

Staying safe

Coronavirus Information



This power point will cover:

- What is the coronavirus?
- What are the symptoms?
- What can we do?
- Why is it important we do this?

What is the coronavirus?

Coronaviruses (CoV) are a large family of viruses that cause illness ranging from the common cold to more severe diseases

A virus that can be spread from person to person very easily

Antibiotics do not work because they only work on bacteria

The coronavirus is currently a “pandemic”

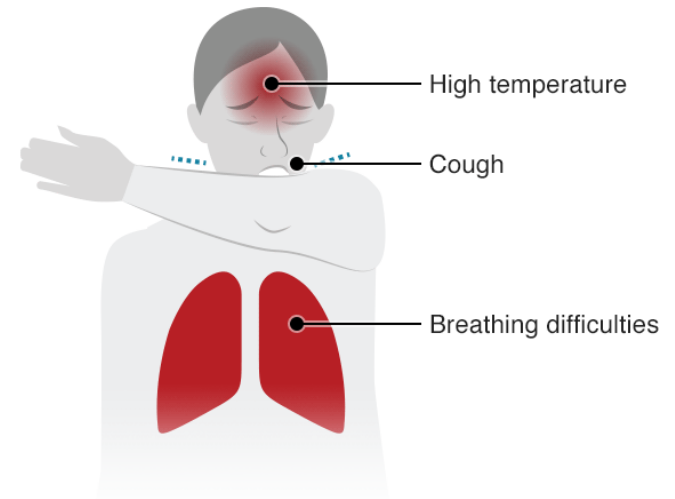
An **epidemic** is when a disease is actively spreading. Usually, this is an outbreak that has grown out of control but is often within one country.

A **pandemic**, from the Greek pan ("all") and demos ("people"), is the term used when epidemics are growing in multiple countries and continents at the same time

What are the symptoms of coronavirus?

- Fever (High temperature)
- Cough
- In severe cases shortness of breath

Coronavirus: Key symptoms



Source: NHS

BBC

Who can it affect?

- Everybody
- People with weak immune systems due to existing health conditions are more vulnerable
- Elderly people are also more vulnerable if they have the virus

What should we do?

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 & water or
hand sanitiser

You should wash hands with soap & water or hand sanitiser



**After breaks
& sport
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

- It's a worrying time for all of us, if you're concerned speak to family and friends for reassurance
- Make sure you eat well and stay hydrated
- Find ways to relax
- Don't over expose yourself to the news



What should we do?

To keep everyone safe, the MAIN things you need to do are:

1. **Social distancing**

This means NOT touching others and where possible staying arms length away from others

2. **Washing hands** with soap and water regularly

3. **Avoid touching your face** after touching surfaces such as handles and doors (the virus can survive on these)

Why is social distancing and hand washing so important?

<https://www.youtube.com/watch?v=-NHDnpTmUjo>

The less you touch other people, or stand close, the less chance the virus has of spreading!



Being Safe@CVEA

- As you know at CVEA keeping you safe is very important to us, both in school and outside of school.
- If you have any worries or concerns, if you need to share information that you or someone else is at risk of being hurt or harmed, if you think that someone is placing them self at risk you can email beingsafe@cvea.co.uk for advice, help or support.
- If you email beingsafe@cvea.co.uk then you will be directed to either a Head of Year, Miss Woollett or Mrs Bridges who will respond to you and help you.
 - **Remember Miss Woollett is the Designated Safeguarding Lead (Woollett.G1@cvea.co.uk)**

Being Safe @CVEA

- If you think that you or someone else is at risk of significant harm and could be hurt then you must contact the police on 101 or 999 if it is an emergency.
- Together for Children (Social Care) can be contacted on 0191 5205560 for safeguarding issues.
- Helpline numbers and apps such as Kooth are on the website if you need them to talk to someone aswell.

**Remember Miss Woollett is the
Designated Safeguarding Lead -
she is there to help you.
(Woollett.G1@cvea.co.uk)**

Proper technique

- Hand washing is much more effective if the right technique is used
- Don't forget the wrists!

Proper Hand Washing Technique



- Sing 'Happy Birthday Twice'

How to wash your hands properly

