



# Advice on the coronavirus for places of education

## How serious is the coronavirus?

- it can cause flu-like symptoms, including fever, cough & difficulty breathing
- the infection is not serious for most people, including children
- there is currently no vaccine
- most people get better with enough rest, water to drink and medicine for pain

## How likely are you to catch the virus?

- you can only catch it if you have been close to a person who has the virus
- the chance of being in contact with the virus is currently low in the UK
- if you have travelled to areas where many people are infected, your chance of catching the virus is higher, i.e. China, Italy or other affected areas

## How can you stop coronaviruses spreading?

### If you need to cough or sneeze



**Catch it**  
with a tissue



**Bin it**



**Kill it**  
by washing your hands with soap & water or hand sanitiser

### You should wash hands with soap & water or hand sanitiser



**After breaks & sport activities**



**Before cooking & eating**



**On arrival at any childcare or educational setting**



**After using the toilet**



**Before leaving home**



Try not to touch your eyes, nose, and mouth with unwashed hands



Do not share items that come into contact with your mouth such as cups & bottles



If unwell do not share items such as bedding, dishes, pencils & towels

## What should you do if you feel unwell?

Keep away from others and stay at home to stop the infection spreading. Avoid public transport if you think you have symptoms of coronavirus. If you become unwell at a place of education, tell a member of staff and let them know if you have travelled to any other countries in the last 14 days or had contact with someone who has coronavirus illness.

If your staff member or parent thinks you have symptoms of coronavirus, they should call the GP or NHS24 (111) for advice. Teachers and support staff should follow the Health Protection Scotland (HPS) advice for childcare or educational settings <https://www.hps.scot.nhs.uk/web-resources-container/covid-19-guidance-to-educational-settings/>

Staff, students and pupils who have returned from Category 1 risk areas for COVID-19 within the last 14 days should self-isolate, and NOT attend education or work for 14 days, even if they feel well. You can find information about affected areas on the HPS website <https://www.hps.scot.nhs.uk/a-to-z-of-topics/wuhan-novel-coronavirus/>

Staff, students and pupils who think they have been in contact with someone infected with coronavirus should NOT attend education even if they are well, but should first contact their GP or NHS24 (111) for further assessment and advice.

See [nhsinform.scot](https://www.nhs.uk/nhsinform/scot) for more information about coronavirus.

**If there is an emergency, call 999 immediately and tell the call handler/operator that person has been in a risk area for COVID-19 or had contact with a case**

