



Friday 13th March 2020

Dear St Cuthbert parents,

Although this information is being posted as news articles, I am writing to update you with latest information we have regarding Coronavirus.

- Our school and other schools are open until instruction from government otherwise
- School trips abroad are cancelled as advised by government

Public Health England has released new guidance for those staying at home because they have symptoms of the virus - a cough or a temperature of 37.8C (100F) or more.

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

Key messages

- 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.
- 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 employer, 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

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. People with symptoms are no longer required to call NHS 111, as the system is under strain, but are instead urged to look for information on the NHS website and 111 online.

Please can you let me know if your child will be vulnerable in any way if school were to close?

Kind regards,
Miss Putterill

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

Please check text messages from school or the information letters section on our website for any updates.

