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Dear Parents/Carers,

Following the governments' advice last night, I am writing to update you with our guidance and procedures.

- Any child or adult that has a persistent dry cough should **self-isolate for 14 days**
- Any child or adult that has a fever should **self-isolate for 14 days**
- If one member of your family or household has a new continuous cough or high temperature should **household-isolate for 14 days**
- Anyone with an underlying health condition should reduce social contact.

What is social distancing?

Social distancing measures are steps you can take to reduce the social interaction between people. This will help reduce the transmission of coronavirus (COVID-19).

They are:

1. Avoid contact with someone who is displaying symptoms of coronavirus (COVID-19). These symptoms include high temperature and/or new and continuous cough;
2. Avoid non-essential use of public transport, varying your travel times to avoid rush hour, when possible;
3. Work from home, where possible. Your employer should support you to do this. Please refer to [employer guidance for more information](#);
4. Avoid large gatherings, and gatherings in smaller public spaces such as pubs, cinemas, restaurants, theatres, bars, clubs
5. Avoid gatherings with friends and family. Keep in touch using remote technology such as phone, internet, and social media.
6. Use telephone or online services to contact your GP or other essential services.

Everyone should be trying to follow these measures as much as is pragmatic.

For those who are over 70, have an underlying health condition or are pregnant, we strongly advise you to follow the above measures as much as you can, and to significantly limit your face-to-face interaction with friends and family if possible.

This advice is likely to be in place for some weeks.

- aged 70 or older (regardless of medical conditions)
- under 70 with an underlying health condition listed below (i.e. anyone instructed to get a flu jab as an adult each year on medical grounds):
 - chronic (long-term) respiratory diseases, such as [asthma](#), [chronic obstructive pulmonary disease \(COPD\)](#), emphysema or [bronchitis](#)
 - chronic heart disease, such as [heart failure](#)
 - [chronic kidney disease](#)
 - chronic liver disease, such as [hepatitis](#)
 - chronic neurological conditions, such as [Parkinson's disease](#), [motor neurone disease](#), [multiple sclerosis \(MS\)](#), a learning disability or cerebral palsy
 - [diabetes](#)

- problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
- a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy
- being seriously overweight (a BMI of 40 or above)
- those who are pregnant

The link to the relevant Government 'social distancing advice is

<https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults>

The link to Royal College of Obstetrician advice is <https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/>

Summary of advice

| Group/ Action | Wash hands more often | Household isolation for 14 days* | Self - isolation for 7 days** | Social mixing in the community*** | Having friends and family to the house | Use remote access to NHS and essential services | Vary daily commute and use less public transport | Home working |
|---|--|----------------------------------|-------------------------------|-----------------------------------|--|---|--|------------------|
| 0 – 69 | Yes | Yes | Yes | Advised against | Advised against | Advised | Advised | Advised |
| 70+ | Yes | Yes | Yes | Strongly advised against | Strongly advised against | Strongly advised | Strongly advised | Strongly advised |
| Any age Member of vulnerable group with an underlying health condition ¹ | Yes | Yes | Yes | Strongly advised against | Strongly advised against | Strongly advised | Strongly advised | Strongly advised |
| Pregnant women | Yes | Yes | Yes | Strongly advised against | Strongly advised against | Strongly advised | Strongly advised | Strongly advised |
| Those with serious underlying health conditions | As above, but further bespoke guidance will be provided by your GP next week | | | | | | | |

* if one member of your family or household has a new continuous cough or high temperature

** if you live alone and you have a new continuous cough or high temperature

*** if you live alone and you have a new continuous cough or high temperature

**** for example via telephone or internet

¹ ie anyone instructed to get a flu jab each year

Thank you for your continued support



Kate Mather
Headteacher