

# 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

## 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**



**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://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 helpline on 0300 200 7885** 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 returned from Wuhan and Hubei Province in China, or Iran, specific lockdown areas in Northern Italy, or special care zones of South Korea since February 19 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**

