

## **Coronavirus advice for Parent/Carers**

### **What is Coronavirus?**

Coronavirus (2019-nCoV) is a new respiratory illness that has not previously been seen in humans.

The current outbreak originated in the Wuhan region of China in December. The majority of cases have been identified there, although there have been cases across China and in a number of other countries including two in the UK in the last few days. In the vast majority of instances, those outside of China are people who has recently travelled from the affected region. However there have been some cases where this has been transmitted person to person.

The UK Chief Medical Officer has raised the risk to the public in the UK to moderate, although this was following WHO's declaration of a public health emergency of international concern, rather than any increased risk in the UK. The NHS are continuing to report the risk of getting the illness as low.

### **Symptoms & Prevention**

Symptoms include, feeling tired, difficulty breathing, a high temperature and coughing.

In most cases symptoms are mild, but those with weakened immune systems or those with long term or chronic conditions are more at risk.

At present it appears that the incubation period for the illness is up to 10 days.

It is still not clear exactly how it is spread from person to person, but similar viruses are spread by cough droplets and poor hygiene practices. As there is no vaccine or treatment available yet, the most efficient way of minimizing the risk is through normal good hygiene.

### **Precautions**

To reduce the risk of further spread of the virus PHE advises that people should maintain good hand, respiratory and personal hygiene and advised to take the following measures:- Regularly wash your hands with warm water and soap - Avoid touching your eyes and nose whenever possible – Maintain a fit and healthy lifestyle.

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If you or your child(ren) have the symptoms and have travelled to China in the last 14 days (in particular to Wuhan, Hubei Province, China) please contact your local doctor by phone and remain at home. In an emergency please call 111.

The government is closely monitoring the spread of the Coronavirus and is taking action at home and abroad.

The overall risk of Coronavirus to the UK remains moderate. However we understand that people may be concerned where there are children, students or staff returning from or visiting China.

Public Health England and the Foreign Office have issued advice for anyone travelling to the area. This can be found at:

- <https://www.gov.uk/foreign-travel-advice/china>
- <https://www.gov.uk/government/news/wuhan-novel-coronavirus-and-avian-flu-advice-for-travel-to-china>

## **Advice for Parent/Carers**

You should not be unduly worried about the possibility of our children catching the coronavirus.

There is no reason why your children should not continue to attend school as normal.

We recognise that some families or children may be planning to travel to China during the forthcoming half term period. If so please refer to the FCO's latest travel advice via the link above.

Latest information and advice can also be found at:

- <https://www.gov.uk/coronavirus>