



Friday 13 March 2020

Coronavirus (Covid-19) Update

Dear Parents/ Carers,

Following the latest advice from the government, I am writing to families to ensure that this key information is shared with all members of our school community.

Although the message from government, and indeed our Local Authority, remains one of 'business as usual' in relation to schools, I would just like to draw your attention to the following key information.

We will be putting a temporary halt to our daily 'shake and shine' so that we avoid any unnecessary contact. Please talk to your children about not holding or shaking hands with their friends during this period. Also, please do not think us rude if we do not shake your hands when we meet with you for meetings or appointments; we are just simply trying to minimise the possibility of spreading this virus.

As of the 12th March 2020, the government are now advising anyone who may have symptoms of coronavirus, however mild, to self-isolate and stay at home for 7 days. The main symptoms are:

- New continuous cough and/or
- High temperature

If you fall into this category, please follow the steps below:

- if you have symptoms of coronavirus infection (COVID-19), however mild, stay at home and do not leave your house for 7 days from when your symptoms started. (See Ending Isolation section below for more information)
- this action will help protect others in your community whilst you are infectious.
- plan ahead and ask others for help to ensure that you can successfully stay at home.
- ask your employer, friends and family to help you to get the things you need to stay at home.
- stay at least 2 metres (about 3 steps) away from other people in your home whenever possible.
- sleep alone, if that is possible.
- wash your hands regularly for 20 seconds, each time using soap and water.
- stay away from vulnerable individuals such as the elderly and those with underlying health conditions as much as possible.
- you do not need to call NHS111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days contact [NHS 111 online](#). If you have no internet access, you should call NHS 111. For a medical emergency dial 999

The 14 day isolation period still applies to those who have come into contact with a confirmed case of coronavirus.

We will continue to discuss, with our children, the importance of good respiratory and hand hygiene, following advice from Public Health England and the government. The key points we share with children are:

- washing your hands often - with soap and water, or use alcohol sanitiser if handwashing facilities are not available. This is particularly important after taking public transport
- covering your cough or sneeze with a tissue, then throwing the tissue in a bin. See Catch it, Bin it, Kill it
- people who feel unwell should stay at home and should not attend work or any education or childcare setting
- pupils, students, staff and visitors should wash their hands:
 - before leaving home
 - on arrival at school
 - after using the toilet
 - after breaks and sporting activities
 - before food preparation
 - before eating any food, including snacks
 - before leaving school
- use an alcohol-based hand sanitiser that contains at least 60% alcohol if soap and water are not available
- avoid touching your eyes, nose, and mouth with unwashed hands
- avoid close contact with people who are unwell
- clean and disinfect frequently touched objects and surfaces
- if you are worried about your symptoms or those of a child or colleague, please call NHS 111. Do not go directly to your GP or other healthcare environment

Please share the following video with your child about how to wash their hands properly:

<https://www.youtube.com/watch?v=S9VjeIWLnEg>

For all of the latest information and advice from the UK government, please click here:

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

We do not wish to alarm anyone by sending this communication. Our aim is to ensure we are sharing the latest advice with our families.

If you have any questions, please do not hesitate to contact me.

Best wishes,



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