



Please Note:

- It is extremely unlikely that you will fall ill with the coronavirus. Our government are taking precautions to stop any spread of this virus.
- We are most likely to catch a common cold or our normal strains of flu.
- If you do fall ill with flu-like symptoms, you or your parents should not worry and seek advice from 111 NHS Direct if concerned about risk of infection.



How can you stop viruses 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



If you do not have a tissue sneeze into the crook of your arm.

