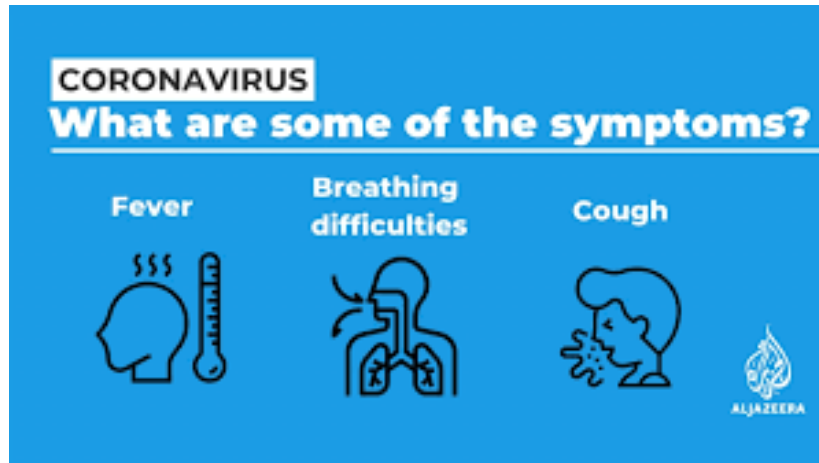


*A message from
your School Nurse*

CORONAVIRUS - DON'T PANIC!

MOST CASES OF CORONAVIRUS ARE MILD
A WIDE RANGE OF DISINFECTANTS ARE EFFECTIVE



Follow these general principles to prevent spreading any respiratory virus:

DO WASH YOUR HANDS WITH SOAP AND WATER FOR AT LEAST 20 SECONDS OR USE SANITISER IF YOU HAVE NO ACCESS TO SOAP AND WATER

IF YOU COUGH/SNEEZE, USE A TISSUE OR COUGH INTO YOUR ELBOW – COVER YOUR COUGH/SNEEZE

WHEN YOU USE A TISSUE, THROW IT AWAY AND WASH YOUR HANDS

ONLY STAY AWAY IF YOU FEEL UNWELL OR ANY SYMPTOMS OF FEVER (temp of 38°C or higher) COUGH OR DIFFICULTY BREATHING

DON'T PANIC! SCHOOL IS ON!

If you are worried about your symptoms, call NHS 111 – don't go to your GP or A&E
If anyone in your home has returned from a category 2 country or area in the last 14 days you do NOT

- **need to avoid contact with other people**
- **make any changes to your activities - you CAN come in to school**

However, if you become unwell (see above) you should stay indoors and avoid contact with other people as you would with other flu viruses.

Call NHS 111 immediately for an assessment

Category 2 countries include Hong Kong, and Northern Italy since 19.2.20

For more information <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public>

