

Covid-19: Staying Safe at School

Call NHS 111 if your symptoms get worse or are no better after home isolation.

Coronavirus Symptoms

- ➔ A new and continuous cough
- ➔ A high temperature
- ➔ A loss of, or change in, your normal sense of taste or smell

If you have symptoms, you have to **self-isolate for 7 days**.

If you live with someone who has symptoms, you have to **self-isolate for 14 days** from the day their symptoms started.

Keep your distance

Avoid physical contact
with others

Keep checking the [gov.uk](https://www.gov.uk) website for the latest advice.

Stop the spread of infection

Wash your hands with soap and hot water more frequently, and for at least 20 seconds, or **use hand sanitiser**

Use disposable tissues when you need to cough or sneeze – dispose of these immediately after use.

If you have no tissue, cough or sneeze into the crook of your elbow, not into your hands.

Travel Safety

Choose alternative modes of travel and **avoid public transport** where possible

- ➔ Use contactless payment methods wherever possible
- ➔ Wash or sanitise your hands before and as soon as possible after travel
- ➔ Do not accept a lift from anyone who doesn't live in the same household

Around other people

- ✓ Keep your distance from other people – follow government guidelines
- ✓ Avoid passing through places you don't need to and any unnecessary contact with others
- ✓ Wash your hands frequently and sanitise your work space before and after use
- ✓ Stay in one area as much as possible. If you use any other spaces, they will require cleaning in order to protect others

- ✗ Avoid congregating in groups
- ✗ Don't ignore instructions given for your safety
- ✗ Don't forget to keep washing your hands thoroughly and regularly
- ✗ Don't ignore social distancing guidance
- ✗ Don't leave used PPE lying around – dispose of it responsibly
- ✗ Avoid putting yourself in any danger – if you are unsure of a situation, move to a safe distance and contact your Headteacher

Keep up to date with and continue to follow Government guidance.