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| 16th March 2020   |  | | --- | |  |  **Coronavirus Update** |

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| Dear Parents, Carers,  **7 Day self-isolation for confirmed or suspected cases** According the government’s new [stay at home guidance](https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection), anyone who is confirmed as having coronavirus or who shows possible symptoms should stay at home for 7 days. The relevant symptoms are: a new continuous cough or a high temperature (37.8 degrees and above). After a person becomes symptomatic, they are unlikely to be infectious after 7 days. If symptoms are no better or get worse after 7 days, seek medical advice. See the stay at home guidance for when to end self-isolation.  All staff, parents and pupils must adhere rigorously to this advice.  **Close contact with a confirmed case** According to [guidance for educational settings](https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19/guidance-to-educational-settings-about-covid-19), question 7, those who have come into contact with a confirmed case (while that person was symptomatic) need to self-isolate for 14 days. This is because the incubation period of COVID-19 is between 2 and 14 days. This means that if a person remains well 14 days after close contact with someone symptomatic with coronavirus, it is unlikely that they have been infected. The definition of ‘close contact’ is given in question 7 of the guidance.   **Close contact with a suspected case** The government has not yet said that everyone who has had close contact with a suspected case needs to self-isolate. Family members can carry on life as normal. However, where there is a strong suspicion that a family member has coronavirus, even if it has not yet been (or is unlikely ever to be) confirmed, it would be wise to behave as if the case is confirmed and for family members to self-isolate for 14 days. In is important to maintain distance from family members exhibiting even mild symptoms, as per the advice immediately below.  **How to stay well** See this helpful article on the BBC for a clear summary: <https://www.bbc.co.uk/news/health-51711227>. The key points are:   * Wash hand for 20 seconds regularly, or use a sanitising gel. * Use a tissue for coughs and sneezes, and then throw it away. * If you do not have a tissue, use your sleeve. * Avoid touching your eyes, nose and mouth with unwashed hands. * Avoid close contact with people who are unwell. * Stay at least three steps away from others at home if possible.   Please be reassured we will continue to use the approach of preparation and not panic as we navigate any new information we receive from the government and reliable sources.  If you have any concerns please do not hesitate to call the nursery and speak to a member of the admin team who will advise you further.  Thank you for your cooperation and understanding.  Best Wishes  Tina |