



## St Catherine's Catholic Primary School

Vale Drive, Barnet, Herts EN52ED

Tel: 020 8440 4946

Email: [office@stcatherines.barnetmail.net](mailto:office@stcatherines.barnetmail.net)

Headteacher: Miss M. Kelly

13<sup>th</sup> March 2020

Dear Parents and Carers

We have provided below the most recent information from the government website:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection>

We are receiving lots of calls from worried parents and are reiterating the advice from the Government and NHS sites. Both the Government site above and the [www.nhs.uk](http://www.nhs.uk) site are being updated daily, the NHS site has an online assessment tool available which should be used if symptoms cannot be managed at home:

## Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature

For most people, coronavirus (COVID-19) will be a mild infection

## Key messages

- 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 NHS 111 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.



## St Catherine's Catholic Primary School

Vale Drive, Barnet, Herts EN52ED

Tel: 020 8440 4946

Email: [office@stcatherines.barnetmail.net](mailto:office@stcatherines.barnetmail.net)

Headteacher: Miss M. Kelly

### Use the NHS 111 online coronavirus service if:

- you feel you cannot cope with your symptoms at home
- your condition gets worse
- your symptoms do not get better after 7 days

If your child shows any of the symptoms please follow the medical advice above. You will need to call the school to report the absence as usual.

We will keep you updated as and when we receive further information.

Many thanks

St Catherine's School

London Borough of Barnet

Diocese of Westminster

