

For more detailed information go to: nhs.uk/coronavirus

How serious is the coronavirus?

- it can cause flu-like symptoms, including fever, cough & difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

How likely are you to catch the virus?

- you can only catch it if you have been close to a person who has the virus
- the chance of being in contact with the virus is currently low in the UK
- if you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China and any affected areas



HM Government



CATCH IT.



BIN IT.



KILL IT.

NHS



CATCH IT.



BIN IT.



KILL IT.

Symptoms of 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.

How to avoid catching or spreading germs

Do

- 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
- wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available
- try to avoid close contact with people who are unwell
- call 111 to get symptom advice

Don't


- do not touch your eyes, nose or mouth if your hands are not clean
- don't go to a doctors' surgery or a drop in centre


CORONAVIRUS: PUBLIC INFORMATION

The Government and NHS are well prepared to deal with this virus.

You can help too.

The best way to protect yourself and others is:

 Wash your hands with soap and water, or use a sanitiser gel, regularly throughout the day.

 Catch your cough or sneeze in a tissue, bin it, and wash your hands.

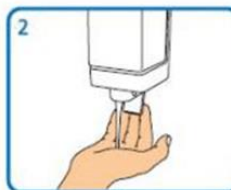
If you have recently arrived back from specified areas follow the returning traveller advice. Check the list of areas and find out more at [nhs.uk/coronavirus](https://www.nhs.uk/coronavirus)

NHS style hand-washing should take between 15 & 30 seconds

Hand-washing technique with soap and water



Wet hands with water



Apply enough soap to cover all hand surfaces



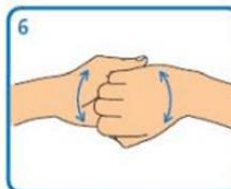
Rub hands palm to palm



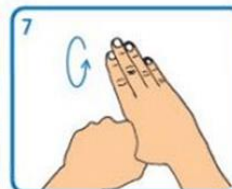
Rub back of each hand with palm of other hand with fingers interlaced



Rub palm to palm with fingers interlaced



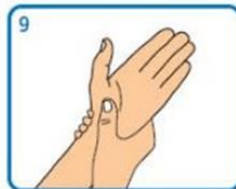
Rub with back of fingers to opposing palms with fingers interlocked



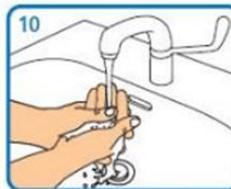
Rub each thumb clasped in opposite hand using a rotational movement



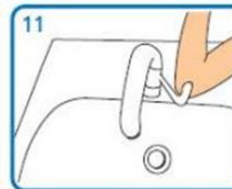
Rub tips of fingers in opposite palm in a circular motion



Rub each wrist with opposite hand



Rinse hands with water



Use elbow to turn off tap



Dry thoroughly with a single-use towel

How can you stop coronaviruses 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



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If you feel **seriously** ill (worse than a normal cold), it might be a good idea to stay home. If you become ill in school, go to Student Support and tell someone there how you feel. Most importantly, remember to “catch it, bin it, kill it” if you are coughing and sneezing and try not to worry about it.

What should you do if you feel unwell?

Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus. If you become unwell at a place of education, tell a member of staff and let them know if you have travelled to any other countries in the last 14 days.

If your staff member or parent thinks you have symptoms of coronavirus, they should call **NHS 111** for advice. Follow the UK Government advice for childcare or educational settings [gov.uk/government/publications/guidance-to-educational-settings-about-covid-19](https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19). Parents can visit **NHS.UK** to find out more information. Teachers and support staff should follow the UK Government advice.

Staff, students and pupils who have returned from Iran, specific lockdown areas in northern Italy, special care zones in South Korea or Hubei province China (returned in the past 14 days) should self isolate, and NOT attend education or work for 14 days. See **NHS.UK** for advice on coronavirus.



If there is an emergency, call 999 immediately