



# HOW TO KEEP YOURSELF SAFE WITH CORONAVIRUS COVID-19

Wetherlea



School

*Be Kind • Be Safe • Be Fair*

The key to stopping any outbreak:

## GOOD HYGIENE PRACTICES

### FOLLOW THESE TRAVEL GUIDELINES;

**Category 1:** China and Iran

**Category 2:** Hong Kong, Italy, Japan, Republic of Korea, Singapore and Thailand



If you or anyone in your household have visited or transited through Category 1 countries; **Self Isolate** for **14 days**, visited or transited through Category 2 countries and have COVID-19 symptoms - **make the call below**.



**COVID-19 Symptoms:** fever, cough and/or shortness of breath.

Call **0800 358 5453** or contact your GP (phoning ahead of your visit)



### Good Hygiene Practices:

- wash your hands often with soap and water (or sanitiser) before and after eating as well as after going to the toilet.
- cover coughs and sneezes with clean tissues or your elbow.
- put used tissues in the bin.

**IF YOUR CHILD IS UNWELL KEEP THEM AT HOME**