

Public health advice on returning to school



Welcome back to school. We know that the past few months have been a difficult time for families. But we'd like to reassure you that thorough measures are in place to support learning in as safe an environment as possible. This leaflet explains a number of steps that we must all continue to follow. Please read this guidance. Together we can kick coronavirus out of Stoke-on-Trent.

Social distancing: continue to social distance to help minimise contact with others outside your household, on the way to and from school, and after school.

Travel to and from school: walk or cycle wherever possible. Please follow the staggered start and finish times, and drop off and collection arrangements at school. This will avoid large groups of pupils and parents gathering at the school gates at the same time.

Coronavirus symptoms: look out for a high temperature; a new continuous cough; loss of, or a change in, your normal sense of taste and smell. Do not send your child to school if they show symptoms or someone in the household has symptoms.

How long do I need to self-isolate for?

If you have symptoms or a positive test

10 DAYS 

If someone in your household has symptoms

14 DAYS 

If you arrive in the UK from abroad*

14 DAYS 


*excluding exempt countries

Book a test through www.nhs.co.uk or by calling 119. Let your school know your test result.

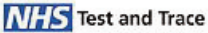
If parents have any concerns or questions, please speak to your school.

How can you stop coronaviruses spreading?

<p>If you need to cough or sneeze</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>Catch it with a tissue</p> </div> <div style="text-align: center;">  <p>Bin it</p> </div> <div style="text-align: center;">  <p>Kill it by washing your hands with soap & water or hand sanitiser</p> </div> </div>	<p>You should wash hands with soap & water or hand sanitiser</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  <p>After breaks & sport activities</p> </div> <div style="text-align: center;">  <p>Before cooking & eating</p> </div> <div style="text-align: center;">  <p>SCHOOL ETC.</p> </div> <div style="text-align: center;">  <p>After using the toilet</p> </div> <div style="text-align: center;">  <p>Before leaving home</p> </div> </div>
<div style="display: flex; justify-content: space-between;"> <div style="width: 30%;"> <p><input checked="" type="checkbox"/> Try not to touch your eyes, nose, and mouth with unwashed hands</p> </div> <div style="width: 30%;"> <p><input checked="" type="checkbox"/> Do not share items that come into contact with your mouth such as cups & bottles</p> </div> <div style="width: 30%;"> <p><input checked="" type="checkbox"/> If unwell do not share items such as bedding, dishes, pencils & towels</p> </div> </div>	



HM Government



Got coronavirus symptoms?

- 1 Start isolating**

 - you for 10 days
 - household for 14 days
- 2 Book a test**

 - [NHS.uk/coronavirus](https://www.nhs.uk/coronavirus)
 - or call 119

negative for COVID-19

- Household stops isolating immediately
- You stop isolating if you feel well

3 Share contacts
via NHS Test and Trace

STAY ALERT • CONTROL THE VIRUS • SAVE LIVES

© No 10

If you have been in close contact with someone who tests positive

- 1 You may be alerted by NHS Test and Trace**
- 2 Isolate** for 14 days after close contact

if you develop symptoms

- 3 Book a test**

 - Household isolates for 14 days

negative for COVID-19

- Household stops isolating immediately
- You complete 14 day isolation

positive for COVID-19

- You begin new 10 days isolation
- Household completes 14 day isolation

