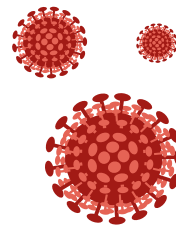


Advice on the **CORONAVIRUS**



How serious is the coronavirus?

- It can cause flu-like symptoms, including fever, cough & difficulty breathing
- The infection is not serious for most people, including children
- Most people get better with enough rest, water to drink and medicine for pain



Try not to touch your eyes, nose and mouth with unwashed hands



Do not share items that come into contact with your mouth such as cups & bottles



If unwell do not share items such as bedding, dishes, pencils & towels

How can you stop Coronaviruses spreading?



Catch it



Bin it



Kill it

You should wash hands with soap & water or hand sanitiser



Before cooking & eating



On arrival at any childcare or educational setting



After using the toilet



Before leaving home

What should you do if you feel unwell?

Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus. If you become unwell at a place of education, tell a member of staff and let them know if you have travelled to any other countries in the last 14 days.

If you or your staff members think they have symptoms of coronavirus, they should call NHS 111 for advice. Follow the UK Government advice about-covid-19. You can visit [NHS.UK](https://www.nhs.uk) to find out more information.