



Barn Croft Primary School
Head Teacher: Tracey Griffiths

2 Brunel Road
Walthamstow
London
E17 8SB

Tel: 0208 521 1145

Fax: 020 8520 4306

www.barncroftprimaryschool.org
email: school@barncroft.waltham.sch.uk

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Dear parent/carer,

Please find below information received from the borough which we have been asked to circulate.

We recognise there is a lot of concern around the Coronavirus (now called COVID-19).

However, the risk to individuals within the UK is still low, and there is no reason why your children should not continue to attend their early years, school or further education setting as normal.

The best thing to do is to keep yourselves updated at <https://www.nhs.uk/conditions/coronavirus-covid-19/>, and encourage good handwashing in your family.

Advice for families that have recently travelled abroad or plan to travel abroad

You may need to get medical advice if you've recently travelled to the UK from somewhere with a higher risk of coronavirus.

This list of countries is being updated regularly and up to date advice for travellers, including advice about travelling abroad can be found here: <https://www.nhs.uk/conditions/coronavirus-covid-19/advice-for-travellers/>

These places are:

- Cambodia
- China
- Hong Kong
- Iran
- Italy – only northern Italy (anywhere north of Pisa, Florence and Rimini)
- Japan
- Laos
- Macau
- Malaysia
- Myanmar (Burma)
- Singapore

- South Korea
- Taiwan
- Tenerife – only the H10 Costa Adeje Palace Hotel
- Thailand
- Vietnam

If you have been to one of these places in the last 14 days, find out what to do using the NHS 111 online coronavirus service at <https://111.nhs.uk/covid-19> or by calling NHS 111.

Advice for everyone

A UK wide campaign has been launched to provide clear advice on how to slow the spread of Coronavirus and other diseases.

Please help to support the campaign which promotes basic hygiene practices to stem the spread of viruses:

- Regularly washing hands with hot water and soap, for 20 seconds, including before eating and after returning home from outside
- Always sneezing or coughing into a tissue
- Throwing away tissues into a bin after use
- Not touching your eyes, nose or mouth if your hands are dirty

National helpline

The Department for Education has now launched a helpline to answer questions about COVID-19 related to education. Staff, parents and young people can contact the helpline as follows:

- Phone: 0800 046 8687
Email: DfE.coronavirushelpline@education.gov.uk
Opening hours: 8am to 6pm (Monday to Friday)

Joe McDonnell
Director of Public Health
London Borough of Waltham Forest