



Dear Parent/Carer,

We know you will have been hearing a lot about the Coronavirus (COVID-19) on TV and in the media.

We have no reports of anyone connected with our school – staff or students – being at risk of having Coronavirus. The school remains open.

We shall continue to take the advice from Public Health, East Sussex County Council and the Department for Education.

If there are particular concerns that you wish to discuss, please contact our school reception or email us on [info@arkalexandra.org](mailto:info@arkalexandra.org). **We have provided further advice towards the end of this letter.**

The good news is that the risk of getting the virus remains low. The health of all of our students and staff is our top priority. We are monitoring the advice from the Government and the NHS on a daily basis.

I am getting in touch to make sure you have the most up to date information about and what we can all do to help prevent it from spreading.

## KEY FACTS FOR ANYONE WHO HAS TRAVELLED TO THE AFFECTED AREAS

If your or your children have...	You should...
...travelled to the UK from the areas below in the last 14 days and is experiencing cough or fever or shortness of breath - Mainland China - Thailand - Japan - Republic of Korea - Hong Kong - Taiwan - Singapore - Malaysia - Macau	...stay indoors at home and call NHS 111, even if your symptoms are mild.
...returned from any of the areas below since 19 February - Iran - specific <a href="#">areas in northern Italy</a> - <a href="#">‘special care zones’ in South Korea</a> - Hubei province of China	...call NHS 111 and stay indoors. Avoid contact with other people even if you do not have symptoms.
...returned from the below areas since 19 February and develop symptoms, however mild. - northern Italy (anywhere north of Pisa, Florence and Rimini) - Vietnam - Cambodia - Laos - Myanmar	...stay indoors at home and avoid contact with other people. Immediately call NHS 111. You do not need to follow this advice if you have no symptoms.



## KEY FACTS FROM THE NHS:

There are things you can do to help stop viruses like coronavirus spreading

- when you cough or sneeze, cover your mouth and nose with a tissue or your sleeve (not your hands)
- put used tissues in the bin immediately
- wash your hands with soap and water often – use hand sanitiser gel if soap and water are not available
- try to avoid close contact with people who are unwell
- do not touch your eyes, nose or mouth if your hands are not clean

The latest NHS information is available here - <https://www.nhs.uk/conditions/coronavirus-covid-19/>

If you are worried that your child may have been exposed to the virus, it is vitally important that you do not go to the doctor or the hospital, you need to call NHS 111 who will advise you on what to do.

It is vital that you let the school know immediately if you have been told by NHS111 that your child could be at risk of having Coronavirus. Please contact reception to let us know. If NHS 111 has said that your child must stay at home, then they **must not come to school**. We will make sure that they can keep up with their studies if they have to away from school. Any parents or carers who have been told to stay at home by NHS 111 should ask someone else to take their children to school for them.

I will keep you updated on the situation, if you have any questions or need any further information, please do not hesitate to get in contact with the school.

Yours sincerely

Yvonne Powell

Executive Principal