



Coronavirus

COVID-19



COVID-19

- St Joseph's RC HS is working very hard with the local authority and Welsh government to make sure you are safe and healthy in school.
- YOU ARE OUR NUMBER 1 PRIORITY
- Please do not worry, we will take very good care of you in school and to be honest there will only be a few everyday things that will be different for everyone.



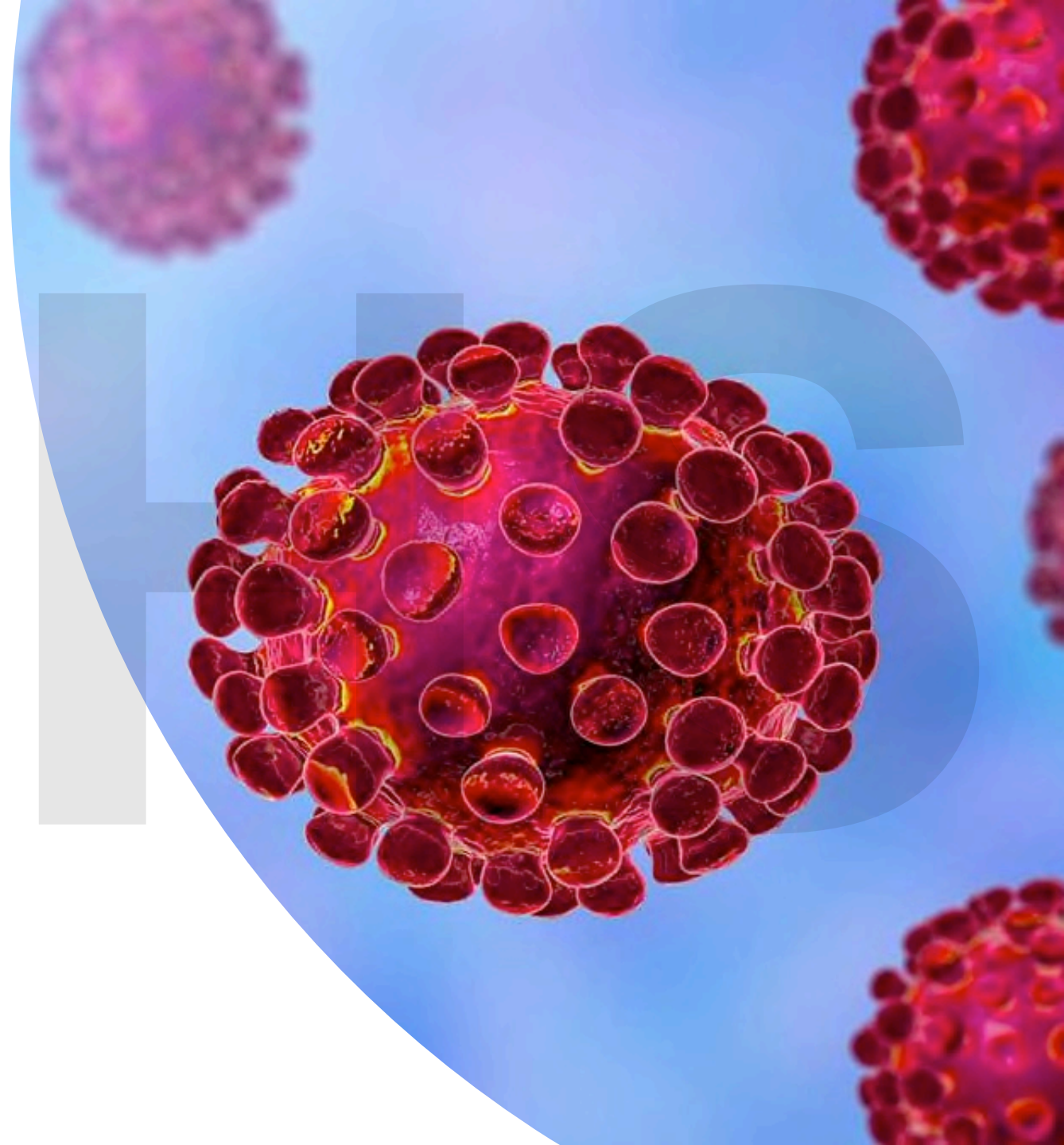
COVID-19

- Over the past few weeks there has been lots of advice and information regarding how to best take care of yourself and your family.
- The following slides breaks it all down into manageable chunks so that it is easy for us to understand but most importantly easy for us to remember.
- Please make sure you follow this advice so that you are looking after your health but also being a good citizen too.



COVID-19

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- **COVID-19 is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus.**
 - **How coronavirus is spread**
 - Because it's a new illness, we do not know exactly how coronavirus spreads from person to person.
 - Similar viruses are spread in cough droplets.
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- **There are a number a simple tasks to do and not to do that will ensure we are helping ourselves and each other.**



COVID-19

- **How to avoid catching or spreading coronavirus**
- **Do**
 - Wash your hands with soap and warm water often – do this for at least 20 seconds especially after visiting the toilet
 - Always wash your hands when you get home or into school
 - Use hand sanitiser spray available at key locations in the school
 - 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 immediately and wash your hands afterwards
 - Try to avoid close contact with people who are unwell



**Wash hands for about 20 seconds
with soap and hot water or use a
sanitiser gel**

Coronavirus: What you need to do



Wash your hands



Use a tissue for coughs



Avoid touching your face

COVID-19

- **Don't**
- Do not touch your eyes, nose or mouth if your hands are not clean
- Do not leave the toilets without washing your hands with soap and hot water for at least 20 seconds
- Do not share bottles, drinking containers or cutlery with anyone else
- Do not be selfish or irresponsible and think that this information does not concern you
- Do not allow others to put their hands into lunch boxes or confectionary packets
- Sharing is nice but not at the moment.



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- **Stay at home if you have coronavirus symptoms**
- Stay at home for 7 days if you have either:
 - **a high temperature** – you feel hot to touch on your chest or back
 - **a new, continuous cough** – this means you've started coughing repeatedly
- Do not go to a GP surgery, pharmacy or hospital.
- You do not need to contact 111 to tell them you're staying at home.
- Testing for COVID-19 is not needed if you're staying at home.

COVID-19

- **Tips for staying at home**

- **Do**

- Try to keep at least 2 metres (3 steps) from other people in your home, particularly older people or those with long-term health conditions

- Ask friends and family and delivery services to deliver things like food shopping and medicines – but avoid contact with them

- Sleep alone if possible

- Regularly wash your hands with soap and warm water for at least 20 seconds

- Try to stay away from older people and those with long-term health conditions

- Drink plenty of water





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- **Don't**
- Do not have visitors (ask people to leave deliveries outside)
- Do not leave the house, for example to go for a walk, to school or public places
- Do not be selfish and think this advice is for others to follow



COVID-19

- <https://youtu.be/aGJNspLRdrc>
- Hand washing 44 secs

