

Government Advice & Information on Coronavirus

You can help to slow the spread of Coronavirus!

- **Make sure you and your children follow these general principles to prevent spreading any respiratory virus:**
 - Wash your hands often – with soap and water for at least 20 seconds, or an alcohol-based sanitiser if soap and water aren't available.
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Avoid close contact with people who are sick.
 - If you feel unwell, stay at home and don't attend work or school.
- Cover your cough or sneeze with a tissue, then throw the tissue in a bin.
- Clean and disinfect frequently touched objects and surfaces in the home.
- **If you're worried about your symptoms, please call NHS 111 – don't go directly to your GP or other healthcare environment.**
[Please click here to access a NHS video](#) showing the most effective way of washing your hands
- **Department for Education Coronavirus helpline - this helpline has been set up to answer questions about the virus related to education. Staff, parents and young people can contact the helpline.**
 - Phone: 0800 046 8687
 - Email: DfE.coronavirushelpline@education.gov.uk
 - Opening hours: 8am to 6pm (Monday to Friday)