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# 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 and any 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  
and water or hand  
sanitiser

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



**After breaks  
& sports  
activities**



**Before  
cooking  
& eating**

SCHOOL  
ETC.

**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



**Stop germs spreading by using the e-Bug resources on hand and respiratory hygiene available through [e-bug.eu](http://e-bug.eu)**

## What should you do if you feel unwell?

Keep away from others at 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.

If your staff member or parent thinks you have symptoms of coronavirus, they should call NHS Direct Wales on 0845 4647 or NHS 111 if available in the area, for advice. Follow the Welsh Government advice for childcare or educational settings: [gov.wales/guidance-educational-settings-about-covid-19](http://gov.wales/guidance-educational-settings-about-covid-19). Parents can visit [phw.nhs.wales/coronavirus](http://phw.nhs.wales/coronavirus) to find out more information about coronavirus. Teachers and support staff should follow the Welsh Government advice.

Staff, students and pupils who have returned from Wuhan and Hubei Province in China should self-isolate, and NOT attend education or work for 14 days. See [phw.nhs.wales/coronavirus](http://phw.nhs.wales/coronavirus) for advice on coronavirus.

**If there is an emergency, call 999 immediately**



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## **Novel Coronavirus FAQs**

### **Version 2 – Published 18 February 2020**

#### **1) What are the symptoms of Novel Coronavirus?**

Novel Coronavirus causes symptoms similar to other respiratory viruses such as the flu. These may include:

- Cough
- Shortness of breath
- Fever

#### **2) How can you be infected with novel coronavirus?**

Like the common cold, the Novel Coronavirus infection usually occurs through close contact with a person who has the infection.

Close contact means being less than 2 metres away from a person with the virus for more than 15 minutes.

A person can also be infected by touching contaminated surfaces if they do not wash their hands.

#### **3) How can I help prevent the spread of Novel Coronavirus?**

There is currently no vaccine to prevent Novel Coronavirus. The best way to prevent infection is to avoid being exposed to the virus through good hygiene.

There are general principles you can follow to help prevent the spread of respiratory viruses such as Novel Coronavirus. These include:

- Washing your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitiser that contains at least 60% alcohol if soap and water are not available
- Avoid touching your eyes, nose and mouth with unwashed hands
- Avoid close contact with people who are unwell
- If you feel unwell, stay at home and do not attend work or school
- Cover your cough or sneeze with a tissue then throw the tissue in the bin, and then wash your hands immediately
- Clean and disinfect frequently touched objects and surfaces in the home and work environment

#### **4) What is the risk to the general public?**

The risk to the general public is very low, unless you have recently returned from or travelled through Wuhan, Hubei province, mainland China, Thailand, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia or Macau, or been in close contact with an individual with confirmed Novel Coronavirus.

#### **5) I've travelled to a country outside of China with cases of Novel Coronavirus what should I do?**

If you have travelled to mainland China, Thailand, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia or Macau, you should look out for any of the following symptoms in the 14 days following your return:

- Cough
- Shortness of breath
- Fever

If you any of these symptoms within 14 days of returning from any of these places, you should:

- stay indoors and avoid contact with other people
- call NHS Direct Wales on 0845 4647 or 111 Wales in your area to inform them of your recent travel to the area

Please follow this advice even if your symptoms are minor.

If you have travelled from Wuhan or Hubei Province to the UK in the last 14 days you should immediately:

- stay indoors and avoid contact with other people as you would with the flu
- call NHS Direct Wales on 0845 4647 or 111 Wales, if available in your area, to inform them of your recent travel to the area.

Please follow this advice even if you do not have symptoms of the virus.

#### **6) If I am at risk, shouldn't I be in hospital?**

If you have returned from mainland China, Thailand, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia or Macau but are not unwell, you do not need to stay in hospital.

If you do become unwell, contact NHS Direct Wales on 0845 4647 or 111 Wales, if available in your area, immediately in order for you to be assessed by an appropriate specialist as quickly as possible.

#### **7) Are my family at risk?**

If you are not unwell, or are not experiencing any of the symptoms associated with Novel Coronavirus, your family does not need to take any precautions or make any changes to their own activities.

If you become unwell, follow the advice of healthcare professionals on any precautions that should be taken.

### **8) What if I become unwell whilst in a public or shared space?**

Do not go to your GP or a hospital if you become unwell in a public or shared space.

Instead you should contact NHS Direct Wales on 0845 4647 or 111 Wales, if available in your area, or call 999 if it is an emergency.

Make sure you inform them of your recent travel if you have returned from Wuhan, Hubei Province, mainland China, Thailand, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia or Macau.

### **9) What about the people I'm with if I become ill?**

It is important not to get too close to other people if you become ill. Try and maintain two metres distance between yourself and others in order to reduce the risk of spreading the infection.

### **10) Can I catch Novel Coronavirus from post/packages received from China?**

The virus does not survive well outside the body and so it is highly unlikely that Novel Coronavirus can be spread through post or packages.

### **11) Can I get Novel Coronavirus from food/takeaways?**

It is highly unlikely that Novel Coronavirus can be spread through food as the virus does not survive on surfaces or in food.

It is, however, good hygiene practice to always wash your hands or use hand sanitiser before you eat.

### **12) Do I need to wear a face mask?**

It is not necessary to wear a face mask if you are well.

### **13) There is someone in my child's school/university who has just returned from China or one of the other specified areas, what should I do?**

People who have returned from Wuhan or Hubei Province in the last 14 days should not attend school, work or university.

People who have returned from mainland China, Thailand, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia or Macau in the last 14 days are advised to stay at home if they develop symptoms.

All other students should continue to attend school/university.

**14) My relative has been to China or one of the other specified areas – should other people in the household stay away from work or school?**

There are no restrictions for contacts of people who have recently been to mainland China, Thailand, Japan, Republic of Korea, Hong Kong, Taiwan, Singapore, Malaysia or Macau, and are well.

If someone is unwell in the household and has recently returned from China or any of the other specified areas, please phone NHS Direct Wales on 0845 4647 or 111 Wales if available in your area for further advice.

**15) Can I attend mass gatherings?**

Only those who have returned from Wuhan and Hubei Province in the last 14 days should avoid mass gatherings. The risk to the general public attending mass gatherings is very low.

**More information on Novel Coronavirus:**

The Department of Health and Social Care and Public Health England have published [more information on Wuhan Novel Coronavirus including its epidemiology, virology and clinical features.](#)

See [the latest information and actions for the public on the outbreak of Wuhan Novel Coronavirus, including advice for travellers.](#)

The Department of Health and Social Care will publish [updated UK data on a daily basis at 2pm](#) until further notice.