

MyEd 06/03/2020

Dear Parents/Carers

**Advice and guidance – personal hygiene and updated Travel advice for Travellers returning from Italy.**

The Government today have issued the information (copied below) on personal hygiene and updated Travel advice for Travellers returning from Italy.

I have also attached the information from the **Department of Education helpline**, we circulated earlier in the week.

We will continue to keep you updated on the government's response to COVID-19 (Coronavirus) as information is sent to schools.

In school we are promoting this message with our students and reassuring them about the virus using the attached factsheets.

Thank you for your cooperation.

Best wishes

Mr Pearsall

## **The importance of hygiene**

Personal hygiene is the most important way we can tackle COVID-19, especially washing hands more; and the catch it, bin it, kill it strategy for those with coughs and sneezes.

Wash your hands more often for 20 seconds with soap and hot water.

In addition to handwashing before eating and after sneezing, both children and staff should also wash hands after using toilets and after travelling on public transport.

Please help us in sharing simple and effective hand hygiene messages:

- <https://twitter.com/NHSuk/status/1235112744917049346>

## **Updated travel advice for travellers returning from Italy**

The advice remains the same for travellers returning from the lockdown areas of Italy, that you should self-isolate even if you are not showing symptoms. The advice for other parts of Italy has been expanded to cover the whole country: if you have returned from anywhere else in Italy outside of the lockdown areas, you should self-isolate if you develop symptoms and call NHS 111.

The latest travel guidance can be found here:

- <https://www.gov.uk/government/publications/covid-19-specified-countries-and-areas/covid-19-specified-countries-and-areas-with-implications-for-returning-travellers-or-visitors-arriving-in-the-uk>

Further information on what you should do if you are asked to self-isolate can be found here:

- <https://publichealthmatters.blog.gov.uk/2020/02/20/what-is-self-isolation-and-why-is-it-important/>