



Kind attention to: **All Parents / Guardians of Family Hope Center Students**

Subject : **HELPFUL TIPS TO PREVENT COVID19 & HOME ISOLATION GUIDELINES FROM MOPH**

Dear Parents/Guardians,

With the current condition and sudden surge of Covid19 cases in Qatar, we would like to give you some important reminders that would help in preventing infection to our children and love ones. Although these safety recommendations are familiar to you, please always consider them as part of your daily tasks and think about these strategies that could save lives, therefore we hope that these recommendations will help everyone to stay safe and healthy as we are always keen to the protection of everyone attending Family Hope Center or even outside with your love ones.

1. It is important to send your child at FHC to continue with their applicable sessions, we assure that we are taking all the required and strict safety protocol while staying inside our Center.
2. Keep your child safe at home and don't take unnecessary trips to malls, parks or any public places as these are the most crowded areas that has a greater chance of being infected with a Covid19 virus.
3. Always give them a multivitamin supplement that can boost their immune system. Continuously provide them with hot food such as soup, ginger or lemon tea with honey and reduce the sweets and candies as they can decrease the immunity against the dreaded virus.

And as per the released public statement from the Ministry of Public Health (MOPH), here are some of the guidelines when you are being tested positive for Covid19 and required to isolate at home for 10 days. Here is how you can do it safely:

1. Stay in room with a built in bathroom separated from other family members for the first 5 days.
2. Ensure proper and regular ventilation.
3. Don't allow visitors into your house.
4. You must not leave your room.
5. Use your phone if you need to contact anyone else in the house.
6. Ask others - a family members or friend - to run errands for you like buying food or medicine.
7. Only one member of the family or friend should be allowed to provide care to you. Your caregiver should wear a facemask and gloves every time they enter your room and should dispose of the mask and gloves and wash their hands immediately after leaving the room. A distance of at least 1 meter shall be maintained between you and your caregiver at all times.



8. Following the first 5 days of isolation, you are permitted to leave your room, but should wear mask at all times when around other people in your household.
9. Contact 16000 if you have any questions or concerns.

Please inform us immediately if your child has any symptoms. Don't attempt to send him/her to school and always monitor the child's condition. If in any case that a child has a fever or showing any flu-like symptoms within our care, we will isolate the child until the parents should come to take him/her.

Stay healthy and safe as always.

Sincerely,

Dr. Joelle Al Asmar

Head of Center

Family Hope Center - Qatar