



Thursday 27th February 2020

Dear Families,

I am sure that you are aware of the outbreak of novel coronavirus and the subsequent confirmed cases in the UK. At West Earlham Infant & Nursery School we take the health and safety of our children and staff very seriously, so we are sharing guidance from Public Health England

**There is currently no cause for concern at the school, but we'll keep you informed about any developments and ensure we're keeping the school clean to prevent the spread of any virus.**

#### **Prevent the spread of infection**

Make sure you and your children follow these general principles to prevent spreading any respiratory virus:

- Wash your hands often – with soap and water for at least 20 seconds, or an alcohol-based sanitizer if soap and water aren't available
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact with people who are sick
- If you feel unwell, stay at home and don't attend work or school
- Cover your cough or sneeze with a tissue, then throw the tissue in a bin
- Clean and disinfect frequently touched objects and surfaces in the home
- If you're worried about your symptoms, **please call NHS 111** – don't go directly to your GP or other healthcare environment

#### **If you or your children have returned from a category 1 country or area in the past 14 days**

Contact NHS 111 for advice, and:

- Self-isolate for 14 days after leaving the country or area
- If you become unwell, call NHS 111 immediately for an assessment (or 999 if you require emergency medical attention) – see below for the symptoms to look out for

This includes:

- Wuhan city and Hubei province, China
- Iran\*
- Daegu or Cheongdo, South Korea\*
- Any Italian town under containment measures (Only if you have returned on or after 19<sup>th</sup> February)

## **If you or your children have returned from a category 2 country or area in last 14 days**

And you or your children are well:

- You don't need to avoid contact with other people
- Your other family members don't need to take any precautions or make any changes to their own activities

If you become unwell (see below for a list of symptoms):

- Stay indoors and avoid contact with other people as you would with other flu viruses
- Call NHS 111 immediately for an assessment (or 999 if you require emergency medical attention)

This includes:

- Cambodia
- China (other than Wuhan city or Hubei province)
- Hong Kong
- Italy: north\* (see the map here)
- Japan
- Laos
- Macau
- Malaysia
- Myanmar
- Singapore
- South Korea (other than Daegu or Cheongdo)
- Taiwan
- Thailand
- Vietnam

\*Only if you have returned on or after 19 February 2020

### **Symptoms to look out for**

If you have returned from any of the category 1 or 2 areas or countries, look out for the following symptoms:

- Cough
- Difficulty in breathing
- Fever (a temperature of 38 degrees C or higher)

According to other official guidance while you wait for further advice:

- Avoid contact with others
- Stay at home – don't go to work or school
- Don't travel while sick
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing, throwing tissues in the bin
- Wash your hands often with soap and water for at least 20 seconds (or an alcohol-based sanitiser if soap and water aren't available)

**This information is being shared as advice and guidance and is in no way meant to cause alarm.**

Yours sincerely

Mrs Sarah Mardell    Headteacher



