



Coronavirus guidance

As you will be aware the coronavirus is spreading in the UK. At T&D Childcare, the health and safety of our employees and children is our top priority. We have been monitoring the coronavirus (COVID-19) outbreak and wanted to provide you with an update on the actions we are taking.

We are currently making every effort to keep our settings operational for our employees and children. Please help up us to do this by following this guidance.

Symptoms usually include

- A cough
- A high temperature
- Difficulty breathing
- Loss of taste

If you or your child have a cough and a temperature please keep your child at home for 7 days.

What you can do

- Frequently clean hands by using alcohol-based hand rub or soap and water
- When coughing and sneezing cover mouth and nose with hand or tissue – throw tissue away immediately and wash hands (anyone emptying bins that might contain tissues should use disposable gloves that are immediately discarded)
- Avoid close contact with anyone who has a fever and cough, however mild
- If you have fever, cough and/or difficulty breathing seek medical care early and share previous travel history with your health care provider
- Stay indoors and avoid contact with other people

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

If you get a cough, a high temperature, or you feel short of breath, continue to follow this advice. DO NOT leave your house without getting advice from a doctor.

Alternatively...

If you get a cough, high temperature or feel short of breath within 14 days of returning from:

- Other parts of China, including Macao and Hong Kong
- Thailand
- Japan
- Republic of Korea
- Taiwan
- Singapore
- Malaysia

You should:

Stay indoors and avoid contact with other people and call NHS 111 to tell them of your recent travel.

If you have been in contact with someone who has recently travelled from China or someone who has contracted the virus, self quarantine for up to 14 days

Treatment for coronavirus

There is no specific treatment currently available for coronavirus. Treatment aims to relieve the symptoms.

Managing health risks – a few suggestions

1. Reduce, wherever possible, work travel especially conferences, gatherings, non critical meetings etc.
2. Step up the wiping down of workplace handles, rails, buttons etc with anti bacterial solution to try to keep surfaces as clean as possible.
3. Inform staff that self quarantine means that if a family member living in their household self quarantines then they should too, as they are in close contact with someone at risk.
4. Ask every employee to routinely take their temperature before coming in to work. Anyone with a temperature of 37.5 or above should not attend work but stay home and call 111. Be considerate of/sensitive to any women experiencing hot flushes as a result of the menopause.