



Advice on COVID-19 (coronavirus) for places of education

How serious is COVID-19 (coronavirus)?

- it can cause flu-like symptoms, including fever, cough and difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

How can you stop COVID-19 (coronavirus) spreading?

If you need to cough or sneeze



Catch it
with a tissue



Bin it



Kill it
by washing
your hands with
soap & water or
hand sanitiser

You should wash hands with soap & water or hand sanitiser



**After breaks
& sport
activities**



**Before
cooking
& eating**



**On arrival at
any childcare
or educational
setting**



**After using
the toilet**



**Before
leaving
home**



Try not to touch your
eyes, nose, and mouth
with unwashed hands



Do not share items that come
into contact with your mouth
such as cups & bottles



If unwell do not share
items such as bedding,
dishes, pencils & towels



Stop germs spreading with our e-Bug resources on hand and respiratory hygiene lesson plans for KS1, 2 and 3: campaignresources.phe.gov.uk/schools

What should you do if you feel unwell?

If you have a:

- high temperature

and/or

- new persistent cough

you should stay at home for 7 days from the day your symptoms started. If you become unwell at a place of education, tell a member of staff.

If a staff member or parent thinks you have symptoms of COVID-19 (coronavirus), they should make sure you stay at home for 7 days. If your symptoms get worse or if your symptoms do not get better after 7 days, parents can contact your GP for advice. Follow the advice. Parents can visit pha.site/coronavirus to find out more information. Teachers and support staff should follow the UK government advice.

See pha.site/coronavirus for advice on COVID-19 (coronavirus).

If there is an emergency, call 999 immediately and inform the operator that you have symptoms of COVID-19.



COVID-19 (coronavirus): Public information

You can help prevent the spread of infection.

The best way to protect yourself and others is:



Wash your hands with soap and water, or use a sanitiser gel, regularly throughout the day.



Catch your cough or sneeze in a tissue, bin it, and wash your hands.

If you have a:

- **high temperature**
and/or
- **new persistent cough**

Self-isolate (stay at home) for 7 days

Do **not** go to a GP surgery, pharmacy or hospital.

Call your GP if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days.

If it is a medical emergency and you need to call an ambulance, dial 999 and inform the operator of your symptoms.

For further information and self-isolation advice, visit
www.pha.site/coronavirus

COVID-19 (coronavirus)

If you have a:

- **high temperature**
- and/or**
- **new continuous cough**

Everyone in your household must stay at home for 14 days

Do **not** go to a GP surgery, pharmacy or hospital.

You can ring NHS 111 for information or advice and they will help you decide if you need to contact your GP.

Calling your GP directly is only necessary if you have:

- an existing health condition
- problems with your immune system
- very serious symptoms

If it is a medical emergency and you need to call an ambulance, dial 999 and inform the operator of your symptoms.

For further information and self-isolation advice, visit www.pha.site/coronavirus