

## CORONAVIRUS ADVICE FOR PARENTS

From what is known about other coronaviruses, the spread of COVID-19 is most likely to happen when there is close contact (within 2 metres) with an infected person. It is likely that the risk increases the longer someone has close contact with an infected person.

There are 2 routes by which people could become infected:

- Secretions can be directly transferred into the mouths or noses of people who are nearby (within 2 meters) or could be inhaled into the lungs
- It is also possible that someone may become infected by touching a surface or object that has been contaminated with respiratory secretions and then touching their own mouth, nose, or eyes (such as touching a door knob or shaking hands then touching own face).

There is currently no good evidence that people who do not have symptoms are infectious to others.

There are general principles anyone can follow to help prevent the spread of respiratory viruses, including:

- Washing your hands often – with soap and water, or use alcohol sanitiser if handwashing facilities are not available. This is particularly important after taking public transport
- Covering your cough or sneeze with a tissue, then throwing the tissue in a bin.
- Pupils, students, staff and visitors should wash their hands:
  - Before leaving home
  - On arrival at school
  - After using the toilet
  - After breaks and sporting activities
  - Before food preparation
  - Before eating any food, including snacks
  - Before leaving school
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact with people who are unwell

Face masks for the general public, pupils or students, or staff are not recommended to protect from infection, as there is no evidence of benefit from their use outside healthcare environments.

## CURRENT GOVERNMENT ADVICE

### SYMPTOMS

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

- new continuous cough and/or
- high temperature

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

### MAIN MESSAGES

- if you have symptoms of coronavirus infection (COVID-19), however mild, do not leave your home for 7 days from when your symptoms started. (See [ending isolation](#) section below for more information)
- this action will help protect others in your community while 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 get the things you need to stay at home
- stay at least 2 metres (about 3 steps) away from other people in your home if possible
- sleep alone, if possible
- wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser
- 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](#). If you have no internet access, call NHS 111. For a medical emergency dial 999

## BREAKFAST CLUB

As of Monday 2nd March 2020, all children entering our school for breakfast club will come through the Y2/Y5/Y6 door and be asked to wash their hands before going to club for breakfast. All other children, when they arrive at school, will be asked to do the same once they have hung their coats up. All the children will be spoken to during Monday morning's assembly and by class teachers on good hygiene practice.

## STAFF AND VISITORS

All staff and any visitors will be asked to wash their hands upon entering the school, please continue to model good practice to all pupils.

We hope that you understand the precautions we are taking to minimise the risks to all staff, pupils, parents and visitors during this unsettling time.

## MENTAL HEALTH AND WELL-BEING

Here at Chilwell Croft Academy we believe that our pupils' mental health and well-being is of the utmost importance. During this time, we would like to provide these web links for our pupils to keep active, as well as families to join in whilst at home.

<https://www.childline.org.uk/toolbox/calm-zone/>

<https://www.youtube.com/user/CosmicKidsYoga>