



**Brunswick House**  
Primary School

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Dear Parent/Carer

## Advice from Public Health England to share with your school community:

### What is the coronavirus?

The 2019 Novel Coronavirus has been spreading since it was first reported in December 2019.

Symptoms include fever and respiratory symptoms including coughing and shortness of breath. Generally, coronavirus can cause more severe symptoms in people with weakened immune systems, older people, and those with long term conditions like diabetes, cancer and chronic lung disease.

If you develop these symptoms and have recently travelled to an area where the coronavirus is being widely reported or believe you may have come in contact with the virus then you should stay indoors and call NHS 111 informing them of the details linking you to the virus.

### What should I do?

If you are feeling unwell and have not been contacted by Public Health England, then there is no need for concern.

You should continue to treat your symptoms as usual for seasonal flu or a common cold. If you feel unwell and do not know what you should do, then call NHS 111.

As always, if you have symptoms of a cold or flu, then there are measures you can take to bugs spreading:

- Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel.
- Wash your hands often with soap and water, especially after using public transport. Use a sanitiser gel if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are unwell.

### How do I know if I've been in contact with a case?

Public Health England is in the process of contacting people who have had close contact with the confirmed cases.

Close contacts will be given health advice about symptoms and emergency contact details to use if they become unwell in the 14 days after contact with the confirmed case. This tried and tested method will ensure any risk to them and the wider public is minimised.

### Where can I find more information?

- [Information for the public](#)
- [Blog and frequently asked questions](#)
- [Travel advice for those travelling and living overseas.](#)

**Respect**



**Teamwork**



**Empathy**



**Self-Belief**



**Honesty**

