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Cotherstone Primary School
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Tuesday 14th July 2020

Dear Parents and Carers,

As we head into the summer holidays, we wanted to take this opportunity to remind you that Coronavirus is still with us and there are some very simple steps we can all take to help keep each other safe and healthy.

We want to encourage all of our families to have fun together during the holidays, in the (hopefully) warmer weather. But please remember you should still be:

- Washing your hands for 20 seconds regularly – it's one of the best ways to protect yourself and encourage your children too
- Using hand sanitiser (at least 60% alcohol) if soap and water aren't available
- Staying 2m apart where possible or 1m with additional measures such as, wearing a face covering, being behind a screen, not talking face-to-face. When you are in businesses/public premises follow the advice on site
- Trying not to touch your face (mouth, nose, eyes) with your hands
- Using a tissue if you cough or sneeze, then bin it and wash your hands. If you don't have a tissue use the crook of your arm. Catch it, Bin it, Kill it!

We know that there is still some confusion around Coronavirus so we thought the following points might be helpful:

What are the main symptoms?

- A temperature
- A new and persistent cough
- Loss of sense of taste or smell

What should you do if you have symptoms?

- Self-isolate immediately
- Get tested – you must do this within the first five days of having symptoms

How do I get tested?

- You can book a test online at <https://www.nhs.uk/ask-for-a-coronavirus-test>
- Or you can call 119 and book over the phone





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What is self-isolation?

If you are self-isolating because you have symptoms/have been diagnosed, someone in your household or support bubble has symptoms/has been diagnosed or you have been asked to by the NHS Test & Trace team, then you should stay at home.

- Don't go out to work / school / public places (if you can work from home that is ok)
- Don't go shopping even for food/medicine
- Don't use public transport or taxis
- Don't have visitors
- Don't go out to exercise (you can do this in your home or garden)
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The County Durham Together Community Hub is there to help you with everything from getting food or medication as well as advice about managing financially and ways to continue looking after your physical and mental health while in isolation. You can find out more details here: <http://www.durham.gov.uk/covid19help>

Following these simple steps will help stop the spread of Coronavirus. Remember your symptoms can be mild, so you could be spreading the virus without knowing it. You have the power to help keep your family, friends and loved ones safe.

Kind regards

Chris Matthewman

Head Teacher

