



Porthleven School.
 Torleven Road
 Porthleven
 Helston
 Cornwall TR13 9BX

website: www.porthleven.cornwall.sch.uk

Friday 13th March 2020

Dear Parents / Carers

Following the advice of Public Health England, should you or your child have the symptoms of coronavirus (recent onset of a new continuous cough and/or high temperature) you are to self-isolate. The key messages are:

- 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. (See Ending Isolation section below for more information)
- This action will help protect others in your community whilst you are infectious.
- Plan 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.

Where your child is unwell - coughing and temperature.	Self-isolate for 7 days and inform school . This will be an authorised absence
Where you have returned from a country identified as category 1	
Where your family has been in contact with a confirmed case	
Where parents are keeping children away from school inappropriately	Pupils should be encouraged to be in school and the school must register the pupils as unauthorised absence.

It is vital that this is followed so that the school has accurate information.

On Monday, the staff will meet to plan work for pupils who are absent and in the event that the school closes. **Further information on how you can access this will be available next week.**

As I am sure you are aware this situation is changing rapidly and we will respond to ensure the safety and well being of the school community.

In the event that the school is to close, we will inform Cornwall Council and media outlets - BBC Radio Cornwall, Goldmine FM, Heart FM, and Pirate FM. We will also post information on the school website and Facebook page. Please check these regularly.

If you have been to an affected place
in the last 14 days

or

had contact with somebody
with Coronavirus,

and

do you have any of these symptoms?



If yes, to protect yourself and others please
go home and search 'nhs coronavirus'
for advice and to access the 111 online
coronavirus service or call NHS 111.

Find out more at [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

