean a shared bathroom each time you use it, for example, by wiping the surfaces you have touched.

Personal waste (such as used tissues) and disposable cleaning cloths can be stored securely within disposable rubbish bags. These bags should be placed into another bag, tied securely and kept separate from other waste. This should be put aside for at least 72 hours before being put in your usual external household waste bin. Other household waste can be disposed of as normal.

- [Laundry.](#) To minimize the possibility of dispersing virus through the air, do not shake dirty laundry. All dirty laundry can be washed in the same load.

If you do not have a washing machine, wait a further 72 hours after your duration of isolation has ended when you can then take the laundry to a public launderette.

Do not share towels, including hand towels.

- [Do not have visitors in your home.](#) Do not invite or allow social visitors, such as other friends or family, to enter your home. If you want to speak to someone who is not a member of your household, it is recommended to use the phone or social media.
- [What you can do to help yourself get better.](#) Drink water to keep yourself hydrated. You should drink enough during the day so your urine is a pale clear color.

You can use over-the-counter medications, such as paracetamol, to help with some of your symptoms. Use these according to the instructions on the packet or label and do not exceed the recommended dose.

- [If you or your family need to seek medical advice.](#) Seek prompt medical attention if your illness or the illness of someone in your household is worsening or your

symptoms do not get better after 7 days. **If it's not an emergency, contact 81-8361-0058 COVID-19 service.**

If it is a medical emergency and you need to call an ambulance, dial 911 and inform the call handler or operator that you or your relative have COVID-19 symptoms.

All routine medical and dental appointments should usually be cancelled while you and the family are staying at home.

- [Looking after your wellbeing while staying at home.](#) We know that staying at home for a prolonged period can be difficult, frustrating and lonely for some people and that you or other household members may feel low. It can be particularly challenging if you don't have much space or access to a garden.

It's important to remember to take care of your mind as well as your body and to get support if you need it. Stay in touch with family and friends over the phone or on social media.

LAF provides psychology support for LAF students. If you need help, please contact Melina Trejo at melina.trejo@laf.edu.mx.

There are also sources of support and information that can help, such as the Nuevo León COVID-19 website <https://www.nl.gob.mx/coronavirus>.

Think about things you can do during your time at home. People who have stayed at home for a week or more have kept themselves busy with activities such as cooking, reading, online learning and watching films. If you feel well enough you can take part in light exercise within your home.

Hopefully, none of your family will experience anything more than mild symptoms, but some people are badly affected by COVID-19.

*** REFERENCE- PUBLIC HEALTH ENGLAND**

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>