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**National Support School**  
designated by



**National College for  
Teaching & Leadership**

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Dear Mums, Dads and Carers,

I am sharing with you the most up to date government information we have received today. Thank you for your support and communication with the school so far and please continue to follow the advice to self isolate your child and any siblings if they exhibit any symptoms.

Yours Sincerely,

Sophie Gosden

### **Government announces move from Contain to Delay phase**

Yesterday, the Government announced that we are moving from the Contain phase of the coronavirus action plan and into the Delay phase, in response to the ongoing coronavirus (COVID-19) outbreak.

Full details of each stage in the government action plan can be found here:

- <https://www.gov.uk/government/publications/coronavirus-action-plan>

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To support the delay of the spread of the virus, the Department for Health and Social Care has asked anyone who shows certain symptoms to stay at home for 7 days, regardless of whether they have travelled to affected areas. This means people should stay at home and avoid all but essential contact with others for 7 days from the point of displaying mild symptoms, to slow the spread of infection.

The symptoms are:

- A high temperature (37.8 degrees and above)
- A new, continuous cough

You do not need to call NHS 111 to stay at home. If your symptoms worsen during your stay at home period or are no better after 7 days contact NHS 111 online at [111.nhs.uk](https://111.nhs.uk). If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

Current advice remains in place: no education or children's social care setting should close in response to a suspected or confirmed COVID-19 case unless advised to do so by Public Health England.

The Chief Medical Officer has advised that the impact of closing schools on both children's education and on the workforce will be substantial, but the benefit to public health may not be. Decisions on future advice to schools will be taken based on the latest and best scientific evidence, which at this stage suggests children are a lower risk group.

### **Handwashing advice**

The most important thing individuals can do to protect themselves is to wash their hands more often, for at least 20 seconds, with soap and water. Public Health England recommends that in addition to handwashing before eating, and after coughing and sneezing, everyone should also wash hands after using toilets and travelling on public transport.

Watch this short NHS film for guidance:

- <https://youtu.be/bQCP7waTRWU>