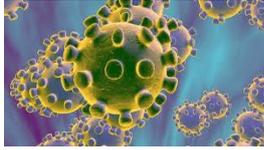




St Mary's
Catholic Primary School and Nursery

PARENT FACT SHEET

WHAT TO KNOW ABOUT THE CORONAVIRUS



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:

- A new and continuous 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 is currently no good evidence that people who don't have symptoms are infectious to others.

PREVENTING THE SPREAD

Steps to take:

You are likely taking the steps below already, as they are the same general principles you use to prevent the spread of any respiratory virus.

You might still want to consider talking to your child and reminding them that everyone needs to 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 eating any food, including snacks
- Before leaving school



If soap and water are not available, they need to use an alcohol-based hand sanitiser that contains at least 60% alcohol.

Please remind your child to:

- 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 at home. If your child feels unwell, please use the NHS website as an initial guide. Please do not go directly to your GP or other healthcare environments.

Pupils with a new persistent cough and/or high temperature

If your child has either of the above symptoms, they should stay at home for 7 days from when the symptoms started.



If your child becomes unwell, use NHS 111 online immediately for an assessment (or 999 if they require emergency medical attention)

There is no need for your child to avoid normal activities or coming to school if they are well, unless they have had contact with a confirmed case.

Anyone who has had close contact with a confirmed case should contact NHS 111 for further advice.

The government currently advises against all trips overseas with children under 18 'until further notice'.

If we have a suspected case in school

If anyone has been in contact with a suspected case in our school, there are no restrictions or special control measures required while test results are pending.

We do not need to close the school or send pupils or staff home.

However, if they have been in school, we will:



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 will be placed in a safe place and marked for storage (if the results are negative, this can then be put in the normal waste)

If a case is confirmed, our local health protection team will contact us to:

- Discuss the case
- Identify people who have been in contact with the infected individual
- Advise on any actions and precautions that should be taken
- Undertake a risk assessment of the school (this will support us in any decision as to whether our school will need to close, which we are being told at the moment will not be necessary in most cases)