



Wigan Council Education Department
MARSH GREEN PRIMARY SCHOOL

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Marsh Green Advice from Head teacher regarding Coronavirus COVID-19

Update 17.3.20

We are aware that some parents are becoming concerned about sending their child to school. We will act in accordance with Wigan Authority guidelines to ensure pupils, staff and families remain safe. This is our top priority. At the moment the risk is minimal and we will keep you undated if the situation changes.

Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature

For most people, coronavirus (COVID-19) will be a mild illness.

Action

- if you live alone and you have symptoms of coronavirus illness (COVID-19), however mild, stay at home for 7 days from when your symptoms started. (See ending isolation section below for more information)
- if you live with others and you or one of them have symptoms of coronavirus, then all household members must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill.
- if you have coronavirus symptoms: do not go to a GP surgery, pharmacy or hospital, you do not need to contact 111 to tell them you're staying at home
- testing for coronavirus is not needed if you're staying at home
- if you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the NHS 111 online coronavirus service. If you do not have internet access, call NHS 111. For a medical emergency dial 999

What steps can you take to protect yourself?

Just like flu and other communicable disease everyone can take simple hygiene measures to protect themselves and others:

1. Catch it, Bin it, Kill it: Sneeze into disposable tissues "Catch it", dispose of them "Bin it" and then wash hands with warm soap and water or use hand sanitiser gel if it is not possible to wash ("kill it".) Catch it, Bin it, Kill it leaflet:

<https://www.england.nhs.uk/south/wp-content/uploads/sites/6/2017/09/catch-bin-kill.pdf>

2. Wash your hands regularly with soap and water or hand gel if soap and water is not available, as a second-best option. I cannot stress too strongly how important this simple step is. Washing your hands for 20 seconds with liquid soap and water is so effective in breaking the chain of infection. This link will take you to a video clip and instructions for how to wash your hands.

<https://www.nhs.uk/live-well/healthy-body/best-way-to-wash-your-hands/>

Yours faithfully

Mrs Leigh

Headteacher