Coronavirus (COVID-19) information for parents and carers:

COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.

Current UK position:
The government has stated that the overall risk of Coronavirus to the UK remains moderate.

A UK wide campaign has been launched to provide clear advice on how to slow the spread of Coronavirus.


Department for Education (DfE) HELPLINE:
The DfE have launched a national helpline for to answer questions about COVID-19 related to education. Staff, parents and young people can contact the helpline as follows:

Phone: 0800 046 8687
Email: DfE.coronavirushelpline@education.gov.uk
Opening hours: 8am to 6pm (Monday to Friday)

Guidance on how to prevent the spread of viruses:
Do:
• cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough and sneeze;
• Put used tissues in the bin immediately;
• Wash your hands with soap and water often (for 20 seconds) – use hand sanitiser gel if soap and water are not available;
• Try to avoid close contact with people who are unwell;

Don’t:
• Do not touch your eyes, nose or mouth if your hands are not clean.

COVID-19 symptoms:
• Cough
• Fever
• Flu-like symptoms
• Difficulty breathing

If you have any of these symptoms stay at home for 7 days and contact NHS 111 online for advice (or by phone on 111). Do not go to a GP, hospital or pharmacy.

https://111.nhs.uk/
Travel advice:

Please view the attached guidance for travel advice from effected areas outside of the UK:


Latest information:

Please visit the following websites for up-to-date information:

- NHS information: https://www.nhs.uk/conditions/coronavirus-covid-19/
Advice on the coronavirus for places of education

How serious is the coronavirus?
- It can cause flu-like symptoms, including fever, cough & difficulty breathing
- The infection is not serious for most people, including children
- There is currently no vaccine
- Most people get better with enough rest, water to drink and medicine for pain

How likely are you to catch the virus?
- You can only catch it if you have been close to a person who has the virus
- The chance of being in contact with the virus is currently low in the UK
- If you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China and any affected areas

How can you stop coronaviruses spreading?

<table>
<thead>
<tr>
<th>If you need to cough or sneeze</th>
<th>You should wash hands with soap &amp; water or hand sanitiser</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catch it with a tissue</td>
<td>After breaks &amp; sport activities</td>
</tr>
<tr>
<td>Bin it</td>
<td>Before cooking &amp; eating</td>
</tr>
<tr>
<td>Kill it by washing your hands with soap &amp; water or hand sanitiser</td>
<td>On arrival at any childcare or educational setting</td>
</tr>
<tr>
<td></td>
<td>After using the toilet</td>
</tr>
<tr>
<td></td>
<td>Before leaving home</td>
</tr>
</tbody>
</table>

Try not to touch your eyes, nose, and mouth with unwashed hands

Do not share items that come into contact with your mouth such as cups & bottles

If unwell do not share items such as bedding, dishes, pencils & towels

Stop germs spreading with our e-Bug resources on hand and respiratory hygiene lesson plans for KS1, 2 and 3: campaignresources.phe.gov.uk/schools

What should you do if you feel unwell?
Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus. If you become unwell at a place of education, tell a member of staff and let them know if you have travelled to any other countries in the last 14 days.

If your staff member or parent thinks you have symptoms of coronavirus, they should call NHS 111 for advice. Follow the UK Government advice for childcare or educational settings.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19.

Parents can visit NHS.UK to find out more information. Teachers and support staff should follow the UK Government advice.

Staff, students and pupils who have returned from Wuhan and Hubei Province in China should self-isolate, and NOT attend education or work for 14 days.

See NHS.UK for advice on coronavirus.

If there is an emergency, call 999 immediately
CORONAVIRUS: PUBLIC INFORMATION

The Government and NHS are well prepared to deal with this virus.

You can help too.

Germs can live on some surfaces for hours.
To protect yourself and others:

• Always carry tissues with you and use them to catch your cough or sneeze.
• Bin the tissue, and to kill the germs, wash your hands with soap and water, or use a sanitiser gel.
• If you have arrived back from China within 14 days follow the specific advice for returning travellers.

This is the best way to slow the spread of almost any germs, including Coronavirus.

Find out more at gov.uk/coronavirus
CATCH IT
Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.

BIN IT
Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.

KILL IT
Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.