

Coronavirus (Covid-19) is an infectious disease that is usually spread between people in close contact by coughing, sneezing, talking, or by touching an area that a person who has Coronavirus has touched. It spreads in a similar way to cold or flu.

Thankfully, most people who get infected develop mild symptoms. There are many things that you can do to minimise the risk of infection.

### Reduce the risk of getting and spreading Covid-19:

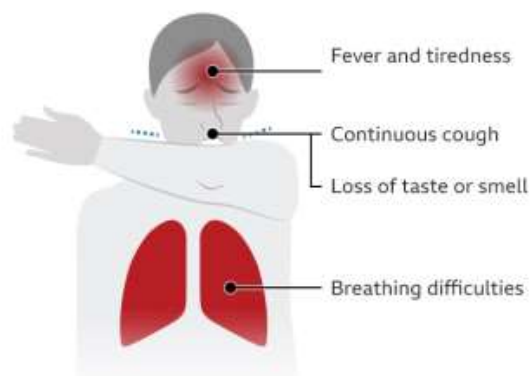
- Wash hands regularly with soap for at least 20 seconds, or use a hand sanitiser.
- Wash hands after sneezing or coughing.
- When wearing short sleeves wash your forearms too.
- When you cough or sneeze cover your mouth with a tissue or with your elbow. Throw the tissue in a bin immediately afterwards.
- Always wash your hands: after coughing or sneezing, when you arrive at the School, when you arrive home, after touching door handles, and before eating,
- Avoid touching your face.
- Do not shake hands with other people.
- Do not share your food, drinks, pens, paper, books, or anything that you touch with other people.
- Stay 2 metres away from people outside of your household or your “bubble”.
- Do not stay close to anyone who is coughing or sneezing.
- Avoid crowded places.
- Wear a mask or a face covering (if you wear a disposable mask, it should be replaced every 4 hours):
  - in communal areas in the School building e.g. stairs, corridors, kitchen
  - when travelling on public transport e.g. bus, taxi
  - when you are inside a public place, e.g. shop, place of worship
- Download the NHS Covid-19 app.

### Main symptoms of Coronavirus:

- Temperature of 37.8° or higher
- A new and continuous cough
- Loss or change to sense of taste and/or smell
- Difficulty breathing

Some people get other symptoms, which are similar to cold or flu, such as: muscle pains, headache, sore throat, loss of appetite, feeling tired, nausea or vomiting.

### Coronavirus: Key symptoms



Source: NHS

BBC

### What to do if you have the symptoms of Coronavirus:

- Do not come to the School. Stay inside your accommodation. Go outside only if the doctor tells you that you can.
- Avoid physical contact with other members of the house.
- Call 111 - a trained person will speak to you, ask you questions and tell you what to do. If you would like to speak in your own language, ask for an interpreter.
- **Call 999 if you have difficulty breathing or are feeling very ill.**
- Call or email the School or ask your homestay provider to get in touch with us.



### Student Wellbeing:

It is important that we support each other during these special times. That includes being kind to each other and, in some cases, a little more tolerant and considerate.

If you feel worried or anxious remember to talk about your concerns. There are staff members at School who you can speak to. You will also be given an emergency telephone number where a staff member is available 24/7 to help in case of emergency.