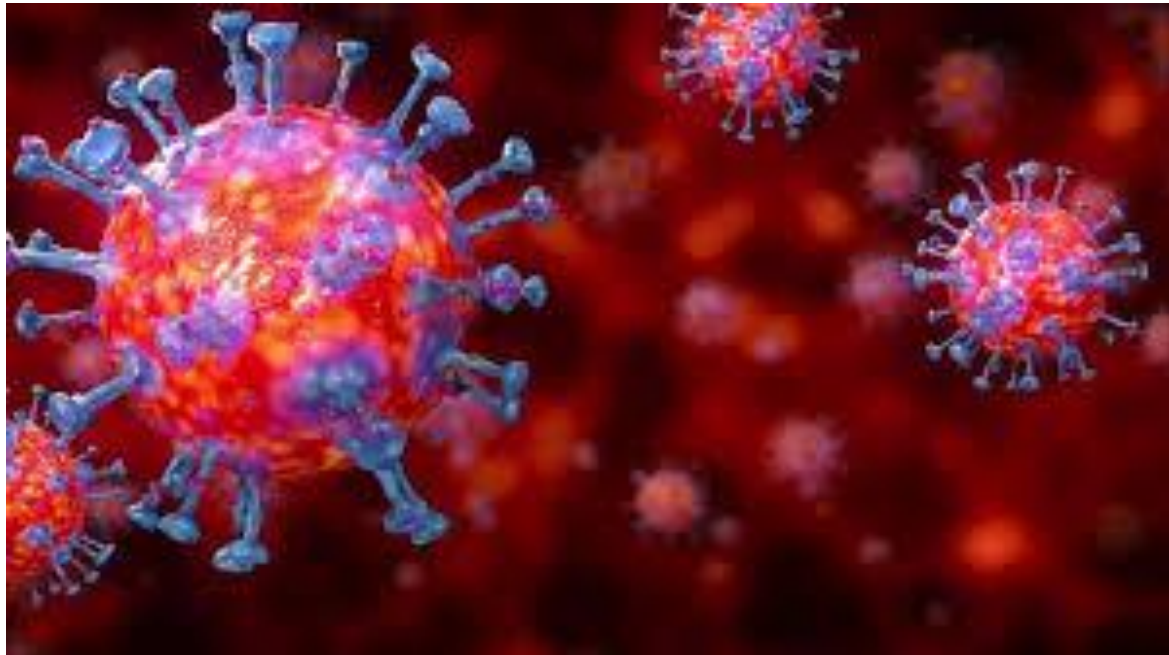
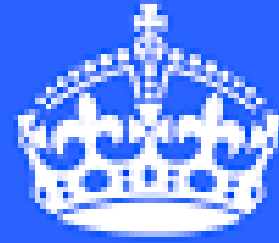


Coronavirus Covid -19

Safeguarding our Bassaleg Community



**The most
important
take
away
message
today**



**KEEP CALM
AND
WASH YOUR
HANDS WITH
SOAP & WATER**

Number of cases

As of 9am on Saturday 14 March 2020

37,746 people have been tested in the UK,

of which 36,606 were confirmed negative

and 1,140 were confirmed as positive.

21 patients who tested positive for COVID-19 have died.

Total Number of cases as of 9am on Saturday 14th March 2020

Public Health England  **Total UK cases COVID-19 Cases Update**
as of 09:00 (GMT) on 14/03/2020

Total UK cases
1,140

Daily Confirmed Cases
343

Total UK deaths
21

England
925

Scotland
121

Wales
60

N. Ireland
34

Cumulative Cases



Daily Confirmed Cases



Wales

UPDATE:

As of 2.30pm
on Sunday
15th March
2020

cases in
Wales
reached 94

Information about the virus

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. COVID-19 is a new strain of coronavirus first identified in Wuhan City, China in January 2020.

The incubation period of COVID-19 is between 2 to 14 days. This means that if a person remains well 14 days after contact with someone with confirmed coronavirus, they have not been infected.

Signs and symptoms of COVID-19

The following symptoms may develop in the 14 days after exposure to someone who has COVID-19 infection:

- cough
- difficulty in breathing
- fever

Generally, these infections 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.

How COVID-19 is spread

From what we know about other coronaviruses, spread of COVID-19 is most likely to happen when there is close contact (within 2 metres or less) with an infected person. It is likely that the risk increases the longer someone has close contact with an infected person.

Respiratory secretions produced when an infected person coughs or sneezes containing the virus are most likely to be the main means of transmission.

There are 2 main routes by which people can spread COVID-19:

- infection can be spread to people who are nearby (within 2 metres) or possibly could be inhaled into the lungs.
- it is also possible that someone may become infected by touching a surface, object or the hand of an infected person that has been contaminated with respiratory secretions and then touching their own mouth, nose, or eyes (such as touching door handles or shaking hands then touching own face)

There is currently little evidence that people who are without symptoms are infectious to others.

The virus could be on....

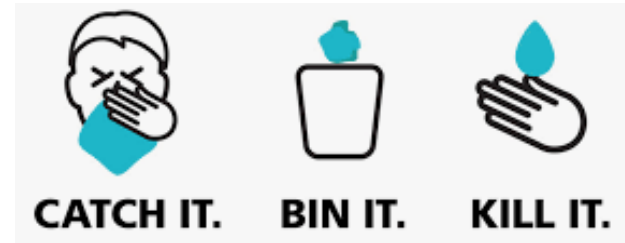
- Hands
 - Mobile phones
 - Smart watches
 - iPads/tablets
 - Airpods/headphones
 - Computer keyboards
 - Remote controls
 - Door handles
 - Light switches
 - Toilet handles
 - Taps
 - Hand rails
 - Gaming consoles
-and more

Preventing spread of infection

There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus.

Public Health recommends that the following general cold and flu precautions are taken to help prevent people from catching and spreading COVID-19:

- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze. (Catch it, Bin it, Kill it)
- put used tissues in the bin straight away
- wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available.
- try to avoid close contact with people who are unwell
- clean and disinfect frequently touched objects and surfaces
- do not touch your eyes, nose or mouth if your hands are not clean



If you are worried about symptoms, please call NHS 111. **Do not** go directly to your GP or other healthcare environment.

What should I do to prevent catching and spreading the virus?

A box of tissues will be delivered to every classroom at the beginning of this week



Wash hands frequently with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



Throw away used tissues (then wash hands)



If you don't have a tissue **use your sleeve**



Avoid touching your eyes, nose and mouth with unwashed hands



Avoid close contact with people who are unwell

Source: NHS

BBC

NB. It's important to remember that there are many reasons why someone may cough, such as exposure to an allergy. It does not necessarily mean they have the Coronavirus.

How long the virus can survive

How long any respiratory virus survives will depend on a number of factors, for example:

- what surface the virus is on
- whether it is exposed to sunlight
- differences in temperature and humidity
- exposure to cleaning products

Under most circumstances, the amount of infectious virus on any contaminated surfaces is likely to have decreased significantly by 72 hours.

We know that similar viruses are transferred to and by people's hands. Therefore, regular hand hygiene and cleaning of frequently touched surfaces will help to reduce the risk of infection.

Reducing the spread of the virus

Wash your hands



How to wash your hands:

<https://www.bbc.co.uk/news/health-51637561>

How long is 20 seconds?

Sing 'Happy Birthday' to yourself, twice

Clean your mobile phone



How to clean your mobile phone:

<https://www.bbc.co.uk/news/technology-51863924>

Be responsible with food and drink!

Whilst we always talk to pupils about the litter problem we have in our school, there has never been a more important time for us to be responsible with food and food wrappers.

Please dispose of all litter responsibly in a bin both inside and outside the building



Lollipop sticks left for others to clean up puts people at risk!

Part eaten food left on tables or dropped on the floor now poses huge risk to the school community!

Drinks bottles discarded on the floor means someone else has to pick it up. Bottles/food/lollipop sticks have been in your mouth increasing the risk to those that have to pick up after you!



What to do if you have symptoms (as of Saturday 14th March 2020)

Stay at home for 7 days if you have either:

- a high temperature
- a new continuous cough

This will help to protect others in your community while you are infectious.

Do not go to a GP surgery, pharmacy or hospital.

You do not need to contact NHS 111 to tell them you're staying at home.

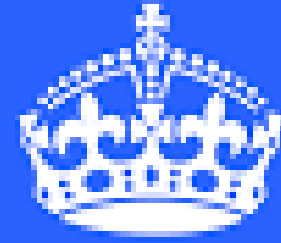
Parents should inform the school of your absence.

Staff should phone the staff absence line.

The government will not be testing people who are self-isolating with mild symptoms.

Remember

.....and
dispose of
your
rubbish
responsibly



KEEP CALM
AND
WASH YOUR
HANDS WITH
SOAP & WATER