

26th February 2020

Dear Parent/Carer,

Re: Coronavirus concerns

At both Ditchingham and Gillingham Primary School the health and safety of our students and staff is of paramount importance. I am therefore sharing [guidance](#) (1) from Public Health England on steps you should be taking to minimize the possible spread of Coronavirus in the UK. There is currently no cause for concern at the school. We will however keep you informed about any developments and ensure we are keeping the academy clean to prevent the spread of any virus.

If you or your children have returned from a category 1 country or area in past 14 days

This includes:

- Wuhan city and Hubei province, China
- Iran*
- Daegu or Cheongdo, South Korea*
- Any Italian town under containment measures* (see the map [here](#)) (2)

*Only if you've returned on or after 19 February 2020

Contact NHS 111 for advice, and:

- Self-isolate for 14 days after leaving the country or area (see the [home isolation advice sheet](#) (3) for help with this)
- If you become unwell, call NHS 111 immediately for an assessment (or 999 if you require emergency medical attention) – see below for the symptoms to look out for

If you or your children have returned from a category 2 country or area in last 14 days

This includes:

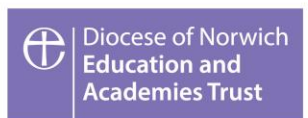
- Cambodia
- China (other than Wuhan city or Hubei province)
- Hong Kong
- Italy: north* (see the map [here](#)) (2)
- Japan



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- Laos
- Macau
- Malaysia
- Myanmar
- Singapore
- South Korea (other than Daegu or Cheongdo)
- Taiwan
- Thailand
- Vietnam

*Only if you've returned on or after 19 February 2020

If you or your children are well:

- You don't need to avoid contact with other people
- Your other family members don't need to take any precautions or make any changes to their own activities

If you become unwell (see below for a list of symptoms):

- Stay indoors and avoid contact with other people as you would with other flu viruses (see the [home isolation advice sheet](#) (3) for help with this)
- Call NHS 111 immediately for an assessment (or 999 if you require emergency medical attention)

Symptoms to look out for

If you've returned from any of the category 1 or 2 areas or countries, look out for the following symptoms:

- Cough
- Difficulty in breathing
- Fever (a temperature of 38 degrees C or higher)

According to other [official guidance](#), (4) while you wait for further advice:

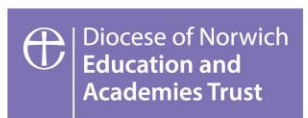
- Avoid contact with others
- Stay at home – don't go to work or school
- Don't travel while sick



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- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing, throwing tissues in the bin
- Wash your hands often with soap and water for at least 20 seconds (or an alcohol-based sanitiser if soap and water aren't available)
- If you're worried about your symptoms, please call NHS 111 – don't go directly to your GP or other healthcare environment

If you or your child have any further concerns or questions, please do not hesitate to contact the Headteacher or the office at the academy.

Yours sincerely

Mrs Heather Brand

On behalf of DNEAT/St Benet's

1. <https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19/guidance-to-educational-settings-about-covid-19>
2. <https://www.gov.uk/government/publications/covid-19-specified-countries-and-areas>
3. <https://www.gov.uk/government/publications/wuhan-novel-coronavirus-self-isolation-for-patients-undergoing-testing/advice-sheet-home-isolation>
4. <https://www.gov.uk/government/publications/novel-coronavirus-2019-ncov-guidance-to-assist-professionals-in-advising-the-general-public/guidance-to-assist-professionals-in-advising-the-general-public>