

Symptoms & Self Isolation

The most common symptoms of coronavirus (COVID-19) are:

1. recent onset of a new continuous cough
2. and/or high temperature.

If you have these symptoms, however mild, stay at home and do not leave your house for **7 days** from when your symptoms started.

If you live with other people, they should stay at home for **14 days** from the day the first person got symptoms.

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for **14 days**.

If you have to stay at home together, try to keep away from each other as much as possible.

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

You do not need to call NHS 111 to go into self-isolation.

If your symptoms worsen during home isolation or are no better after 7 days, contact:

NHS 111 website.

If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

Social Distancing

Everyone should do what they can to stop coronavirus spreading.

It is particularly important for people who:

1. are 70 or over
2. have a long-term condition
3. are pregnant
4. have a weakened immune system

NHS advice is to:

- avoid close contact with people who have symptoms of coronavirus
- only travel on public transport if you need to
- work from home, if you can
- avoid social activities, such as going to pubs, restaurants, theatres and cinemas
- avoid events with large groups of people

Hand Washing

Wash your hands more often than usual, for 20 seconds using soap and hot water.

Hand washing is particularly important after coughing, sneezing and blowing your nose, or after being in public areas where other people are doing so.

Use hand sanitiser if you do not have access to soap and water.

Sneezing & Coughing

To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve (not your hands) if you don't have a tissue.

If you use a tissue, throw the tissue away immediately.

Wash your hands or use a hand sanitising gel after sneezing/coughing.

Cleaning

Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people.

School Plan

As per Government & Public Health England advice our school remains open.

We are however making contingency plans which are reviewed regularly as the situation develops.

Depending on staffing levels due to new self-isolation advice and/or government advice/directives, we may need to initiate:

1. **A partial Closure:** For one or more year groups or classes
2. **A full closure:** Either due to national advice OR local advice should we have an outbreak within school.

To support this, we are continuing to prepare materials to support children with their learning whilst at home.

This will support students who may have to self-isolate OR any form of school closure.

Communication

We will continue to make use of the following methods to communicate any updates and/or changes to students/parents/carers:

1. Email
2. School Website – specifically this webpage
3. Twitter

To aid communication please could parents/carers ensure we have the most up to date phone & email contact details.

Useful Links

The following external links provide access to useful information on COVID-19 Coronavirus:

NHS England: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

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