

COVID-19 – IMPORTANT NOTICE

FROM: the Governors of AZBUKA Russian-English bilingual school:

To: all parents and staff

Dear parents and staff,

PLEASE WASH YOUR HANDS, DON'T PANIC, BUT DO KEEP INFORMED AND ACT RESPONSIBLY!

We take wellbeing of children and staff as high priority. The COVID-19 will be having impact on all our lives (in school, travel, public spaces and at home) and we all have duty to help reduce the threat of catching or passing on the virus.

No school should close in response to a suspected (or confirmed) COVID-19 case unless advised to do so by Public Health England.

Check and follow official advice

As the situation on COVID-19 is changing regularly we advise you regularly **check** and **follow** official scientific and government advice (backed up by health professionals).

Latest advice, regularly updated:

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

It is IMPORTANT to follow this advice – that also states:

Stay indoors and avoid contact with other people if you've travelled to the UK from the following places in the last 14 days, even if you do not have symptoms:

[refer website for latest list of countries]

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

How to avoid catching or spreading coronavirus

Do

- ✓ wash your hands with soap and water often – do this for at least 20 seconds
- ✓ always wash your hands when you get home or into work
- ✓ use hand sanitiser gel if soap and water are not available
- ✓ 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 straight away and wash your hands afterwards
- ✓ try to avoid close contact with people who are unwell

Don't

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

Caution on some reports in media and social media, that can on occasion spread incorrect information.

Actions put in place by Azbuka:

- AZBUKA is following government advice and regularly reviewing the situation
- All staff and parents to regularly update themselves with official government advice – and to follow such advice
- School to be informed immediately should any case occur within close family members at home
- Keep away from AZBUKA (or any other educational setting) if you think you or your child may have symptoms and inform the educational setting
- Cleaning has been enhanced
- Antibacterial gel provided
- All children, staff and visitors to wash hands on first arrival at school
- Children and staff wash hands regularly and before eating
- Social distancing – no need to shake hands – no offence will be taken!
- School visits – risk assessments will be reviewed and school visits may be reduced or cancelled
- Outdoor play – risk assessment will be reviewed and precautions taken to minimise risk
- Mental-health wellbeing – please be aware that children can be vulnerable to over-worry and distress. It is therefore important to reassure children that this is a temporary event, whilst it may last some months it will end. Discussion should be age-appropriate, not to cause panic or undue distress, but it is an opportunity to reinforce – to all the family - importance of maintaining good personal hygiene, especially of regular hand washing.

Further reading:

Coronavirus (COVID-19): UK government response

<https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

UK Department of Health and Social Care: Coronavirus action plan: a guide to what you can expect across the UK, Published 3 March 2020

<https://www.gov.uk/government/publications/coronavirus-action-plan/coronavirus-action-plan-a-guide-to-what-you-can-expect-across-the-uk>

We thank you for all your support in this.