



ZULULAND Remedial Centre



Holiday & Summer Safety



At School

- 🧢 Wear hats, rest in the shade and drink lots of water
- 🔔 Know your fire drill & evacuation routes
- 🐝 Be careful of bees & wasps on the playground



On the Way to & from School

- 🚦 Road safety in busy holiday traffic
- 🚶 Walk in groups – don't walk alone
- 🚌 Sit safely in taxis & buses, wait for the vehicle to stop before jumping off



At Home / Holidays

- 🏊 Never swim alone, keep pool gates closed
- 🧴 Use sunscreen & avoid playing outside without sun protection 10am–3pm
- 🕯 Be safe with candles & stoves during load-shedding/power outages
- 🐕 Be gentle with pets – they can get stressed during gatherings
- li>• 🧨 Never touch fireworks – watch with adults only



Health & Wellbeing

- 🍖 Keep food safe at braais & picnics – always wash hands!
- 💧 Drink plenty of water (not only fizzy drinks)
- 🦟 Watch out for mosquitoes (especially in malaria areas)
- 🗣 Talk to a trusted adult if you feel unsafe or uncomfortable



Online & Internet Safety

- 💬 Never talk to strangers online
- 📷 Don't share personal photos or information
- 🗣 Tell an adult if someone online makes you feel uncomfortable
- ⌚ Take breaks from screens and enjoy outdoor play
- 🔒 Keep accounts private and only accept friend requests from people you know
- 🚫 Never agree to meet anyone you met online

Emergency Helplines

☎ Childline: 116

☎ GBV Command Centre: 0800 428 428

☎ Human Trafficking Hotline: 0800 222 777

☎ Films & Publications Board (online violations): 0800 148 148