

Dear Parents,

I'm sure you will all have seen the Prime Minister's announcement of new measures to manage the spread of Covid-19. The Seaton Valley Federation will follow the latest government advice to protect staff and students in the most effective way possible. It is important that we all understand and follow the latest advice.

The country's Chief Medical Officer has stipulated that you must stay at home for 7 days if you have **a high temperature and a new continuous cough**. This is a change to the previous guidance.

If you have these symptoms, you must not call 111 but self-isolate and follow Public Health England "Stay at Home" guidance which is below:

- if you have symptoms of coronavirus infection (COVID-19), however mild, stay at home and do not leave your house for 7 days from when your symptoms started.
- this action will help protect others in your community whilst you are infectious plan ahead and ask others for help to ensure that you can successfully stay at home
- ask your employer, friends and family to help you to get the things you need to stay at home
- stay at least 2 metres (about 3 steps) away from other people in your home whenever possible
- sleep alone, if that is possible
- wash your hands regularly for 20 seconds, each time using soap and water
- stay away from vulnerable individuals such as the elderly and those with underlying health conditions as much as possible
- you do not need to call NHS111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days contact [NHS 111 online](#). If you have no internet access, you should call NHS 111. For a medical emergency dial 999

This guidance can be accessed in full here: [Stay at Home Guidance](#)

Testing for symptoms of the virus will now not be continued with the same approach as it has to date but hospitals will undertake testing for patients within their care.

At this time, the government has announced that there is no need for introducing social distancing measures - however should this change we will notify you in due course.

We are reviewing the guidance each day in line with the specific school context and will make decisions to reflect the rapidly changing situation.

Thank you for your support both now and over the coming months as this situation develops.

John Barnes  
Executive Headteacher