

## Daily Reminder - Students

### How to avoid spreading the infection

It's very important to do what you can to reduce the risk of you and other people getting ill with coronavirus.

You can spread the virus even if you do not have symptoms.

The symptoms are a new and continuous cough or a high temperature or a loss of or change in your sense of smell or taste.

If you believe you have any of these symptoms please ask to speak to a member of staff before entering the school building. If you have symptoms you should remain at home.

#### Do

- stay at least 2 metres (3 steps) away from anyone
- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you arrive at school and when you get home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards

#### Don't

- do not touch your eyes, nose or mouth if your hands are not clean

Social Distancing will be enforced throughout the time you are in school. If you are unable to follow the instructions above on how to stop the spread of the infection then you will be asked to leave.

Respect Yourselfes – Respect Others – Stay Safe