

THE FOUR PHASES TO RESPOND TO COVID-19

The UK government and the devolved administrations have been planning an initial response based on information available at the time, in a context of uncertainty, that can be scaled up and down in response to new information to ensure a flexible and proportionate response.

The fundamental objectives are to deploy phased actions to Contain, Delay, and Mitigate any outbreak, using Research to inform policy development.

The different phases, types and scale of actions depends upon how the course of the outbreak unfolds over time. We monitor local, national and international data continuously to model what might happen next, over the immediate and longer terms.

The overall phases of our plan to respond to COVID-19 are:

- **Contain:** detect early cases, follow up close contacts, and prevent the disease taking hold in this country for as long as is reasonably possible
- **Delay:** slow the spread in this country, if it does take hold, lowering the peak impact and pushing it away from the winter season
- **Research:** better understand the virus and the actions that will lessen its effect on the UK population; innovate responses including diagnostics, drugs and vaccines; use the evidence to inform the development of the most effective models of care
- **Mitigate:** provide the best care possible for people who become ill, support hospitals to maintain essential services and ensure ongoing support for people ill in the community to minimise the overall impact of the disease on society, public services and on the economy

The Government's action plan can be found [here](#).

ATTENDANCE AFTER TRAVEL

Please inform your child's school on your return from travel abroad and observe government and school advice as well as any action you need to take.

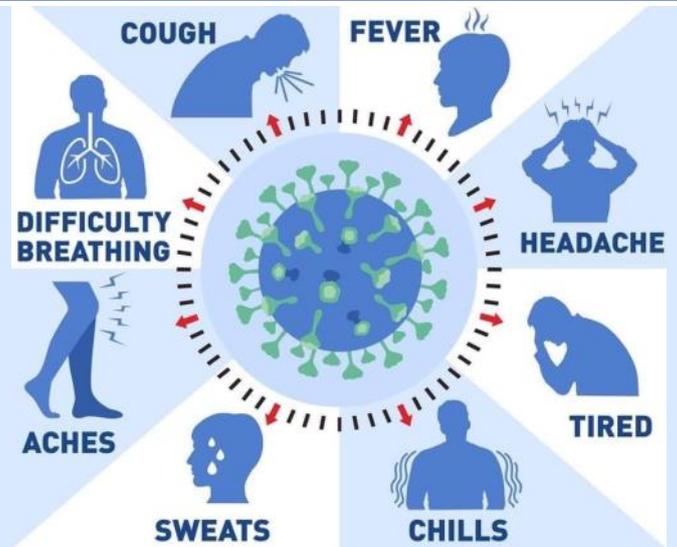
Public Health England updated their travel advice, recommending that anyone returning from Italy should self-isolate, even if you do not have any symptoms. If you do develop symptoms, call NHS 111.

To find out more and for the latest travel advice, please visit:

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>



SYMPTOMS OF CORONAVIRUS 2019-nCoV (coronavirus)



GOVERNMENT CORONAVIRUS ACTION PLAN RECAP

The action plan sets out a four-phased approach in response to coronavirus:

Contain, Delay, Mitigate, and Research, based on the latest scientific evidence.

The current phase is **Delay**.

The Government have been providing advice to educational settings in England. They also launched a DfE helpline to manage the flow of increasing queries, from providers parents and young people.

0800 046 8687

DfE.coronavirushelpline@education.gov.uk

8am to 6pm (Monday to Friday)



KEY MESSAGES FROM THE GOVERNMENT



- If you have symptoms of coronavirus infection (COVID-19), however mild, stay at home and do not leave your house for 7 days from when your symptoms started.
- This action will help protect others in your community whilst you are infectious.
- Plan ahead and ask others for help to ensure that you can successfully stay at home.
- Ask your employer, friends and family to help you to get the things you need to stay at home.
- Stay at least 2 metres (about 3 steps) away from other people in your home whenever possible.
- Sleep alone, if that is possible.
- Wash your hands regularly for 20 seconds, each time using soap and water.
- Stay away from vulnerable individuals such as the elderly and those with underlying health conditions as much as possible.
- You do not need to call NHS111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days contact [NHS 111 online](#). If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

HOW TO WASH YOUR HANDS

It's really important to wash your hands properly to stop the spread of germs and disease.

It's especially important at the moment because there is a new virus spreading around the world.

Although the number of people affected is relatively small, the virus hasn't been seen in humans before so scientists are keen to stop it spreading.

The World Health Organization has given the disease an official name - it is called Covid-19, though you'll still hear lots of people refer to it as 'coronavirus' as that's how it was known at first.



Click on the image to find a video clip from De'Graft at Newsround, giving advice on how to best wash your hands.

Newsround have many more interesting video clips offering lots of information about the coronavirus, Covid-19.

We encourage parents to send children in with hand cream/lotion to apply to their hands themselves, after using hand sanitizers. This will prevent their hands from getting sore.

CORONAVIRUS HELPLINE



The Department of Education coronavirus helpline is now available to answer questions about Covid-19 related to education. Staff, parents and young people can contact the helpline as follows:

PHONE: 0800 046 8687

EMAIL: DfE.coronavirushelpline@education.gov.uk

OPENING HOURS: 8am to 6pm (Monday to Friday)

The latest guidance for education settings is available [HERE](#).

SATS

GCSE



INFORMATION IF YOU HAVE A CHILD SITTING THEIR EXAMINATIONS THIS SUMMER

The DfE and regulators for examinations/tests recognise that students, parents and schools will be concerned about the possible impact of coronavirus on the 2020 summer exam/tests. The current advice is to continue to prepare for exams and other assessments as normal.

Ofqual and other test/exam regulator's continue to work closely with the Department for Education, to plan for a range of scenarios.

As there are still many weeks until tests start in the summer, updated advice (if necessary) will be issued to schools giving as much notice as possible. The overriding priorities are fairness to pupils this summer and keeping disruption to a minimum.

Feeling Sick?

Do you ever wonder what is causing your illness?

It could be a virus or a bacteria... and the differences are important.

Virus vs. Bacteria

Viruses are particles that invade your body's cells. Viruses contain genetic material (DNA or RNA) and a protein coat. Viruses take many shapes and are much smaller than bacteria.

Bacteria are one-celled organisms that take several shapes - spheres, rods, spirals. They are found everywhere - in food, dirt, and on our bodies. Bacteria can live outside our body's cells. Most bacteria are good - such as those that help with digestion, but some can cause infections.

Viruses cause diseases such as the common cold, many sinus infections, acute bronchitis and most sore throats. The body fights against viral infections by producing a fever or inflammation.

Bacteria cause infections such as strep throat by invading the body's cells. The body fights against bacteria by producing a fever or inflammation. Symptoms of bacterial infections are similar to those caused by viral infections.

Antibiotics cannot kill viruses. Antibiotics will not help a viral infection or stop the spread of a viral infection to others. Taking antibiotics for viral infections can increase the chance of an antibiotic-resistant infection later.

Bacterial infections usually need to be treated with an antibiotic - medications that kill bacteria. If you are prescribed an antibiotic, follow instructions closely:

- take all the medication as directed even if you feel better
- do not share antibiotics or save them for the next time you are sick



- Rest, drink fluids
- Relieve symptoms with over the counter medications
- Call your doctor if your symptoms worsen



MEASURES WE ARE TAKING IN OUR SCHOOLS

- Antibacterial hand wash and sinks in each classroom
- Hand wash dispensers installed in corridors
- Antiviral cleaning of frequently used equipment for example telephones and computer keyboards as well as door handles, releases and buttons has been arranged for all schools in the Trust
- Pupils instructed on hand washing
- Postponement of Parents' Evenings
- Cancellation of school assemblies
- Rescheduling of large meetings
- We will provide work for pupils in self quarantine
- All staff over the age of 60 and any staff member or pupil with a respiratory condition will receive a risk assessment, which will be regularly reviewed. It is advisable for any site user who falls into the above category to minimise risk and avoid physical contact with the school wherever possible.



For trips and visits we will:

- Continue with planned trips, wherever possible
- Avoid using public transport, unless absolutely necessary (There are trips to London which require train travel)
- Take extra precautions when using public toilet facilities, for example supervised hand washing, training for children to avoid touching handles, toilet flush operations, sinks, taps etc. Sanitise children's hands after use
- Take extra care for lunchtime arrangements - avoid mixing with the public, avoid enclosed spaces, consider staggering lunchtimes to reduce the group size in one place at a time
- When using private transport hire ensure pre and post travel sanitising and train children to limit contact with surfaces

CURRENT ALERT LEVEL FROM NHS ENGLAND

4

