

Basic Protective Measures Against COVID-19

The COVID-19 pandemic has been challenging and we at Cambridge English For Life (CEFL) take hygiene and safe physical distancing measures seriously.

As responsible members of the community, everyone plays an important role to continue good hygiene practices and safe physical distancing to keep the COVID-19 under control, with or without an enforced Movement Control Order (MCO) or some form of lockdown.

Here are some simple precautions you can take to reduce the chances of being infected or spreading COVID-19. Take care of your health and protect others by doing the following:

What You Can Do at Home



Wash your hands with soap frequently.



Upon returning home dispose of your mask, soak your clothes with soap and take a bath before having any physical contact with anyone at home.



Keep the environment clean. Perform routine cleaning and disinfection of surfaces and objects that are frequently touched.



Please stay home if you have the following conditions:

- Unwell
- Fever or flu-like symptoms (runny nose, cough, sore throat, shortness of breath)
- Have been in close contact with a COVID-19 positive person, those under mandatory 14-day self-quarantine and/or anyone returning from overseas
- All staff, teachers and students who just returned from overseas are to observe a mandatory 14-day self-quarantine.



Wear a mask before stepping out of the house and coming to class to prevent the spread of viruses from asymptomatic patients.



If you wish to discuss your child's progress, you are encouraged to communicate via phone or messaging app to avoid congregating for a prolonged period.

What We Do at CEFL Centres



Only 'essential visitors' will be allowed in the centre. Any enquiries will be by appointment only.



Please wear a face mask while you are inside the centre. You may opt to use to a face shield instead or in addition to the mask.



Every person who enters the centre will be screened using a non-contact thermometer to ensure no one has a fever. Any staff, teacher or student who has a temperature reading of 37.5 degrees Celsius or above will be sent home and strictly not allowed entry to the centre until he/she has fully recovered.



Surfaces and objects that are frequently touched will be cleaned and disinfected. Classrooms will be cleaned after every session before the next group of children uses it.



Parents and caregivers are no longer allowed into the centre; only drop-off and pick-up near the entrance is allowed. Please maintain social distancing while waiting for your child after class.



Parents, students and staff MUST declare past and future travel plans (if any) and any contact with anyone who is COVID-19 positive. Failure to declare truthfully may result in suspension or dismissal of the student/family from the centre. The student/family may be reported to the authorities.



Hand sanitisers will be placed at appropriate locations (i.e. entrances and exit points) and must be used before entering classrooms.



Students will be dismissed from classrooms within 15 minutes after class. Parents are to pick their child up within the stipulated grace period.

Together, we will win this battle against COVID-19.