



Dear Families,

Corona Virus Update 16th March 2020

We receive a daily email update with the government's advice in response to COVID-19 (coronavirus).

On Thursday, the Government announced that we are moving from the 'Contain' phase of the coronavirus action plan and into the 'Delay' phase, in response to the ongoing coronavirus (COVID-19) outbreak. Full details of each stage in the government action plan can be found here: <https://www.gov.uk/government/publications/coronavirus-action-plan>

To support the delay of the spread of the virus, the Department for Health and Social Care has asked anyone who shows certain symptoms to stay at home for 7 days, regardless of whether they have travelled to affected areas. This means people should stay at home and avoid all but essential contact with others for 7 days from the point of displaying mild symptoms, to slow the spread of infection. The symptoms are:

- A high temperature (37.8 degrees and above)
- A new, continuous cough

Handwashing - Public Health England recommends that handwashing to prevent the transmission of the virus. Watch this short NHS film for guidance: <https://youtu.be/bQCP7waTRWU>

The following measures will help prevent the spread of respiratory viruses, including:

- 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 or visit NHS Online . Do not go directly to your GP or other healthcare environment see further information on the Public Health England Blog and the NHS UK website.

Yours Sincerely
Nikki Oldhams
Headteacher

