Beloved Parents

Hello everyone. As Cotlands, we hope you and your families are holding on to hope during this lockdown. We are missing your children’s beautiful little faces, voices and laughter as they have grown to be part of Cotlands family.

As we have been instructed to stay home during this lockdown, let us please follow the rules and unite against the spreading of the pandemic Coronavirus. It is the most difficult time for all of us, we need to stand together and fight this coronavirus that keeps us apart for a little while.

As Cotlands we appeal to you to follow the rules, share correct information and play your part in helping to stop the spreading of the virus.

Let us respect our security and health support services such as; Police, Soldiers, Doctors and Nurses for they are making sure that we stay safe and healthy.

You can help protect yourself and help prevent spreading the virus to others if you:

- Wash hands regularly for 20 seconds with soap and water or apply alcohol-based hand rub.
- Cover your nose and mouth with a disposable tissue or use your flexed elbow when you cough or sneeze.
- If you need to go out of your home, please sanitize, wear mask and gloves.
- Avoid gatherings or places that have a lot of people and always follow the social distance rule.
- Go for viral test at the nearest testing point.
- Beware of criminals and stay safe during door-to-door campaign.

To keep in touch with our children- Cotlands will be sending you as a parent, short videos of activities to be conducted with children. They are family friendly, feel free to do them together.

Stay home, stay safe and help stop the spread of coronavirus, look forward to the end of this pandemic virus when we will be united again as Cotlands community.