

Coronavirus (COVID 19): Information and Advice

We want to continue to reassure parents and carers that school is open as normal. We are monitoring the situation and are following guidance from the Department for Education and Public Health England.

Situation in the UK

As of 25 February, there are thirteen confirmed cases of coronavirus in the UK. The UK Chief Medical Officers have raised the risk level from low to moderate, however the risk to individuals remains low.

Latest Advice

The UK Chief Medical Officers are advising anyone who has travelled to the UK from mainland China, Thailand, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia or Macau in the last 14 days and is experiencing cough, or fever or shortness of breath, to stay indoors and call NHS 111, even if symptoms are mild.

If you have returned from the areas listed below since 19 February, you should call NHS 111 and stay indoors and avoid contact with other people even if you do not have symptoms.

- Iran
- Specific lockdown areas in Northern Italy as designated by the Government of Italy
- Special care zones in South Korea as designated by the Government of the Republic of South Korea
- Hubei province (returned in the past 14 days)

If you have returned from the areas listed below since 19 February and develop symptoms, however mild, you should stay indoors at home and avoid contact with other people immediately and call NHS 111. You do not need to follow this advice if you have no symptoms.

- Northern Italy (not including, Pisa, Florence and Rimini),
- Vietnam
- Cambodia
- Laos
- Myanmar

Information about the coronavirus

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. COVID-19 is a new strain of coronavirus first identified in Wuhan City, China in January 2020.

The incubation period of COVID-19 is between 2 to 14 days. This means that if a person remains well 14 days after contact with someone with confirmed coronavirus, they have not been infected.

The following symptoms may develop in the 14 days after exposure to someone who has COVID-19 infection:

- cough
- difficulty in breathing
- fever

Generally, these infections can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung

disease. There is no evidence that children are more affected than other age groups – very few cases have been reported in children.

How the coronavirus is spread

The latest information suggests that coronavirus is most likely to spread when there is close contact (within 2 metres) with an infected person. There are two routes by which people could become infected:

- secretions can be directly transferred into the mouths or noses of people who are nearby (within 2 metres) or could be inhaled into the lungs.
- it is also possible that someone may become infected by touching a surface or object that has been contaminated with respiratory secretions and then touching their own mouth, nose, or eyes (such as touching a door knob or shaking hands then touching own face).

There is currently no good evidence that people who do not have symptoms are infectious to others.

Preventing the spread of infection

There are general principles anyone can follow to 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. 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](#).

Thank you for your continued support.