Dear parent/carers

CORONAVIRUS – SCHOOLS TO REMAIN OPEN

The UK Government made some important changes yesterday (12.03.20) to the way we are all currently being asked to help manage the Coronavirus outbreak.

The two main messages about schools announced were that:

- schools should remain open so that children can continue their learning, but
- anyone with a **new** persistent cough or high temperature should stay at home (self-isolate) for 7 days, and let their school know.

At this time we are doing all we can to minimise the disruption being caused by the current outbreak. We know that we can rely on you to help us by following the advice about sending your children to school, good hand hygiene and, if necessary, self-isolation. We are also taking additional measures in school to re-inforce hand hygiene messages, and our building cleansing teams are focusing their work on key areas within school such as door handles, bannisters and desks.

The key messages from the Government's advice are:

- 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. (See **Ending Isolation** below for more information). This action will help protect others in your community whilst you are infectious.
- Plan ahead and ask others for help to ensure that you can successfully stay at home
- Ask your 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. If you have underlying health issues you may need to consult with your own healthcare professionals.
- You do not need to call NHS111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days contact NHS 111 online. If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

Further information is available on the following websites if you need it:

- What to do if you have symptoms of Coronavirus - https://gov.wales/what-do-if-you-have-symptoms-coronavirus.

- Novel Coronavirus (COVID-19) - self-isolation advice
https://phw.nhs.wales/topics/latest-information-on-novel-coronavirus-covid-19/self-isolation-advice/.

Ending self-isolation

- You should remain at home until 7 days after the onset of your symptoms. After 7 days, if you feel better and no longer have a high temperature, you can return to your normal routine. If you have not had any signs of improvement and have not already sought medical advice, you should contact NHS 111 online at 111.nhs.uk. If you have no internet access, you should call NHS 111.
- A cough may persist for several weeks in some people, despite the coronavirus infection having cleared. A persistent cough alone does not mean you must continue to self-isolate for more than 7 days.
- Further updates will be available from the PHW webpages available https://phw.nhs.wales/.

We know that people will have lots of questions over the coming days and weeks, and the best place to start to get answers is the UK government Coronavirus dedicated website https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response.

You will appreciate that the situation is fast moving, and that further changes may be announced in the coming days and weeks.

Significant changes will be reported in the mainstream media and we will contact you again if there are any changes which significantly affect the running of our school.

Kind regards

Sarah Truelove

Headteacher