

Dear Parents/Carers,

The school is reinforcing the recommended advice to reduce the spread of COVID19 infection. This includes encouraging children to wash their hands, more frequent cleaning, and following the Government's guidance for social distancing in schools.

Please continue to be vigilant for any symptoms, as is recommended for all members of the public. If your child or another person in your household develops COVID19 symptoms, your child should not come into school and they should get tested as soon as possible. Please see further information below.

### **Symptoms of COVID19**

- The most important symptoms of coronavirus (COVID19) are recent onset of any of the following:
  - A new continuous cough
  - A high temperature
  - A loss of, or change in, your sense of taste or smell

For most people, coronavirus (COVID19) will be a mild illness. However, if you have any of the symptoms above you must stay at home and arrange to have a test to see if you have COVID19: <https://www.gov.uk/get-coronavirus-test>

Anyone who lives with a person who has developed any of the symptoms above must stay at home until this person receives a negative test result or the length of time recommended in government guidance. Stay at home guidance can be found here: <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

### **How to stop COVID19 spreading**

These are the most important things you can do to protect yourself and others from coronavirus:

#### **Do:**

- Follow the government's rules on social distancing
- Wash your hands with soap and water often – do this for at least 20 seconds
- Use hand sanitiser gel if soap and water are not available
- Wash your hands as soon as you get home
- 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 immediately and wash your hands afterwards

#### **Don't:**

- Do not touch your eyes, nose or mouth if your hands are not clean

### **Face coverings**

If you can, wear something that covers your nose and mouth in places where it's hard to stay away from other people.

There are some places where you must wear a face covering, such as:

On public transport

In shops

When you go to hospital appointments or visit someone in hospital

Important: Some people should not wear face coverings, such as children under 3 and people with breathing difficulties. Face coverings are not mandatory for primary age children in a school setting.

Stay safe.

The Tweeddale Team

