

10th March 2020

Dear Parent/Carer,

Re: Coronavirus concerns

You're likely aware of the outbreak of novel coronavirus and the subsequent confirmed cases in the UK. At Cambridge Steiner School we take the health and safety of our pupils and staff very seriously, so we're sharing [guidance](#) from Public Health England on steps you should be taking.

There's currently no cause for concern at the school, but we'll keep you informed about any developments. We are taking measures to help prevent the spread of any virus, with regular hand washing for pupils and staff and regular, thorough cleaning of the premises. There are no plans to close the school but we are aware this is a possibility in the medium-term should we be advised to do. We are preparing learning materials for pupils in case of school closure. Please find our Prevention and Protection Plan attached and of course we will update you immediately if we receive any message that affects the school.

The DfE have launched a new helpline to answer questions about COVID-19 related to education. Staff, parents and young people can contact the helpline as follows:

Phone: 0800 046 8687

Email: DfE.coronavirushelpline@education.gov.uk

Opening hours: 8am to 6pm (Monday to Friday)

Prevent the spread of infection

Make sure you and your children follow these general principles to prevent spreading any respiratory virus:

- Wash your hands often – with soap and water for at least 20 seconds, or an alcohol-based sanitiser if soap and water aren't available
- Avoid touching your eyes, nose, and mouth with unwashed hands
- Avoid close contact with people who are sick
- If you feel unwell, stay at home and don't attend work or school
- Cover your cough or sneeze with a tissue, then throw the tissue in a bin
- Clean and disinfect frequently touched objects and surfaces in the home
- If you're worried about your symptoms, please call NHS 111 – don't go directly to your GP or other healthcare environment

If you or your children have returned from a category 1 country or area in past 14 days

This includes:

- Wuhan city and Hubei Province (China, [see map](#))
- Iran*
- Daegu or Cheongdo (Republic of Korea, [see map](#))
- Any area within Italy under containment measures ([see map](#))

*Only if you've returned on or after 19 February 2020

Contact NHS 111 for advice, and:

- Self-isolate for 14 days after leaving the country or area (see the [home isolation advice sheet](#) for help with this)
- If you become unwell, call NHS 111 immediately for an assessment (or 999 if you require emergency medical attention) – see below for the symptoms to look out for

If you or your children have returned from a category 2 country or area in last 14 days

This includes:

- Cambodia*
- China (other than Wuhan city or Hubei province)
- Hong Kong
- Italy* (other than the areas under containment measures)
- Japan
- Laos*
- Macau
- Malaysia
- Myanmar*
- Singapore
- South Korea (other than Daegu or Cheongdo)
- Taiwan
- Thailand
- Vietnam*

*Only if you've returned on or after 19 February 2020

If you or your children are well:

- You don't need to avoid contact with other people
- Your other family members don't need to take any precautions or make any changes to their own activities

If you become unwell (see below for a list of symptoms):

- Stay indoors and avoid contact with other people as you would with other flu viruses (see the [home isolation advice sheet](#) for help with this)
- Call NHS 111 immediately for an assessment (or 999 if you require emergency medical attention)

Symptoms to look out for

If you've returned from any of the category 1 or 2 areas or countries, look out for the following symptoms:

- Cough
- Difficulty in breathing
- Fever (a temperature of 38 degrees C or higher)

According to other [official guidance](#), while you wait for further advice:

- Avoid contact with others
- Stay at home – don't go to work or school
- Don't travel while sick
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing, throwing tissues in the bin
- Wash your hands often with soap and water for at least 20 seconds (or an alcohol-based sanitiser if soap and water aren't available)

If you or your child have any further concerns or questions, please do not hesitate to contact the school reception@cambridge-steiner-school.co.uk

Yours sincerely,

Sarah Fox

Education Manager