

All Saints C. E. Primary School



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Dear Parents,

Re: COVID-19 (Coronavirus)

At All Saints CofE Primary School, we take the health and safety of our school community including children, parents, staff, governors and visitors very seriously. Currently, we are receiving daily updates from the Department for Education regarding the guidance from Public Health England on how schools should respond to the outbreak of COVID-19 (Coronavirus). There is no cause for concern in our school at the moment but we are doing everything we can to educate about hygiene such as hand washing. We are also doing our best to keep the school as clean as possible to try and prevent the spread of the virus.

Yesterday, the Prime Minister confirmed that the government's response to COVID-19 was moving out of the 'Contain' phase and into 'Delay' – the second phase in the government's coronavirus action plan. The UK Chief Medical Officers have now raised the risk to the UK from moderate to high. Also, Public Health England are continually updating their travel advice.

Advice from Public Health England continues to be for education and children's social care settings to remain open, unless advised otherwise. Unfortunately, schools may be forced to close if confirmed cases increase. We hope that this will not be necessary but it appears likely and want to be prepared if we do have to shut our school. We have drawn up an action plan which includes ensuring that your children will have work to do at home and we keep you updated through regular communication. Our school website and twitter feed will be the main sources of information.

We are taking all our advice from the Department for Education and Public Health England. Please be cautious about what you hear by word of mouth or via social media as they often involve myths and spread unnecessary fear. We have already noted that one or two children are wearing face masks, gloves and bringing in hand gel. There is little evidence that face masks are effective outside of clinical settings, gloves become dirty and we have plenty of soap and water for children to wash their hands so there is no need for anything additional to be brought in from home.

The following contains some basic information to help us all try and prevent catching and spreading the virus.



department for education and skills



What are the symptoms of coronavirus?

The symptoms of coronavirus are:

- a cough
- a high temperature
- shortness of breath

These symptoms do not necessarily mean you have the illness as they are similar to others that are much more common, such as cold and flu.

If I show symptoms, do I need to stay at home?

Stay at home for 7 days if you have either:

- a high temperature
- a new, continuous cough

Do not go to a GP surgery, pharmacy or hospital.

You do not need to contact 111 to tell them you are staying at home.

Use the NHS 111 online coronavirus service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

Only call 111 if you cannot get help online.

Why do I need to stay at home?

It is important to stay at home to stop coronavirus spreading.

Do

- try to keep at least 2 metres (3 steps) from other people in your home, particularly older people or those with long-term health conditions
- ask friends and family and delivery services to deliver things like food shopping and medicines but avoid contact with them
- sleep alone if possible
- regularly wash your hands with soap and warm water for at least 20 seconds
- try to stay away from older people and those with long-term health conditions
- drink plenty of water and take everyday painkillers, such as paracetamol and ibuprofen, to help with your symptoms

Do not

- **do not have visitors (ask people to leave deliveries outside)**
- **do leave the house, for example to go for a walk, to school or public places**

How is coronavirus spread?

As it is a new illness, it is not known exactly how coronavirus spreads from person to person. Similar viruses are spread in cough droplets. It is very unlikely it can be spread through things like packages or food.

How do I avoid catching or spreading coronavirus?

Do

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin straight away and wash your hands afterwards
- try to avoid close contact with people who are unwell

Do not

- **do not touch your eyes, nose or mouth if your hands are not clean**

Should I wear a face mask to protect myself from infection?

Face masks play a very important role in clinical settings, such as hospitals but there is very little evidence of widespread benefit from their use outside of these clinical settings. Face masks must be worn correctly, changed frequently, removed properly and disposed of safely in order to be effective.

What if I am planning to travel?

At the time of writing this letter, the advice for returning travellers is as follows but keep checking the guidance from Public Health England for the most up to date information.

“Foreign & Commonwealth Office travel advice is constantly under review, so that it reflects our latest assessment of risks to British people. In response to coronavirus measures we are advising against all and all but essential travel to some countries, cities and regions. You must check the travel advice to the country you are travelling to.”

What is the treatment for coronavirus?

There is currently no specific treatment for coronavirus. Antibiotics do not help, as they do not work against viruses. Treatment aims to relieve the symptoms while your body fights the illness. You will need to stay in isolation away from other people until you have recovered.

Advice is changing daily but we will keep you updated on our situation regarding school.

If you have any concerns about coronavirus, then please do not hesitate to ask.

Yours sincerely,

Mrs L Tennant
Head Teacher