

# Covid-19 (Coronavirus)

## What is Covid-19 (Coronavirus)

Coronavirus is a **virus that affects your lungs and airways**. Find out about the symptoms of coronavirus and the steps to take to stop it spreading. From 1 August this guidance applies to everyone including those who are considered clinically extremely vulnerable and were previously advised to shield.

### Main Symptoms

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least 1 of these symptoms.

### What to do if you have symptoms

If you have any of the main symptoms of coronavirus:

1. Get a test to check if you have coronavirus as soon as possible.
2. Stay at home and do not have visitors until you get your test result – only leave your home to have a test.

Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

Further information / guidance can be found by clicking on the following links:

### Overview of Coronavirus

<https://www.nhs.uk/conditions/coronavirus-covid-19/?fbclid=IwAR1WVvLrE1EKzNfd3jy4UoIbLLrPYII0bohrTyToiCowEToU0eNlzt0ixY>

### NHS How to Wash Your Hands Correctly

## **Stay at home: guidance for households with possible coronavirus (COVID-19) infection**

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection?fbclid=IwAR0zcvf-1vFCqpHpF2FKMC9ft4tDMWJJizluS7xulnOFUDZ5ZvpfiaKewos>

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

### **Urgent advice: Use the NHS 111 online coronavirus service if:**

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

Use the 111 coronavirus service

**Only call 111 if you cannot get help online.**

### **How to avoid catching and spreading coronavirus (social distancing)**

Everyone should do what they can to stop coronavirus spreading.

### **Coronavirus outbreak FAQs: what you can and can't do**

<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

### **Travel advice**

There are some countries and areas where there's a higher chance of coming into contact with someone with coronavirus.

If you're planning to travel abroad and are concerned about coronavirus, see [advice for travellers on GOV.UK](#).

### **Treatment for coronavirus**

There is currently no specific treatment for coronavirus.

Antibiotics do not help, as they do not work against viruses.

Treatment aims to relieve the symptoms while your body fights the illness.

You'll need to stay in isolation, away from other people, until you have recovered.

The Department of Education has launched a helpline for young people, parents and staff to raise questions about the coronavirus outbreak:

Telephone: 0800 0468687 (8am-6pm)

Email: [DfE.coronavirushelpline@education.gov.uk](mailto:DfE.coronavirushelpline@education.gov.uk)

Please be assured that we are reviewing Government guidance daily and will take all necessary action to protect the pupils and staff of the School, taking advice from Public Health England, the National Health Service and the Departments for Health and Social Care and Education.

### **Government guidance to schools and the situation and Gainford C of E Primary School**

The School receives regular updates from the Department for Health and Social Care, Public Health England and the Department for Education. This guidance is published at the links below:

[Restricting Attendance during the National Lockdown](#)

[What to do if a pupil displays symptoms of Coronavirus](#)

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

### **Communication with Parents**

The School will continue to keep parents informed through email, newsletters, school website and text when required, acting upon the advice of relevant public bodies. To do this it is vital we have accurate and up-to-date contact details for parents.

### **Communication with Pupils**

All students have been spoken to regarding good hand hygiene (hand washing techniques) and are frequently reminded to do so during the school day. They also follow the NHS 'Catch It, Bin It, Kill It' Advice. The National Institute for Clinical Excellence has recommended the use of e-Bug to teach students about hygiene.

<https://e-bug.eu/>

Posters are displayed around the school to remind pupils of this. Soap, hand sanitiser and tissues are also available in every classroom.

### **Tips and Advice for Parents & Carers on how to support children suffering with anxiety around Coronavirus**

<http://www.ingleton.durham.sch.uk/parents/mental-health-wellbeing/>

<https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

<https://www.mind.org.uk/information-support/coronavirus/>

<https://www.childrensmentalhealthmatters.org/resources/coronavirus/>

<https://youngminds.org.uk/find-help/looking-after-yourself/coronavirus-and-mental-health/>

<http://nosycrowcoronavirus.s3-eu-west-1.amazonaws.com/Coronavirus-ABookForChildren.pdf>

<https://home.oxfordowl.co.uk/books/jon-burgerman-everybody-worries-free-ebook/>