

Dear Parent/Carer

You may be aware there has been a confirmed case of Coronavirus (COVID-19) in Dudley.

However, risk remains low to the public and the NHS is well prepared for these types of incidents.

The best way to protect yourself and your child from Coronavirus is to follow the Catch it, Bin it, Kill it advice and to wash hands with soap & water for at least 20 seconds. More frequent hand washing is advised particularly before touching your mouth, eyes or before eating food.

Based on current evidence, Coronavirus (COVID-19) presents with flu-like symptoms including a fever, a cough, or difficulty breathing. The current evidence is that most cases appear to be mild. Anyone who is concerned about health symptoms is advised to follow the advice about what to do on the Government's website at <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public> and nhs.uk at <https://www.nhs.uk/conditions/coronavirus-covid-19/>

## FAQs

### How serious is the coronavirus?

- The infection is mild for most people, including children. Older people, and people with pre-existing medical conditions (such as asthma, diabetes, and heart disease) may be at higher risk of more serious illness.
- Most people get better with enough rest, and plenty to eat and drink.

### How likely are you to catch the virus?

- The chance of being in contact with the virus is currently low in the UK.
- You can only catch it if; you have been close to a person who has the virus (less than 2 metres for more than 15 minutes) or by touching a contaminated surface, then touching your mouth or eyes without washing your hands first.

## Recent travel

If you and/or your child has returned from;

- Iran
- Hubei province in China
- Specific areas in Italy
- Specific areas in South Korea

For country specific areas see <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public>. You should self-isolate at home and call 111 even if you **do not have symptoms**.

- If you or your family have been to any of the following countries or regions highlighted here <https://www.gov.uk/guidance/wuhan-novel-coronavirus-information-for-the-public> and **have developed symptoms**, self-isolate at home and contact NHS 111 for advice.
- If you haven't been close to anyone with confirmed COVID-19 or haven't been to any of the places above or in the link, you are fine to carry on as normal.

### **What you and your children can do to stop the spread of coronavirus**

1. Covering your nose and mouth when coughing or sneezing, using a tissue when possible.
2. Disposing of dirty tissues promptly and carefully.
3. Cleaning hard surfaces (such as door handles) frequently using a normal cleaning product.
4. Most important of all is washing your hands frequently with soap and water.

If you need any further information visit <https://www.nhs.uk/conditions/coronavirus-covid-19/>

Information is also available on the council website [www.dudley.gov.uk/coronavirus](http://www.dudley.gov.uk/coronavirus)

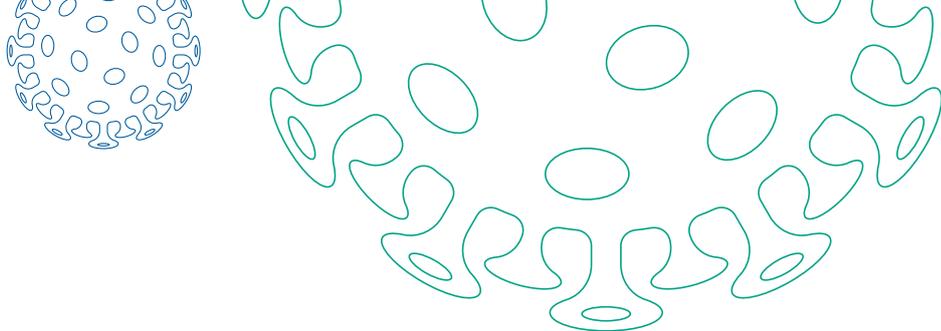
Yours sincerely



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Director of Public Health & Wellbeing

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# Advice on the coronavirus for places of education

## How serious is the coronavirus?

- it can cause flu-like symptoms, including fever, cough & difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

## How likely are you to catch the virus?

- you can only catch it if you have been close to a person who has the virus
- the chance of being in contact with the virus is currently low in the UK
- if you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China and any affected areas

## How can you stop coronaviruses spreading?

### If you need to cough or sneeze



Catch it with a tissue



Bin it



Kill it by washing your hands with soap & water or hand sanitiser

### You should wash hands with soap & water or hand sanitiser



After breaks & sport activities



Before cooking & eating



On arrival at any childcare or educational setting



After using the toilet



Before leaving home



Try not to touch your eyes, nose, and mouth with unwashed hands



Do not share items that come into contact with your mouth such as cups & bottles



If unwell do not share items such as bedding, dishes, pencils & towels



Stop germs spreading with our e-Bug resources on hand and respiratory hygiene lesson plans for KS1, 2 and 3: [campaignresources.phe.gov.uk/schools](https://campaignresources.phe.gov.uk/schools)

## What should you do if you feel unwell?

Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus. If you become unwell at a place of education, tell a member of staff and let them know if you have travelled to any other countries in the last 14 days.

If your staff member or parent thinks you have symptoms of coronavirus, they should call **NHS 111** for advice. Follow the UK Government advice for childcare or educational settings [gov.uk/government/publications/guidance-to-educational-settings-about-covid-19](https://gov.uk/government/publications/guidance-to-educational-settings-about-covid-19). Parents can visit **NHS.UK** to find out more information. Teachers and support staff should follow the UK Government advice.

Staff, students and pupils who have returned from Iran, specific lockdown areas in northern Italy, special care zones in South Korea or Hubei province China (returned in the past 14 days) should self isolate, and NOT attend education or work for 14 days.

See **NHS.UK** for advice on coronavirus.

If there is an emergency, call 999 immediately

