



# Meir Heath Academy

Principal: Mrs M Southern

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Dear Parent/Carer,

## Re: Coronavirus concerns

You are likely aware of the outbreak of novel coronavirus in China and the subsequent confirmed cases in the UK. At Meir Heath Academy, we take the health and safety of our pupils and staff very seriously, so we're sharing [guidance](#) from Public Health England on steps you should be taking.

There is currently no cause for concern at the school, but we will keep you informed about any developments and ensure we are keeping the school clean to prevent the spread of any virus.

## Prevent the spread of infection

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 are not 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 do not 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 – do not go directly to your GP or other healthcare environment

## If you or your children have returned from anywhere in Hubei province or any region in Italy in past 14 days

Contact NHS 111 for advice, and:

- Self-isolate for 14 days after leaving Hubei (see the [home isolation advice sheet](#) for help with this) If you're sending this letter in a physical form, you may want to either attach the advice sheet to the letter or include the URL here
- If you become unwell, call NHS 111 immediately for an assessment (or 999 if you require emergency medical attention) – see below for the symptoms to look out for

## If you or your children have returned from a specified area in last 14 days

The specified areas are:

- China (other than Hubei)
- Hong Kong
- Japan
- Macau
- Singapore
- South Korea
- Taiwan
- Thailand
- Malaysia
- Tenerife
- Italy

If you or your children are well:

- You don't need to avoid contact with other people
- Your other family members don't need to take any precautions or make any changes to their own activities

If you become unwell (see below for a list of symptoms):

- Stay indoors and avoid contact with other people as you would with other flu viruses (see the [home isolation advice sheet](#) for help with this)
- Call NHS 111 immediately for an assessment (or 999 if you require emergency medical attention)

### **Symptoms to look out for**

If you've returned from the specified areas or Hubei, look out for the following symptoms:

- Cough
- Difficulty in breathing
- Fever (a temperature of 38 degrees C or higher)

According to other [official guidance](#), while you wait for further advice:

- Avoid contact with others
- Stay at home – don't go to work or school
- Do not travel while sick
- Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing, throwing tissues in the bin
- 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)

If you or your child have any further concerns or questions, please do not hesitate to contact Mrs Reed on [vreed@meirheath.staffs.sch.uk](mailto:vreed@meirheath.staffs.sch.uk).

Yours faithfully,

Mrs M Southern  
**Principal**