

## Preventing the spread of Coronavirus – Reminder

All pupils have been reminded of the following guidance in class this week.

Please could you continue to stress the importance of this at home.

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, staff and visitors should **wash their hands**:
  - before leaving home
  - on arrival at school
  - after using the toilet
  - after breaks and P.E lessons
  - before eating any food, including snacks
- use an **alcohol-based hand sanitiser** that contains at least 60% alcohol if soap and water are not available (this is available in all classrooms)
- **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, 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.

Mrs T Jackson  
(Headteacher)