



HKFWS In anticipation of classes. Be physically and mentally ready:

Adjust rest schedule

A week before class resumes, sleep early and rise early.

2 Pre-class message

Inform children that they will soon be reunited with their classmates and resume class schedules.

Pack your schoolbags 🕄

Pack children's schoolbags with them, preparing school essentials.

Hygiene education 🥝

Teach children how to maintain their hygiene at school (for example changing masks after lunch)



TIPS HKFWS 3 things to do before learning for school:

Measure body temperature

Wear a mask (bring more masks for changing)

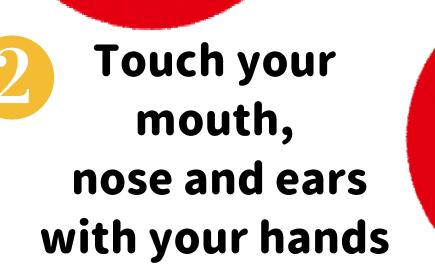
Bring easy-to-carry cleaning supplies.

(For example wet wipes, tissue and disinfectant cleaner)

TIPS 3 things NOT to do at school:

NOT Share food

HKFWS





Take off your mask randomly







2 Always wash your hands for 20 seconds



3 Cover the toilet before flushing

TIPS HKFWS 3 things to do after returning from school:



- Remove your shoes before going into the house and put your schoolbags at the door.
- 2 Wash your hands --> change your school uniform---> then take a shower
- Use rubbing alcohol to clean school supplies (like textbooks, stationery and water bottles)



Measure your body temperature daily; if you show signs of coughing and / or a fever you should find a doctor immediately.

Eat less fried and greasy food to minimize the risk of getting sick

Drink more water to stay hydrated.









以家為本 Family Matters

Thanks for reading, Be welcome to share!

For more information feel free to check out on our Facebook and Instagram.

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Cartoon Resources from: かわいいフリー素材集 いらすとや https://www.irasutoya.com/