

# Reducing the risk of catching and spreading COVID-19 and other respiratory infections



## **If you have symptoms of COVID-19 or other respiratory infections**

We follow national guidance for people who have symptoms of respiratory infections including COVID-19 and/or a positive test result. This includes advice for children and young people attending education and childcare settings.

The key points are:

- Children with mild symptoms such as a runny nose, sore throat, or mild cough, who are otherwise well, can continue to attend their education or childcare setting.
- Children and young people who are unwell and have a high temperature should stay at home and where possible avoid contact with other people. They can go back to education or childcare setting when they no longer have a high temperature and they are well enough.
- If a child or young person has a positive COVID-19 test result they should try to stay at home and where possible avoid contact with other people for 3 days after the day, they took the test. The risk of passing the infection on to others is much lower after 3 days if they feel well and do not have a high temperature.
- Adults with a positive COVID-19 test result should try to stay at home and avoid contact with other people for 5 days.
- Children and young people who usually go to school, college or childcare and who live with someone who has a positive COVID-19 test result should continue to attend as normal.

## **Baseline infection prevention**

Our focus is on ensuring baseline infection prevention. This will not necessarily stop infection spreading but aims to interrupt the cycle of infection so that transmission of infection is reduced overall. The measures are:

1. Ensuring good hygiene for everyone.
2. Maintaining appropriate cleaning regimes.
3. Keeping occupied spaces well ventilated.
4. Vaccination of those eligible

## 1. Ensuring good hygiene for everyone.

**Hand hygiene:** Frequent and thorough hand cleaning should be practiced. This can be done with either soap and water or hand sanitiser. Students should use hand sanitiser as they enter and exit the building, and they should wash their hands after using toilet facilities.

**Respiratory hygiene:** Staff and students should follow the 'catch it, bin it, kill it' approach.

HM Government

**Coronavirus**  
Wash your hands with soap and water more often for 20 seconds

**1**  
Palm to palm

**2**  
The backs of hands

**3**  
In between the fingers

**4**  
The back of the fingers

**5**  
The thumbs

**6**  
The tips of the fingers

Use a tissue to turn off the tap.  
Dry hands thoroughly.

**PROTECT YOURSELF & OTHERS**

2.

# 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 possible.



**NHS**

## 2. Maintaining appropriate cleaning regimes.

We follow an appropriate cleaning schedule, using standard products such as detergents. This includes regular cleaning of areas and equipment, with a particular focus on frequently touched surfaces.



## 3. Keeping occupied spaces well ventilated

Staff will ensure that all spaces, particularly classrooms, are well ventilated throughout the school day. This means:

**Mechanical ventilation** (any system that uses a fan to draw fresh air or extract air from a room) is adjusted to increase ventilation rates wherever possible. If possible, systems should be adjusted to full fresh air or, if this is not possible, then systems should be operated as normal as long as they are within a single room and supplemented by an outdoor air supply.

**Natural ventilation** is maintained by opening external windows and internal doors. This must be balanced with maintaining a comfortable temperature.

## 4. Vaccination of those eligible

Children and adults are able to access vaccination outside of the school at a vaccination centre, pharmacy or walk-in centre. You can book your child a [Covid-19 vaccination appointment online](#) or by speaking to their GP or calling 119. Or you can find a [walk-in Covid-19 vaccination site](#).