

20th February 2020

Dear Parents

Re: Coronavirus (COVID-19)

If you have been **travelling recently to, or stopped over in, China, Hong Kong, Japan, Macau, Malaysia, Republic of Korea, Singapore, Taiwan or Thailand**, please read the information below:

- The incubation period for COVID-19 is between 2-14 days. This means that if someone remains well 14 days after they have been in contact with another person with confirmed coronavirus, they have not been infected.
- The following symptoms may, however, develop within the 14 days:
 - Cough
 - Difficulty in breathing
 - Fever

Generally, these infections can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease. There is no evidence that children are more affected than other age groups – very few cases have been reported in children.

For people who have returned from China, Hong Kong, Japan, Macau, Malaysia, Republic of Korea, Singapore, Taiwan or Thailand in the last 14 days, current government advice (19.2.20) is below.

If currently well:

- self-isolate only if symptoms develop
- continue to attend work or education - there is no need to avoid contact with other people
- no additional precautions needed nor any changes to activity
- testing people with no symptoms for COVID-19 is currently not recommended
- it is recommended to take a mobile phone, when going out, so that others can be contacted if becoming unwell or so that the school can make contact, should a child become sick

If unwell:

- stay indoors and avoid contact with other people - as for other flu viruses (see this [home isolation advice sheet](#)).
- call NHS 111 immediately to be assessed by an appropriate specialist, as quickly as possible
- stay at home and do not attend work or education
- do **not** go directly to the GP or other healthcare environment
- for emergency medical attention, call 999 and tell the call handler or ambulance control that the person has a history of recent travel to risk areas for COVID-19
- additional guidance at: [further information](#) and the [Public Health England Blog](#)

Thank you for reading, and adhering to, this advice. We hope by doing this, that our community remains safe and well.

Best wishes
Fiona

