

If you have a



new and
continuous cough

or



high
temperature

stay at home for 7 days, if you live alone

stay at home for 14 days, if you live with others, including all household members

Only use **NHS 111** if your symptoms get worse or are no better after home isolation

Stop the spread of coronavirus



Wash your hands more often and for 20 seconds

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food



Cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze and throw the tissue away straight away



Supervise young children to ensure they wash their hands more often than usual



Posters and lesson plans on general hand hygiene can be found on the eBug website



Clean and disinfect regularly touched objects and surfaces more often than usual using your **standard cleaning products**



Staff, young people and children should stay at home if they are unwell with a new, continuous cough or a high temperature to avoid spreading infection to others. **Otherwise they should attend education or work as normal**

If staff, young people or children become unwell on site with a new, continuous cough or a high temperature **they should be sent home**

Unless you have been directly advised to close by the local Public Health England Health Protection Team, we recommend all education settings remain open