



Tuesday 17th March 2020

## Updated Health Guidance

Dear Parents and Carers,

You may have heard last night that the government guidance on health, particularly staying at home, has changed. We will continue to update you and follow the guidance as it is released.

You can find the updated NHS guidance below:

### Stay at home if you have coronavirus symptoms

Stay at home if you have either:

- a high temperature – you feel hot to touch on your chest or back
- a new, continuous cough – this means you've started coughing repeatedly

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

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

Testing for coronavirus is not needed if you're staying at home.

### How long to stay at home

- if you have symptoms, stay at home for 7 days
- if you live with other people, they should stay at home for 14 days from the day the first person got symptoms

If you live with someone who is 70 or over, has a long-term condition, is pregnant or has a weakened immune system, try to find somewhere else for them to stay for 14 days.

If you have to stay at home together, try to keep away from each other as much as possible.

Read our [advice about staying at home](#).

You can find more information by following the link here: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

To reduce contact that can be avoided, we will be sending the children from Reception to Year 6 straight into class in the mornings (like they do when it is raining) from today.

If you have an urgent message for the teacher, please send your child with a note or call/email the school offices on [enquiries@bellevilleschool.org](mailto:enquiries@bellevilleschool.org) - please avoid coming into the school building to pass on messages.

We will bring the children out to the playgrounds for collection/dismissal at the end of the day as normal to ensure safe handover.

We are extremely grateful to you for all your support and for working with us.

Yours,

Sarah Atherton  
Headteacher Juniors

Mary-Lyne Latour  
Headteacher Infants