



Northborough Primary School

Headteacher: Mr S Mallott

Church Street
Northborough
Peterborough
PE6 9BN

Telephone: 01733 252204

office@northborough.peterborough.sch.uk

17th March 2020

Dear Parents and Carers,

Please find an update regarding the latest guidance from the Government, following the Prime Minister's speech on the 16th March 2020.

*If you live alone and you have symptoms of coronavirus illness (COVID-19), **however mild**, stay at home for **7 days** from when your symptoms started.*

*If you live with others and you or one of them have symptoms of coronavirus, then all household members must stay at home and not leave the house for **14 days**. The 14-day period starts from the day when the first person in the house became ill.*

It is likely that people living within a household will infect each other or be infected already.

Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

For anyone in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14-day isolation period.

Can we ask that anyone visiting or collecting from school review the latest guidance on social distancing? These measures should be taken to reduce social interaction between people in order to reduce the transmission of coronavirus (COVID-19).

This group includes those who are:

- *aged 70 or older (regardless of medical conditions)*
- *under 70 with an underlying health condition listed below (ie anyone instructed to get a flu jab as an adult each year on medical grounds):*
 - *chronic (long-term) respiratory diseases, such as [asthma](#), [chronic obstructive pulmonary disease \(COPD\)](#), emphysema or [bronchitis](#)*
 - *chronic heart disease, such as [heart failure](#)*
 - *[chronic kidney disease](#)*
 - *chronic liver disease, such as [hepatitis](#)*
 - *chronic neurological conditions, such as [Parkinson's disease](#), [motor neurone disease](#), [multiple sclerosis \(MS\)](#), a learning disability or cerebral palsy*
 - *[diabetes](#)*
 - *problems with your spleen – for example, [sickle cell](#) disease or if you have had your spleen removed*

- a weakened immune system as the result of conditions such as [HIV and AIDS](#), or medicines such as [steroid tablets](#) or [chemotherapy](#)
- being seriously overweight (a BMI of 40 or above) those who are pregnant

We also, as a school, advise that you seek medical advice on any children that also fall in the above categories of social distancing.

We are working in the background on all eventualities going forward, as the Prime Minister said this is unlike anything we have seen in our peacetime. Please bear with us, as we will keep you informed with any latest updates.

Thank you for your continued support and understanding at this difficult time.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Mallott', with a long horizontal stroke extending to the right.

Mr Mallott

Headteacher

Department for Education Coronavirus helpline

- This helpline has been set up to answer questions about the virus related to education. Staff, parents and young people can contact the helpline.
- Phone: 0800 046 8687
- Email: DfE.coronavirushelpline@education.gov.uk
- Opening hours: 8am to 6pm (Monday to Friday)