

# HOW YOU CAN HELP

## Know the Signs

In order to prevent the spread of COVID-19 it is important to know and recognise the symptoms.

They are:

High temperature

Cough

Shortness of breath or breathing difficulties

Loss of smell, of taste or distortion of taste.

If your child exhibits any of the above symptoms during the school day, they will be escorted to the school 'isolation area' and will remain there under adult supervision until they are collected from school.

They must be collected as soon as possible. (Please ensure that your contact details are up to date.)

If a child is sent home from school it is important that the GP be contacted in order to discuss the presenting symptoms of the child.

If a child has been on holidays abroad, please follow the most up to date guidelines before attending school.

## **Practice Good Respiratory Hygiene**

Make sure you, and the people around you, follow good respiratory hygiene. This means covering your mouth and nose with a tissue or your bent elbow when you cough or sneeze. Then dispose of the used tissue immediately and safely into a nearby bin.

By following good respiratory hygiene, you protect the people around you from viruses such as cold, flu and Covid-19.

## **Clothing**

The windows in each classroom will be opened during the school day to allow for appropriate ventilation. Please add layers to your children's clothing as the weather gets cooler.

## **Hand Hygiene**

Please ensure that your children wash their hands before coming to school each morning.

## **Personal Items**

Do not allow your child to bring any personal items to school which are not necessary e.g. toys, playing cards etc.