



Arriving in the UK from abroad?

Stay indoors and avoid contact with other people if you've travelled to the UK from the following places, even if you do not have symptoms:

- Anywhere in Italy on or after 9 March
- Specific areas in northern Italy in the last 14 days
- Iran in the last 14 days
- Hubei province in China in the last 14 days
- Daegu, Cheongdo or Gyeongsan in South Korea in the last 14 days

Stay indoors and avoid contact with other people if you've travelled to the UK from the following places in the last 14 days and have a cough, high temperature or shortness of breath, even if your symptoms are mild:

- Italy (outside specific areas in northern Italy) before 9 March
- Mainland China outside of Hubei province
- South Korea outside of Daegu, Cheongdo and Gyeongsan
- Cambodia
- Hong Kong
- Japan
- Laos
- Macau
- Malaysia
- Myanmar
- Singapore
- Taiwan
- Thailand
- Vietnam

Use the 111 online coronavirus service to find out what to do next.

- In Scotland, if you become unwell within 14 days of your return, phone your GP practice or NHS 24 (111) out of hours. For general advice visit [NHSInform.scot](https://www.nhs.uk/111) or phone 0800 028 2816
- In Wales, use the Covid-19 online symptom checker to find out what to do next: [www.nhsdirect.wales.nhs.uk/COVID19/](https://www.nhs.uk/111)





HM Government



CORONAVIRUS

WASH YOUR HANDS MORE OFTEN FOR 20 SECONDS

**Use soap and water or a
hand sanitiser when you:**

Get home or into work

Blow your nose, sneeze or cough

Eat or handle food

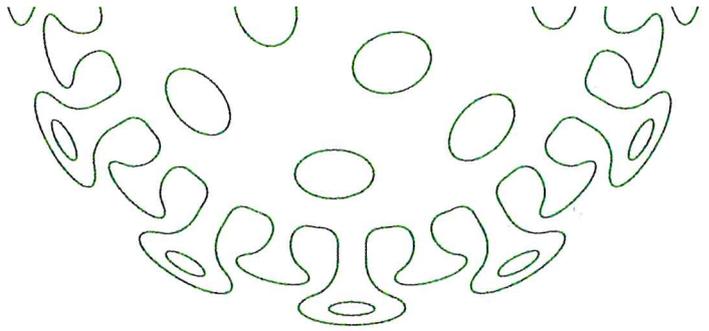
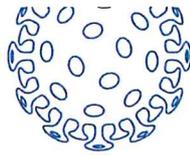
CORONAVIRUS

**PROTECT
YOURSELF
& OTHERS**

For more information and the Government's
Action Plan go to **nhs.uk/coronavirus**.



Public Health
England



Advice on the coronavirus for places of education

How serious is the coronavirus?

- it can cause flu-like symptoms, including fever, cough & 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 coronaviruses 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



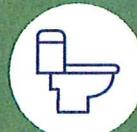
After breaks & sport activities



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

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 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 your staff member or parent thinks you have symptoms of coronavirus, they should call **NHS 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 **NHS.UK** to find out more information. Teachers and support staff should follow the UK Government advice.

Staff, students and pupils who have returned from Iran, specific lockdown areas in northern Italy, special care zones in South Korea or Hubei province China (returned in the past 14 days) should self isolate, and NOT attend education or work for 14 days. See **NHS.UK** for advice on coronavirus.

If there is an emergency, call 999 immediately



CATCH IT

Germs spread easily. Always carry tissues and use them to catch your cough or sneeze.



BIN IT

Germs can live for several hours on tissues. Dispose of your tissue as soon as possible.



KILL IT

Hands can transfer germs to every surface you touch. Clean your hands as soon as you can.

