



COVID-19 (Coronavirus)

INFORMATION FOR CONTACTS OF CASES OF COVID-19 (CORONAVIRUS)

You are receiving this information because your child has been identified as someone who has come into contact with a person diagnosed with COVID-19.

Because COVID-19 is a new illness, we do not know exactly how coronavirus spreads from person to person. Similar viruses are spread in cough droplets. It's very unlikely it can be spread through things like packages or food.

A risk assessment has been performed and the risk of any transmission in the school is low, but as a precautionary measure you should read the information below so you know what the signs and symptoms are of COVID-19 and what to do should your child become ill.

The symptoms of coronavirus are:

- a cough
- a high temperature
- shortness of breath

But these symptoms do not necessarily mean they have the illness.

The symptoms are similar to other illnesses that are much more common, such as cold and flu.

How to avoid catching or spreading coronavirus

Do

- wash your hands with soap and water often – do this for at least 20 seconds
- always wash your hands when you get home or into work
- use hand sanitiser gel if soap and water are not available
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin straight away and wash your hands afterwards
- try to avoid close contact with people who are unwell

Don't

- do not touch your eyes, nose or mouth if your hands are not clean

You should self-isolate if you develop symptoms of fever or respiratory symptoms (including cough or shortness of breath) within the next 14 days and contact NHS 111