

CORONAVIRUS UPDATE – 17TH MARCH 2020

Due to the government announcement yesterday there have been a lot of queries about social distancing for pregnant women, those over 70 and those within vulnerable groups. To provide more clarity the list of people in the vulnerable groups are as follows:

- aged 70 or older (regardless of medical conditions)
- under 70 with an underlying health condition listed below (i.e. 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 can confirm at present the government have not enforced self-isolation within the above groups however they have said that this will be likely in the coming days.

ADVICE FOR EDUCATIONAL ESTABLISHMENTS

- staff, young people and children should stay at home if they are unwell with a new, continuous cough or a high temperature to avoid spreading infection to others. Otherwise they should attend education or work as normal
- if staff, young people or children become unwell on site with a new, continuous cough or a high temperature they should be sent home
- clean and disinfect regularly touched objects and surfaces more often than usual using your standard cleaning products
- supervise young children to ensure they wash their hands for 20 seconds more often than usual with soap and water or hand sanitiser and catch coughs and sneezes in tissues
- posters and lesson plans on general hand hygiene can be found on the [eBug website](#)
- unless you have been directly advised to close by the local Public Health England Health Protection Team, we recommend all education settings remain open.

The most common symptoms of coronavirus (COVID-19) are a new, continuous cough or a high temperature.

For most people, coronavirus (COVID-19) will be a mild infection.