



SAFETY NOTICE

CORONAVIRUS

02 February 2020

Dear Parents,

The health of our pupils and staff is of paramount importance. Our aim is to give our staff, parents and pupils as much information as possible about the disease so that they are better equipped to deal with it. Please find below important information on the coronavirus, as well as precautionary measures.

Symptoms

- The symptoms of this virus range from infected people with little to no symptoms to severe illness and death.
- According to research, symptoms can include fever, cough and shortness of breath. Pneumonia is common, but not always present. Gastrointestinal symptoms, including diarrhea, have also been reported.
- The symptoms can appear in as few as two days or as long as fourteen days after exposure. This is based on what has been seen previously as the incubation period of Middle East respiratory syndrome coronavirus (MERS).

How to protect yourself from infection

- The most likely way of getting an infection is by inhalation, by touch and by eating something that is infected.
- It may sound simple but if done thoroughly, washing your hands will offer the best protection from any type of infection, including flu, which remains a risk at this time of year.
- According to research, you need to lather your hands, which should have been wet with clean warm or cold water, with soap. All areas should be thoroughly scrubbed, including the backs of your hands, between your fingers and under your nails. This should be done for at least 20 seconds.
- Once you wash your hands, make sure they are dry. If you can't wash your hands, make sure you have a hand sanitizer.

Other precautionary measures include the following

- If your child is suspected or has a confirmed diagnosis of an infectious illness (i.e. influenza, measles, mumps, chicken pox, meningitis, scarlet fever, etc.) please contact the School Nurse directly as soon as possible and provide a medical report. The School Nurse is then able to alert

the school community, if appropriate, and instigate measures as mandated by the Department of Health.

- Pupils are to remain at home for 48 hours from last episode of diarrhea or vomiting. A doctor's note stating it is safe for your child to return to school must be provided if your child is to return any earlier.
- When coughing and sneezing, cover mouth and nose with flexed elbow or tissue, throw tissue away immediately and wash hands.
- Avoid close contact with anyone who has a fever or a cough.
- If you have a fever, cough and difficulty breathing, seek medical care early and share previous travel history with your health care provider.
- When visiting live markets in areas currently experiencing cases of novel coronavirus, avoid direct unprotected contact with live animals and surfaces in contact with animals.
- The consumption of raw or undercooked animal products should be avoided. Raw meat, milk or animal organs should be handled with care, to avoid cross-contamination with uncooked foods, as per good food safety practice.

What we are doing to support our school network

- Teachers are further educating our pupils with personal hygiene and hand washing techniques and reinforcing the importance of washing their hands.
- We have made available masks to the clinic staff to administer to pupils as a temporary measure if required during diagnosis whilst awaiting collection by a parent.
- Information packs like this one to offer a reminder of when to keep pupils home through various types of illness, along with the supporting hygiene information to help reinforce this good practice at home.
- We appreciate this can be a worrying time for parents and pupils, and it is important to approach these situations with a measured, appropriate response, assessing risk on an ongoing basis. We want to assure you that our school is doing everything they can to ensure the robust hygiene management systems we have in place are being maintained to the highest possible standards to ensure our learning communities are safe at all times.

Not feeling well?



When should a child stay away from school for illness?

1. Fever



If a child has a temperature of 100°F or higher, your child is too sick for school. Keep them home until they have been fever free for 24 hours without the use of anti-fever medications.

2. Diarrhea or Vomiting



If a child has 3 or more loose bowel movements, even if there are no other signs of illness, your child is too sick for school. Any vomiting is a reason to send a child home or keep a child home. Keep them home until they are vomit and diarrhoea-free for 48 hours.

3. Rash



There are different rules for returning to school depending on the cause of the rash. Children with contagious rashes, such as chicken pox and measles, need to be kept home. If your child has a rash AND fever, keep them at home and talk with your healthcare provider.

4. Cough or Sore throat



Children with a cough or sore throat should be watched closely. If the cough or sore throat becomes worse or if the child develops a fever, the child is too sick for school.

5. Other Conditions



Please inform the school if your child is diagnosed with the following; conjunctivitis, strep throat, Influenza A, hand, foot and mouth disease, chicken pox, measles, ringworm, mumps or scarlet fever.

Still not sure or need some further advice?

Talk to your school nurse who will be more than happy to help

Protect others from getting sick

When coughing and sneezing cover mouth and nose with flexed elbow or tissue



Throw tissue into closed bin immediately after use

Clean hands with alcohol-based hand rub or soap and water after coughing or sneezing and when caring for the sick



Protect yourself and others from getting sick

Wash your hands

- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after handling animals or animal waste

