

Hand washing facilities can be found:

Toilets located by the school's main
office (next to the staff room)

Toilet located in the year 2 area
(next to Macaws class)

Hand sanitiser dispensers are located
around the school



During these times of coronavirus, staying on top of anxiety is key to getting into the 'rest and digest' mode more so we can stay healthy and get through this period of uncertainty. Below are some ideas for how to manage your anxiety while maintaining social-distancing or in self-isolation. It is important to remember that not all techniques work for all people:

Breathing exercises

Focus your attention

Exercise

Don't miss out on day light

Prioritise food

Don't make everyday a pyjama day

Set goals

Structure is still important

Limit news time

Look for the positives and remind each other of them



ELMWOOD INFANT SCHOOL AND NURSERY

Coronavirus Safety Leaflet

**Safeguarding Guidance for
Visitors and Volunteers**

Information and Help



KEEP EACH OTHER SAFE



Welcome to Elmwood Infant & Nursery School

We have set out a few pointers for visitors and volunteers whilst being on our premises:

Minimise contact with individuals who are unwell: If you have, or are showing symptoms of, coronavirus (a new continuous cough or fever), or have someone in your household who is, you should not be in a childcare setting, school or college. You should be at home, in line with the [guidance for households with possible coronavirus infection](#).

Clean your hands often: Clean your hands more often than usual, particularly after arriving at a school setting, touching your face, blowing your nose, sneezing or coughing, and before eating or handling food.

To clean your hands you should wash your hands thoroughly for 20 seconds with running water and soap and dry them thoroughly, or use alcohol hand rub/sanitiser ensuring that all parts of the hands are covered.

Please ensure you wash/sanitise your hands before entering our school and when leaving

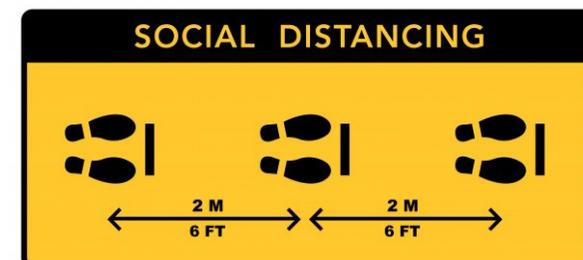


Respiratory hygiene: Avoid touching your mouth, eyes and nose. Cover your mouth and nose with disposable tissues when you cough or sneeze. If one is not available, sneeze into the crook of your elbow, not into your hand. Dispose of tissues into a disposable rubbish bag and immediately clean your hands with soap and water or use a hand sanitiser.

Personal Protection Equipment (PPE): PPE should be worn if a distance of 2 metres cannot be maintained from any child displaying coronavirus symptoms.

All visitors must adhere to the signs and restrictions on room use displayed around the school.

Used PPE and any disposable face coverings should be placed in a refuse bag and can be disposed of as normal domestic waste unless the wearer has symptoms of coronavirus



Travel advice

If you have recently travelled back to the UK from abroad, guidance on self-isolation is now as follows:

1. If you are well (no symptoms) you do not need to self-isolate on return from any country but you should follow the guidance on social distancing which applies to everyone in the UK.
2. If you become unwell with either a high temperature or new continuous cough, you should self-isolate and follow the [Public Health England stay at home guidance](#).
3. If you are **extremely vulnerable to COVID-19** you are advised to following the ['shielding' advice](#) from Public Health England.