

Coronavirus – Covid19 | Useful information

NHS

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Public Health England

<https://www.gov.uk/government/organisations/public-health-england>

Department for Education Helpline

The Department for Education helpline to answer questions about Coronavirus related to education is for staff, parents and young people:

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

Dealing with anxiety and worry for young people

The Mix is an organisation which provides essential support to under 25-year olds on any issue that may be troubling them. Please do take a look at the website, there some helpful resources you can talk your child through.

<https://www.themix.org.uk/>

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/>

<https://youngminds.org.uk/>

Food items for our local community

- Tinned fruit
- Fruit juice-UHT/Long-life
- Dried pasta (packets)
- Dried/powdered milk- tinned
- Evaporated milk- tinned
- Make-in-the-cup/Sachet soup
- Tinned or packet desserts
- Breakfast cereals
- Biscuits and sweets
- Sugar
- Coffee
- Beans- tinned
- Soup- tinned
- Pasta- packet
- Rice- packet
- Tea packet
- And other non-perishable food items

Coronavirus Symptoms

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature

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

Main messages – Public Health England

- 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.
- if you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period
- if you cannot move vulnerable people out of your home, stay away from them as much as possible
- if you have coronavirus symptoms:
 - 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 coronavirus is not needed if you're staying at home
- plan ahead and ask others for help to ensure that you can successfully stay at home and consider what can be done for vulnerable people in the household
- ask your employer, friends and family to help you to get the things you need to stay at home
- wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser
- if you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the [NHS 111 online](#) coronavirus service. If you do not have internet access, call NHS 111. For a medical emergency dial 999

Coronavirus advice- different languages can be viewed [here](#)