

## Cleaning and disinfection guidance

If you have a



new and  
continuous cough

or



high  
temperature

**stay at home for 7 days**, if you live alone  
**stay at home for 14 days**, if you live with  
others, including all household members

Only use **NHS 111** if your symptoms get  
worse or are no better after home isolation

### Stop the spread of coronavirus



**Wash your hands  
more often  
and for 20 seconds**

Use soap and water or a hand sanitiser when you:

- Get home or into work
- Blow your nose, sneeze or cough
- Eat or handle food



Cover your mouth and nose with a  
tissue or your sleeve (not your hands)  
when you cough or sneeze and throw  
the tissue away straight away



**Cleaning an area with regular  
household disinfectant** after  
someone with suspected  
coronavirus has left will reduce  
the risk of passing the infection on  
to other people

The amount of virus living on  
surfaces will reduce significantly after

## 72 hours

If an area can be kept closed and  
secure, wait until this time has  
passed before cleaning



Wherever possible, wear disposable or washing  
up gloves and aprons for cleaning. These should  
be double bagged, then stored securely for 72  
hours then thrown away in the regular rubbish  
after cleaning is finished

If an area has been heavily  
contaminated, such as with visible  
bodily fluids, from a person with  
coronavirus, **consider using  
protection for the eyes, mouth and  
nose** as well as gloves and apron



Using a disposable cloth, first clean  
hard surfaces with warm soapy water

Then disinfect these surfaces with the cleaning products  
you normally use. Pay particular attention to **frequently  
touched areas and surfaces**, such as bathrooms,  
grab-rails in corridors and stairwells and door handles



**Wash hands regularly** with soap  
and water, **and after removing**  
gloves, aprons and other protection  
used whilst cleaning



**Huntcliff School**  
An Academy for Success

## COVID 19 INFORMATION

Coronavirus is a highly contagious disease that can have a severe effects on people, especially those who are vulnerable. This virus is likely to pass from person to person in communal areas and where it is not possible to maintain safe distances between persons. If a person is infected while working it can be passed on through families and other contacts. You can spread the virus even if you don't have symptoms.

### Cleaning

Extra cleaning will be carried out at school, particularly in the following areas:

1. Taps and washing facilities.
2. Toilet flush and seats.
3. Door handles and push plates.
4. Handrails on staircases and corridors.
5. Telephone equipment.
6. Keyboards, photocopiers and other office equipment.

What to do if you think you are ill:

If you have any symptoms you should:

Report this and isolate in room 9 until collected if you are a student.

Report this and return home immediately if you are an adult.

Avoid touching anything

Cough and sneeze into a tissue and put it in the bin, if you do not have any tissues, cough and sneeze into the crook of your elbow.

You must follow the guidelines on self-isolation including your household and not return to school until your period of self-isolation has been completed. Please follow the guidelines on self-isolation <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

For arranging a test please refer to <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested#essential-workers>

For more information on guidance for schools please refer to <https://www.gov.uk/government/collections/coronavirus-covid-19-guidance-for-schools-and-other-educational-settings>

#### Check if your child has coronavirus

The symptoms of coronavirus (covid 19) are usually mild, but some people can become very unwell.

#### Main symptoms

**High temperature** - this means you feel very hot to touch on your chest or back ( you do not need to measure your temperature.).

**New continuous cough** - this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours. ( If you usually have a cough, it may be worse than usual).

Loss or change to sense and smell or taste—this means you've noticed you cannot smell or taste anything, or things taste different to normal.



## Coronavirus

### Wash your hands with soap and water more often for 20 seconds



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

Use a tissue to turn off the tap.  
Dry hands thoroughly.

