

St Modwen's Catholic Primary School – Parent Information Sheet: Coronavirus

What to know about the virus

The incubation period for this strain of coronavirus (COVID-19) is between 2 to 14 days. That means if a person is well 14 days after contact with someone with a confirmed case, they haven't been infected.

What are the symptoms?

They include:

- Cough
- Difficulty in breathing
- Fever

The virus can cause more severe symptoms in those with weakened immune systems. However, there's no evidence that children are more affected than other age groups.

How does it spread?

The virus is most likely to spread when someone has close contact (i.e. within 2 metres or less) with an infected person.

When an infected person coughs or sneezes, they produce droplets that contain the virus. These droplets are likely to be the most important means of transmission, as:

- Droplets can be directly transferred into the mouths or noses of people who have close contact
- Someone may become infected by touching a surface or object (e.g. a door knob) that's been contaminated with the droplets and then touching their own mouth, nose or eyes

There's currently no good evidence that people who don't have symptoms are infectious to others.

Preventing the spread - Steps we are taking in school

In school we are taking the following steps to prevent the spread of Coronavirus or any other respiratory virus.

Increased Handwashing for pupils and staff to make sure they:

- Wash their hands often, with soap and water for at least 20 seconds, particularly:
 - Before leaving home
 - On arrival at school
 - After using the toilet
 - After breaks and sporting activities
 - Before preparing food
 - Before eating any food, including snacks
 - Before leaving school
- Use soap and an alcohol-based hand sanitiser that contains at least 60% alcohol – both available in school for use
- Avoid touching their eyes, nose and mouth with unwashed hands
- Cover their cough or sneeze with a tissue, then throw the tissue in a bin
- Avoid close contact with people who are unwell
- Clean and disinfect frequently touched objects and surfaces
- If they feel unwell, stay at home
- If you're worried about your symptoms or those of your child, call NHS 111 and don't go directly to your GP or other healthcare environments.

Pupils or staff who've just come back from abroad

If you've been in a category 1 country or area in the past 14 days – please advise school immediately.

This includes:

- Wuhan city and Hubei province, China
- Iran*
- Daegu or Cheongdo, South Korea*
- Any Italian town under containment measures*

*Only if you've returned on or after 19 February 2020. You should contact NHS 111 for advice, and:

- Self-isolate for 14 days after leaving the country or area (see the home isolation [advice sheet](#))
- If you become unwell, call NHS 111 immediately for an assessment (or 999 if they require emergency medical attention)

If you've been in a category 2 country or area in the past 14 days

This includes:

- Cambodia
- China (other than Wuhan city or Hubei province)
- Hong Kong
- Italy: north*
- Japan
- Laos
- Macau
- Malaysia
- Myanmar
- Singapore
- South Korea (other than Daegu or Cheongdo)
- Taiwan
- Thailand
- Vietnam

*Only if you've returned on or after 19 February 2020. If you're well, you don't need to avoid contact with other people and can continue to attend school or work. If you become unwell, you should:

- Stay indoors and avoid contact with other people
- Call NHS 111 immediately for an assessment (or 999 if they require emergency medical attention)

If you have family members who've been abroad

If you have family members who've travelled to a category 2 country or area and are well, you **don't** need to:

- Take any precautions, or
- Make any changes to your own activities

If we have a suspected case in school

If anyone has been in contact with a suspected case in our school, there's no restrictions or special control measures required while test results are pending. Currently we do not need to close your school or send pupils or staff home. **If the case is confirmed** our local health protection team will advise us on what further measures we need to adopt. However, we must:

- Clean all surfaces that the suspected case has come into contact with, using disposable cloths and household detergents, including:
 - All surfaces and objects which are visibly contaminated with body fluids
 - All potentially contaminated high-contact areas such as toilets, door handles and telephones
- Keep waste from the suspected case, such as used tissues, in a double-wrapped and tied bin bag, which should be placed in a safe place and marked for storage (if the results are negative, this can then be put in the normal waste)

The DfE has asked settings to promote their helpline and website in social media, newsletters and bulletins.

The Department for Education has launched a new helpline to answer questions about COVID-19 related to education. Staff, parents and young people can contact the helpline as follows:

Phone: 0800 046 8687

Email: DfE.coronavirushelpline@education.gov.uk

Opening hours: 8am to 6pm (Monday to Friday)

The latest guidance for education settings is available [here](#).