13 March 2020

Dear Parents/Guardians,

Please see below information on coronavirus ‘Self Isolation’. Please follow this advice if you have any of the symptoms stated below. It is also advised that siblings of those with symptoms are also kept off school.

Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- A continuous cough which has lasted more than 1 week and/or
- high temperature

For most people, coronavirus (COVID-19) will be a mild infection

If you have symptoms of coronavirus infection (COVID-19), however mild, stay at home and do not leave your house for 7 days from when your symptoms started.

- this action will help protect others in your school/community whilst you are infectious.
- plan ahead and ask others for help to ensure that you can successfully stay at home.
- ask your employer, friends and family to help you to get the things you need to stay at home.
- stay at least 2 metres (about 3 steps) away from other people in your home whenever possible.
- sleep alone, if that is possible.
- wash your hands regularly for 20 seconds, each time using soap and water.
- stay away from vulnerable individuals such as the elderly and those with underlying health conditions as much as possible.
- you do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days contact NHS 111 online. For a medical emergency dial 999.

Yours sincerely

Mrs V Sherwood
Acting Head Teacher