

13 March 2020

Dear Parents and Carers,

## Coronavirus: School Measures and Update

We continue to follow the Welsh Government Guidance to educational establishments re COVID-19. At the moment there are no plans in Wales to instruct schools to close as part of the containment measures the country is taking. Health minister Vaughan Gethin has confirmed that schools in Wales will remain open but a new law will allow the Welsh Government to close schools and colleges if it's deemed necessary.

The latest advice is for people to self-isolate for seven days should they experience a continuous cough and / or a high temperature (above 37.8 degrees) or flu like symptoms even if they have not been to an infected country. Those who have recently returned from the specified countries listed here <https://www.gov.uk/government/publications/covid-19-specified-countries-and-areas/covid-19-specified-countries-and-areas-with-implications-for-returning-travellers-or-visitors-arriving-in-the-uk> should follow the advice specific to them, available by following this same link. If you have, or anybody with whom you come into close contact has, recently returned from abroad please would you inform the School and let us know where you have been.

This is the official advice, as of today March 13<sup>th</sup> 2020, for people with symptoms of coronavirus (COVID-19), including those with a diagnosis of coronavirus (COVID-19) infection, who must remain at home until they are well:

- if you have symptoms of coronavirus infection (COVID-19), however mild, do not leave your home for 7 days from when your symptoms started
- this action will help protect others in your community while you are infectious
- plan ahead and ask others for help to ensure 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 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, call NHS 111. For a medical emergency dial 999

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[Asthma UK](#) has issued guidance specific to preparing yourself or your child who has asthma for coronavirus or self-isolation. When people with asthma get respiratory infections, it can set off their asthma symptoms. Their advice in short states:

To reduce your risk of asthma symptoms, the best action you can take is to follow these simple asthma management steps:

- Keep taking your preventer inhaler daily as prescribed. This will help cut your risk of an asthma attack being triggered by any respiratory virus, including coronavirus.
- Carry your blue reliever inhaler with you every day, in case you feel your asthma symptoms flaring up.
- Download and use an asthma action plan to help you recognise and manage asthma symptoms when they come on.
- If you come down with flu, a cold, or any other respiratory infection, follow our tips for looking after your asthma when you're not well.

Should a case of COVID-19 be confirmed amongst pupils or staff (or a person they are connected to or may have been in close contact with) we will report this to Public Health Wales. They will carry out a risk assessment on the case and instruct us on what action to take.

In School we continue with our very regular hand washing and increased cleaning and disinfecting. Our concern is for those with compromised immune systems or those who have family members with compromised immune systems and we are doing our best to curtail any potential spread of the virus in house. We cannot guarantee that these measures will be completely successful however.

Should we be given the directive to close the school building by Public Health Wales we will be putting in place measures to continue with the education of the children remotely, although, as stated above, this is not a probability at least in the short term.

If you have any further queries, worries, concerns or advice please don't hesitate to come in and talk with me or phone (029 2056 7986) or e mail [mirand.kinght@cardiffsteiner.org.uk](mailto:mirand.kinght@cardiffsteiner.org.uk) I would really like an informed parent, and I know we have many, to send me some advice on boosting immune systems naturally.

Kind Regards,



Miranda Knight  
School Administrative Manager /Designated Safeguarding Lead/ Health and Safety Lead