

Ballyclare Nursery School

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Dear Parent/ Carer

COVID-19: Official Guidance and further information on the steps we are taking in Nursery to minimize the risk of infection.

<https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19/guidance-to-educational-settings-about-covid-19>

1. Information about the virus

A coronavirus is a type of virus. As a group, coronaviruses are common across the world. COVID-19 is a new strain of coronavirus first identified in Wuhan City, China in January 2020.

The incubation period of COVID-19 is between 2 and 14 days. This means that if a person remains well 14 days after contact with someone with confirmed coronavirus, it is unlikely that they have been infected.

The following symptoms may develop in the 14 days after exposure to someone who has COVID-19 infection:

- cough
- difficulty in breathing
- fever

Generally, these infections can cause more severe symptoms in people with weakened immune systems, older people, and those with long-term conditions like diabetes, cancer and chronic lung disease. There is no evidence that children are more affected than other age groups – very few cases have been reported in children.

2. How COVID-19 is spread

From what we know about other coronaviruses, spread of COVID-19 is most likely to happen when there is close contact (within 2 metres) with an infected person. It is

likely that the risk increases the longer someone has close contact with an infected person.

Droplets produced when an infected person coughs or sneezes (termed respiratory secretions) containing the virus are most likely to be the most important means of transmission.

There are 2 routes by which people could become infected:

- secretions can be directly transferred into the mouths or noses of people who are nearby (within 2 metres) or could be inhaled into the lungs
- it is also possible that someone may become infected by touching a surface or object that has been contaminated with respiratory secretions and then touching their own mouth, nose, or eyes (such as touching a door knob or shaking hands then touching own face).

There is currently no good evidence that people who do not have symptoms are infectious to others.

3. Preventing spread of infection

There is currently no vaccine to prevent COVID-19. The best way to prevent infection is to avoid being exposed to the virus.

There are general principles anyone can follow to help prevent the spread of respiratory viruses, including:

- washing your hands often - with soap and water, or use alcohol sanitiser if handwashing facilities are not available. This is particularly important after taking public transport
- covering your cough or sneeze with a tissue, then throwing the tissue in a bin. See [Catch it, Bin it, Kill it](#)
- people who feel unwell should stay at home and should not attend work or any education or childcare setting
- ***pupils, students, staff and visitors should wash their hands:***
 - ***before leaving home***
 - ***on arrival at school***
 - ***after using the toilet***
 - ***after breaks and sporting activities***
 - ***before food preparation***
 - ***before eating any food, including snacks***
 - ***before leaving school***
- 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
- clean and disinfect frequently touched objects and surfaces
- if you are worried about your symptoms or those of a child or colleague, please call NHS 111. Do not go directly to your GP or other healthcare environment

Steps being taken in Nursery:

We will follow sensible precautionary measures within the boundaries of which we are able given the age and number of children we are working with.

We will endeavour to ensure that children wash their hands:

- On arrival at school
- After using the toilet
- Before eating snack
- After blowing their nose

And

- Before going home- use hand sanitizer * if available

We have identified some areas of our provision, which will be modified to minimize the risk of spreading the infection:

- Play dough will not be used at the present time
- Snack will be served as a whole class rather than in buffet style to minimize cross infection
- Children will be encouraged to follow simple hygiene routines such as how to wash their hands properly while they sing 'Happy Birthday' twice through.
- Water trays will have a small amount of anti bacterial liquid/child safe disinfectant added.
- All surfaces will continue to be cleaned thoroughly as normal

We appreciate your support in encouraging your child to follow the basic hygiene guidelines as much as possible. However, we appreciate that with this age of children we will all only be able to have limited expectations in children's ability to manage their hygiene independently.

IF YOUR CHILD IS UNWELL WITH A TEMPERATURE, COUGH OR COLD THEN PLEASE KEEP THEM AT HOME UNTIL THE TEMPERATURE, COUGHING OR EXTREME RUNNY NOSE HAS SUBSIDED- if you are worried about your symptoms or those of a child or colleague, please call NHS 111. Do not go directly to your GP or other healthcare environment.

Thank you

Where Children Shine