



February 2020

## Coronavirus

You will be aware from ongoing media reports, the World Health Organization (WHO) declared the Corona Virus (nCoV) outbreak a “public health emergency of international concern”. The government is closely monitoring the spread of the Coronavirus and is taking action at home and abroad.

The overall **risk** of Coronavirus to the UK remains **moderate**.

**You should not be too worried about the possibility of your children catching the Coronavirus.**

**There is no reason why your children should not continue to attend their early years, school or further education setting as normal.**

Following global public health authorities’ recommendations and in response to global governmental border closings, quarantines, and travel restrictions, the following guidance is provided for your information and welfare.

<b>What is a coronavirus?</b>	A coronavirus is a type of virus. As a group, coronaviruses are common across the world.
<b>What are the typical symptoms?</b> Coronavirus presents with flu-like symptoms including a fever, a cough or difficulty breathing. The current evidence is that most cases appear to be mild. For further information on coronavirus, visit <a href="http://www.gov.uk/coronavirus">www.gov.uk/coronavirus</a> .	Typical symptoms of coronavirus include fever and a cough that may progress to a severe pneumonia causing shortness of breath and breathing difficulties. Generally, coronavirus 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.
<b>Germs can live on some surfaces for hours. To protect yourself and others:</b> <ul style="list-style-type: none"><li>• <b>Always carry tissues with you and use them to catch your cough or sneeze.</b></li><li>• <b>Bin the tissue, and to kill the germs, wash your hands with soap and water, or use a sanitiser gel.</b></li><li>• <b>Avoid touching your face, including eyes, nose and mouth.</b></li></ul>	
<b>Wash your hands frequently</b> Wash your hands frequently with soap and water or use a sanitiser gel.	<b>Why?</b> Washing your hands with soap and water or using a sanitiser gel helps to eliminate the virus if it is on your hands.
<b>Practice respiratory hygiene</b> When coughing and sneezing, cover mouth and nose with flexed elbow or tissue – discard tissue immediately into a closed bin and clean your hands with soap and water or a sanitiser gel.	<b>Why?</b> Covering your mouth and nose when coughing and sneezing prevent the spread of germs and viruses. If you sneeze or cough into your hands, you may contaminate objects or people that you touch.



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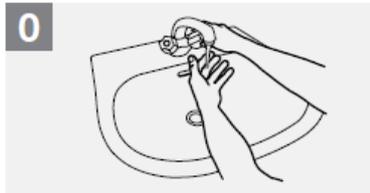
<b>Avoid touching eyes, nose and mouth</b>	<b>Why?</b> Hands touch many surfaces which can be contaminated with the virus. If you touch your eyes, nose or mouth with your contaminated hands, you can transfer the virus from the surface to yourself.
<b>Maintain social distancing</b> Maintain at least 1 metre (3 feet) distance between yourself and other people, particularly those who are coughing, sneezing and have a fever.	<b>Why?</b> When someone who is infected with a respiratory disease, like 2019-nCoV, coughs or sneezes they project small droplets containing the virus. If you are too close, you can breathe in the virus.
<b>If you have mild respiratory symptoms and no travel history to or within China</b> If you have mild respiratory symptoms and no travel history to or within China, carefully practice basic respiratory and hand hygiene and stay home until you are recovered and seek medical guidance from your healthcare advisor / Doctor. Please phone the School to notify them.	Travel, or transit through China, Hong Kong, Macau, Taiwan and Korea, should not take place until further notice according to Public Health England (PHE). If anyone has visited or been in contact with anyone who has visited either China, Hong Kong, Macau, Taiwan and Korea in the last 14 days, then they should self-isolate and notify the School by phone.  If any person reports a potential “close contact” with another person who is known to be sick or currently being evaluated by a healthcare professional, they should follow the same procedure as travellers from China as described above.
<b>Wearing a face mask</b> The 2019 novel coronavirus (2019-nCoV) is a respiratory disease. Medical masks are surgical or procedure masks that are flat or pleated (some are like cups); they are affixed to the head with strap. <a href="https://apps.who.int/iris/handle/10665/174652">https://apps.who.int/iris/handle/10665/174652</a>	Wearing a medical mask is one of the prevention measures to limit spread of certain respiratory diseases, including 2019-nCoV, in affected areas. However, the use of a mask alone is insufficient to provide the adequate level of protection and other equally relevant measures should be adopted. If masks are used, they must be combined with hand hygiene. For guidance, see <a href="https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks..">https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/when-and-how-to-use-masks..</a>
The learning team of the WHO Health Emergencies Programme worked with technical experts to develop and publish a free online course which you may find useful. Please visit the website:	<a href="https://openwho.org/courses/introduction-to-ncov">https://openwho.org/courses/introduction-to-ncov</a>

Latest information and advice can also be found at:

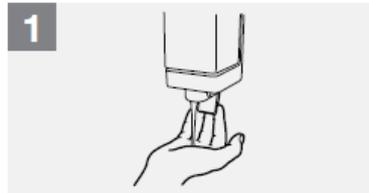
- <https://www.gov.uk/coronavirus>

## February 2020 HANDWASH

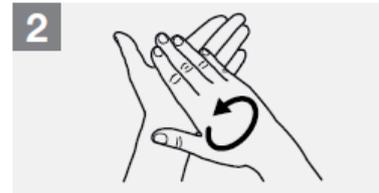
 Duration of the entire procedure: 40-60 seconds



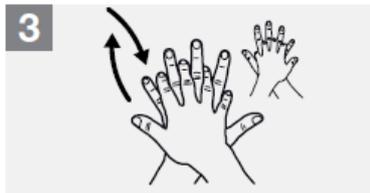
0 Wet hands with water;



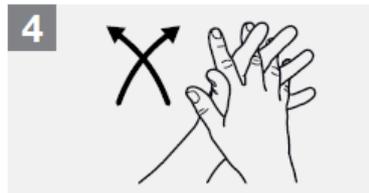
1 Apply enough soap to cover all hand surfaces;



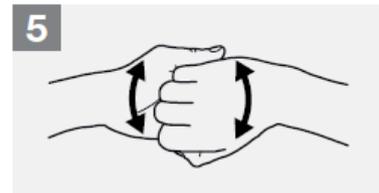
2 Rub hands palm to palm;



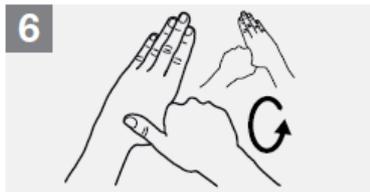
3 Right palm over left dorsum with interlaced fingers and vice versa;



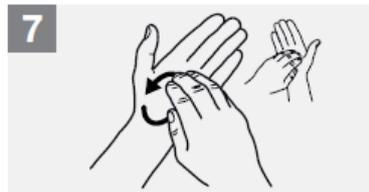
4 Palm to palm with fingers interlaced;



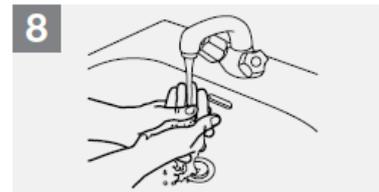
5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



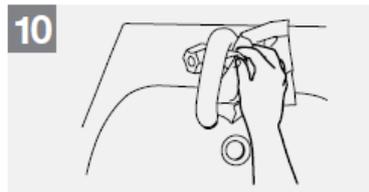
7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



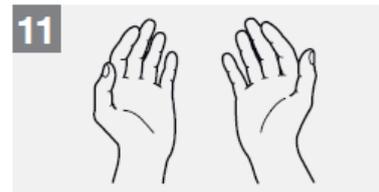
8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.