



St Paul's C/E Infant School
Tongham
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GU10 1EF

Headteacher's Newsletter – 13th March 2020

Coronavirus (COVID-19) – Update 3

As of yesterday the advice given means that anyone with the following symptoms

- A high temperature
- A **NEW** continuous cough

should stay at home (self isolate) as follows:-

Do

- ✓ try to keep at least 2 metres (3 steps) from other people in your home, particularly older people or those with long-term health conditions
- ✓ ask friends and family and delivery services to deliver things like food shopping and medicines – but avoid contact with them
- ✓ sleep alone if possible
- ✓ regularly wash your hands with soap and warm water for at least 20 seconds
- ✓ try to stay away from older people and those with long-term health conditions
- ✓ drink plenty of water and take everyday painkillers, such as paracetamol and ibuprofen, to help with your symptoms

Don't

- ✗ do not have visitors (ask people to leave deliveries outside)
- ✗ do not leave the house, for example to go for a walk, to school or public places

There is no need to ring 111 or report symptoms unless you are unable to cope with the symptoms at home, they get worse or they continue after 14 days.

At this time, despite what news sites such as “Get Surrey” are reporting, there are no plans to close schools and we have **not** been asked to prepare any packs for children to work on at home.

The government guidance is still the same – staying at home (self isolating) only applies to the person with symptoms. This is to slow the spread of the virus.

As reported yesterday, we do not have any staff or children with either confirmed or suspected Covid-19. We do have family members of 2 of the children (different families) attending school who have symptoms – 1 is still waiting for the results and the other now reports that testing is unlikely as the NHS are no longer testing everyone with symptoms.

If any child displays symptoms during the school day, we will phone and ask parents to arrange for him/her to be collected and ask that parents keep them at home for 7 days. The children can then return if they are symptom free.