



# Advice on COVID-19 (coronavirus) for places of education

## How serious is COVID-19 (coronavirus)?

- it can cause flu-like symptoms, including fever, cough and difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

## How likely are you to catch the virus?

- you can only catch it if you have been close to a person who has the virus
- the chance of being in contact with the virus is currently low in the UK
- if you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China and any affected areas, see [pha.site/covid19-specified-areas](https://www.pha.gov.uk/covid19-specified-areas)

## How can you stop COVID-19 (coronavirus) spreading?

### If you need to cough or sneeze



Catch it with a tissue



Bin it



Kill it by washing your hands with soap & water or hand sanitiser

### You should wash hands with soap & water or hand sanitiser



After breaks & sport activities



Before cooking & eating



SCHOOL ETC.  
On arrival at any childcare or educational setting



After using the toilet



Before leaving home



Try not to touch your eyes, nose, and mouth with unwashed hands



Do not share items that come into contact with your mouth such as cups & bottles



If unwell do not share items such as bedding, dishes, pencils & towels



Stop germs spreading with our e-Bug resources on hand and respiratory hygiene lesson plans for KS1, 2 and 3: [campaignresources.phe.gov.uk/schools](https://www.campaignresources.phe.gov.uk/schools)

## What should you do if you feel unwell?

Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of COVID-19 (coronavirus). If you become unwell at a place of education, tell a member of staff and let them know if you have travelled to any other countries in the last 14 days.

If a staff member or parent thinks you have symptoms of COVID-19 (coronavirus), they should call **the NHS helpline on 111** for advice. Follow the UK Government advice for childcare or educational settings [gov.uk/government/publications/guidance-to-educational-settings-about-covid-19](https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19). Parents can visit [pha.site/coronavirus](https://www.pha.gov.uk/coronavirus) to find out more information. Teachers and support staff should follow the UK Government advice.

Staff, students and pupils who have visited Hubei Province (including Wuhan), China, Iran, specified towns in the Lombardy and Veneto regions in Northern Italy, or Daegu or Cheongdo in South Korea since 19 February 2020, should self isolate, and NOT attend education or work for 14 days.

See [pha.site/coronavirus](https://www.pha.gov.uk/coronavirus) for advice on COVID-19 (coronavirus).

**If there is an emergency, call 999 immediately**

