

Dear Parents/Carers

As you are aware, Government advice from 12/03/2020, for all educational and childcare establishments is to remain open until further notice, however they have outlined clear and strict instructions with immediate effect to curb and delay the spread and impact of the virus on the public and healthcare services.

These measures take place with immediate effect for all staff, children, parent's/carers and designated collectors.

If you and/or your child/ren, experience the following symptoms:

- **a new continuous cough or have a persistent cough**
- **and/OR high temperature, 37.8 degrees or higher, you should stay at home for 7 days**

Self-Isolation is necessary in these situations – whether you have travelled abroad or not.

If you are experiencing these symptoms and feel WELL – you need to stay at home. You do not need to ring NHS 111 or be tested

If you are experiencing these symptoms and feel UNWELL – go online to NHS 111 Online for advice. DO NOT go to your Doctor's Surgery, NHS 111 will advise.

Please do **NOT** come into the setting or send your child/ren to The Gap Club. If your child develops a continuous cough or temperature at the club, we will ask you to collect your child immediately. Your child/ren will need to remain at home for 7 days. *

Key Messages from the Government:

- If you have the above 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.
- You must stay away for the entire 7 days and not return even if feeling better or your temperature reduces after taking medication e.g. paracetamol, before the 7 days have finished.
- Plan ahead and ask others (friends and family) for help to ensure you can successfully 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.
- If your symptoms worsen during home isolation or are no better after 7 days contact [NHS 111 online](https://www.nhs.uk/111). If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

We appreciate these measures may cause disruption and be an inconvenience but in these unprecedented times, we feel we must do our best to safeguard our children, parents and staff and help protect others in our community.

*<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>

Thank you for your continued support

Kind regards

Rekha and The Gap Club Team