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Coronavirus: Advice for Parents/Carers from Public Health England

W: www.midlandacademiestrust.co.uk

The government is closely monitoring the spread of the Coronavirus and is taking action both at home and abroad.

The overall risk of Coronavirus to the UK remains moderate and further information is available at : <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public#situation-in-the-uk>

How serious is the coronavirus?

- It can cause flu-like symptoms, including fever, cough and difficulty breathing
- The infection is not serious for most people including children
- There is currently no vaccine
- Most people get better with enough rest, water to drink and medicine for the pain

How likely are you to catch the virus?

- You can only catch it if you have been close to a person who has the virus
- The chance of being in contact with the virus in the UK is currently low
- If you have travelled to areas where many people are infected your chance of catching the virus is higher

A UK wide campaign has been launched to provide clear advice on how to slow the spread of Coronavirus which promotes basic hygiene practices, such as regularly washing hands and always sneezing or coughing into a tissue, to stem the spread of the virus.

We encourage all our staff and students to follow good personal hygiene practices at all times. If you need to cough or sneeze; **Catch It** with a tissue, **Bin It** and dispose of the tissue properly and **Kill It** by washing your hands with soap and water or hand sanitiser, students will find hand sanitiser stations situated around each of the school sites.



You should wash hands with soap and water or hand sanitiser regularly but especially after visiting the toilet and before eating, before arrival at school, after breaks, blowing or wiping your nose and after any sporting activity. Do not share items that come into contact with your mouth such as cups & bottles. The schools will be promoting these basic hygiene practices with students via posters and information. Please help to support this campaign by ensuring your son/daughter is aware of this basic hygiene advice.

What should you do if you feel unwell? If you think you or your child may have the symptoms of coronavirus, call NHS 111 for advice.

