

**All Saints CEVA School**

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St. Andrew's CEVA School

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Monday 16 March 2020

Dear Parents/Carers,

In the light of advice from government and Public Health England (PHE) we want to assure you that we are responding to Covid 19 in a sensible and measured way.

If your child is showing signs of illness, specifically

- a high temperature
- a new, continuous cough,

then the advice from the NHS is to stay at home and self-isolate for 7 days.

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

If you have think you might have the Covid-19 please go to <https://111.nhs.uk/covid-19>

Current guidance for those needing to self-isolate can be found at

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-advice/>

You should:

- try to keep at least 2 metres (3 steps) from other people in your home, particularly older people or those with long-term health conditions
- ask friends and family and delivery services to deliver things like food shopping and medicines – but avoid contact with them
- sleep alone if possible
- regularly wash your hands with soap and warm water for at least 20 seconds
- try to stay away from older people and those with long-term health conditions
- drink plenty of water and take everyday painkillers, such as paracetamol and ibuprofen, to help with your symptoms

Please remember, for self-isolation, you should not leave the house for the entire 7 day period.

Can we also insist that all children bring their own water bottle each day as we will not be using the water fountains as a precautionary measure. We will keep you updated if the advice changes but please be aware the situation is changing on a regular basis and we recommend that you visit the Public Health England official guidance over the course of the coming days and weeks as this will have the most current information.

Yours sincerely

Mrs M McGarr
Executive Headteacher



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