



**17.3.2020**

Dear parents/carers,

As you're probably aware, the government's guidance on the coronavirus was updated yesterday afternoon. We'd like to reassure you that at Eastington we're taking all of the necessary steps to protect our community.

### **How are we supporting staff in vulnerable groups?**

The briefing from the PM and Chief Medical & Science advisor yesterday afternoon added women who are pregnant into the vulnerable group. It also stated people within a vulnerable group (ie those with underlying health issues, the over 70 and pregnant woman) should avoid social contact and would soon be asked to self-isolate.

In light of this I have asked staff in these groups to not to work in school starting from today. I know this goes beyond the recommendations of Government at present but it feels absolutely right to support our staff in keeping themselves well and safe. I hope you understand this measure. We will endeavor to arrange cover and other staff will support this process in the short term too.

### **How are we responding to the call to socially distance ourselves within school time?**

The Government advised us to implement social distancing. As a result of this I have asked staff not to attend training events as there will be large groups of people. In addition we will not be attending sports events with children from other schools or run school trips etc. Clubs will continue wherever possible for now.

### **When will school shut?**

We do not know when the Government will shut schools, though it seems a matter of when and not if.

We will endeavor to keep the school open until that time however staffing availability will impact on our decision. If the school closes (and reopens) we will inform you by e-mail/text. Please ensure our office has your up to date contact details. In addition can we ask all of you who have not given us text/e-mail permission contact to consider doing so again.

### **When do adults/children need to self-isolate?**

At times there has been a lag in updated information being sent on this issue. However, after yesterday's briefing new, detailed information has been written to support adults/parents/carers making decisions around self-isolating for 7 or 14 days. The main messages are below but please see the link for full advice.

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

## 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 illness.

## Main messages

- if you live alone and you have symptoms of coronavirus illness (COVID-19), however mild, stay at home for **7 days** from when your symptoms started. (See [ending isolation](#) section below for more information)
- if you live with others and you or one of them have symptoms of coronavirus, then all household members must stay at home and not leave the house for **14 days**. The 14-day period starts from the day when the first person in the house became ill
- it is likely that people living within a household will infect each other or be infected already. Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community
- for anyone in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14 day isolation period. (See [ending isolation](#) section below for more information)
- if you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period
- if you cannot move vulnerable people out of your home, stay away from them as much as possible
- if you have coronavirus symptoms:
  - do **not** go to a GP surgery, pharmacy or hospital
  - you do not need to contact 111 to tell them you're staying at home
  - testing for coronavirus is not needed if you're staying at home
- plan ahead and ask others for help to ensure that you can successfully stay at home and consider what can be done for vulnerable people in the household
- ask your employer, friends and family to help you to get the things you need to stay at home
- wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser

- if you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the [NHS 111 online](#) coronavirus service. If you do not have internet access, call NHS 111. For a medical emergency dial 999

Many thanks for your continued support,

Zoe Avastu

**Useful links:**

As a reminder, here are some other helpful links where information can be found:

NHS Website

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

NHS111 Online

<https://111.nhs.uk/>

PHE Public Info

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>