

# CORONA-VIRUS HOUSEHOLD SHIELDING GUIDANCE FOR STUDENTS

This guidance is for pupils who have members of their household who are needing to shield due one or more of the following reasons:

- ☐ They have received a letter from their GP or NHS advising them to shield due to being in the 'extremely clinically vulnerable' category
- ☐ They are pregnant
- ☐ They are aged 70 or over
- ☐ They fall within the clinically vulnerable category.

The single most effective way to keep your loved ones safe is by ensuring good hand hygiene and the importance of this cannot be underestimated. Whilst working at school it is recommended that you follow these guidelines:

- Wash your hands on arrival at school
- Maintain a 2m distance between yourself and any other staff member/student that you come into contact with during your visit.
- Bring your own bottle of water and snacks to school
- Wash your hands before eating, after going to the toilet and after coughing and sneezing
- Avoid touching your face with your hands
- Wash your hands before leaving school

In addition, we recommend that if you are very concerned about exposing your household to any infection that you follow the good practice which has been recommended for healthcare workers who do not have the opportunity to change out of their uniform until returning home. The recommendation states that any outdoor shoes should be removed on entering the property and that hands should be washed thoroughly for at least 20 seconds.

It was also recommended to have a pillowcase or linen bin close to the front door and essentially 'de-robe' all clothing on returning home. After doing so you should take a shower and put on clean clothes. Take the pillowcase with the clothes which have been worn that day to the washing machine and wash on the hottest cycle that the clothes will allow. Wash your hands thoroughly for at least 20 seconds.

We feel that by following the above guidance which goes above and beyond the single best practice of good hand hygiene (as well as ensuring you keep to social distancing and follow the general school guidance detailed above) you will be doing all you can to ensure that you keep your loved ones as safe as possible. If you have any questions or queries please email [k.andrews@kimberleyschool.co.uk](mailto:k.andrews@kimberleyschool.co.uk)

