



# Westleigh Methodist Primary School



2nd March 2020

Dear Parent/Carer

Re: Coronavirus (COVID- 19)

We take the health and safety of our students and staff very seriously so in light of the recent outbreak of Coronavirus and the subsequent confirmed cases in the UK, we are sharing the guidance and advice published by Public Health England for people who have been out of the country recently.

There is currently **no cause for concern at the school** and we will obviously keep you informed about any developments.

If you or your children have returned from a category 1 country or area in past 14 days. This includes:

- ❖ Wuhan city and Hubei province, China
- ❖ Iran
- ❖ Daegu or Cheongdo, South Korea (Only if you've returned on or after 19 February 2020)
- ❖ Any Italian town under containment measures

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)

If you or your children have returned from a category 2 country or area in last 14 days. This includes:

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

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;

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

*Raising standards in a school that cares*

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Symptoms to look out for;

If you've 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)

Preventing 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 sanitiser 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
- ❖ 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

A new helpline has been launched to answer questions about COVID-19 related to education. Staff, parents and young people can contact the helpline as follows;

Phone: 0800 046 8687 Email: [DfE.coronavirushelpline@education.gov.uk](mailto:DfE.coronavirushelpline@education.gov.uk)

Opening hours: 8am to 6pm (Monday to Friday)

If you have any further concerns or questions, please contact the school.

Kind regards

Mrs Moragrega  
Headteacher

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