



Now wash your hands
Playing your part in preventing the spread of Corona Virus



What is Corona Virus?

- **COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.**
- The symptoms of coronavirus are:
 - a cough
 - a high temperature
 - shortness of breath
- But these symptoms **do not necessarily mean** you have the illness.
- The symptoms are similar to other illnesses that are much more common, such as cold and flu.
- The Government has recently upgraded the level of risk from this illness in the UK from low to moderate.



How is coronavirus spread?

- Because it's a new illness, we do not know exactly how coronavirus spreads from person to person but...
- Similar viruses are spread in cough droplets.
- It's **very unlikely** it can be spread through things like packages or food.
- **Most people can continue to go to work, school and other public places.**
- You only need to stay away from public places (self-isolate) if advised to by the 111 online coronavirus service or a medical professional.

DO	DON'T
Wash your hands with soap and water often – do this for at least 20 seconds	Do not touch your eyes, nose or mouth if your hands are not clean
Always wash your hands when you get home or into work	Ignore the advice in column 1
Use hand sanitiser gel if soap and water are not available	Panic
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 straight away and wash your hands afterwards	
Try to avoid close contact with people who are unwell	



New Mills
School

You knew we'd link it to the 5Rs...

Washing your hands more often and for longer might seem like a small thing to do but remember:

- **Respect:** This is the most important and consistent message coming from public health **experts** so follow their advice.
- **Responsibility:** By taking individual responsibility we can all be part of the solution to slowing down the rapid spread of this new illness.
- **Resourcefulness:** If you can, make sure you are always equipped with tissues and hand sanitiser. Don't just rely on other people.
- **Reflection:** You may think you already wash your hands often and thoroughly. Make sure you are following the advice carefully so you know this enough. Also, try and be more self-aware about when you touch your face so you minimise this.
- **Resilience:** Politely remind others of this advice if you see them not following it and keep following it yourself even if you are socialising with people who don't.



Now watch this useful video

<https://www.nhs.uk/video/pages/how-to-wash-hands.aspx>



Other sources of advice...

- If you need advice about Coronavirus you can ring the **NHS** on **111**.
- Alternatively, the **Department for Education coronavirus helpline** is now available to answer questions about COVID-19 relating to education and children's social care. Staff, parents and young people can contact this helpline as follows:
 - Phone: 0800 046 8687
 - Email: DfE.coronavirushelpline@education.gov.uk
 - Opening hours: 8am to 6pm (Monday to Friday)



We will let you know if this advice changes...

Please be assured that we are monitoring the advice from the relevant Government departments and Public Health England and will be updating you as soon as it is necessary.