



# Pevensey & Westham CEP School - Preventing & Managing Sickness

## Information for Staff and Visitors

### STAGE 3 MITIGATE/DELAY

We currently have increased precautions in place to ensure the effective prevention of the spread of illness.

**All users of the building are asked to follow the following guidance:**

#### 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



#### DONT:

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

**X do not enter the school if you have a cough or high temperature and do not return to school for 7 days,  
NHS guidance is to self-isolate for 7 days**

If you think you might have coronavirus, have been to a country or area with a high risk of coronavirus in the last 14 days or you've been in close contact with someone with coronavirus isolate yourself and ring NHS 111. Visit

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