

# The coronavirus

## Symptoms of coronavirus

The symptoms of coronavirus are:

- a cough
- a high temperature
- shortness of breath

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

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

## How coronavirus is spread

- Because it's 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.

## Do I need to avoid public places?

- Most people can continue to go to work, school and other public places.
- You only need to stay away from public places (self-isolate) if advised to by the 111 online coronavirus service or a medical professional.

## 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

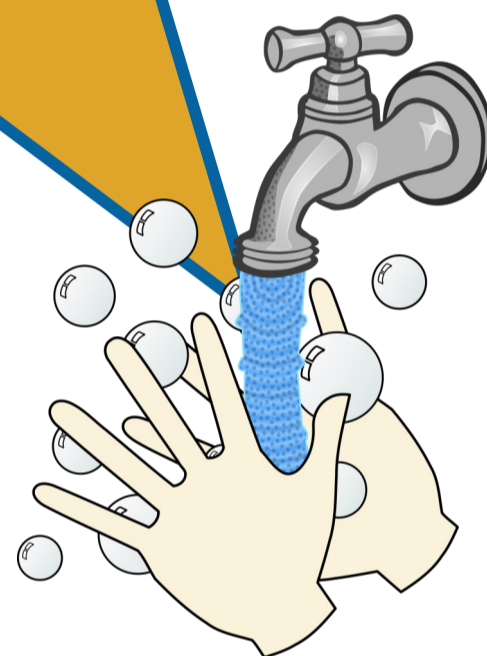
## Check if you need medical help

- NHS 111 has an online coronavirus service that can tell you if you need medical help and advise you what to do.

## We are washing our hands:



- when we arrive at school
- After break
- Before Lunch
- After Lunch



- We have warm water and soap in all our classrooms and shared areas
- We have hand sanitiser in our classrooms
- We use hand sanitiser in our dining room
- We have warm water and soap in toilets
- Children and adults have been asked to wash their hands frequently during the day
- Our cleaners have added extra cleaning and sanitising to our everyday cleaning
- Door handles are being sanitised frequently