The Welsh Network of Healthy School Schemes - Getting back to school

To keep your children safe and free from Coronavirus, schools have been making some important changes. Families can also play a part in keeping everyone safe.
Here are some tips on how you and your children can help.

In school

Wear a mask as requested

- In secondary school, students may be required to wear masks within communal areas of the school where 2m social distancing is difficult to maintain.
- It is important that they know how to put masks on, use them properly, take them off and store or dispose of them safely.
- Talk to your child about handwashing including how to wash their hands thoroughly with warm water and liquid soap (for at least 20 seconds) and explain they will need to wash their hands regularly throughout the day.

When wearing a mask they should:

- Wash or sanitise their hands before putting their mask on.
- Cover both the nose and the mouth and make sure it fits snuggly under the chin.
- Use the ties or the ear loops to remove it once no longer needed.
- Put disposable masks in a bin with a lid or into a plastic bag to bin at home
- Place reusable masks into a pla
- stic bag to take home and wash.

Ideally pupils should have a number of dry, clean masks to use throughout the day. If this is not possible and the same mask has to be used again during the same day, the ties or loops should be used to take the mask out of the plastic bag being careful not to touch the front of the mask.

When wearing a mask they shouldn't:

- Touch the front of their mask with their hands. If they do, they should wash/sanitise their hands immediately.
- Put the mask on their forehead or around their neck.

Undertake frequent handwashing

- Ensure your child knows that they should wash their hands thoroughly with warm water and liquid soap for 20 secs, frequently throughout the day.

Staying away from school

- **Do not attend school** and self-isolate if you or your child:
  - have any symptoms of Coronavirus (self-isolate for 10 days)
  - live in a household with a person who has tested positive for Coronavirus (self-isolate for 14 days)
  - have been contacted by a contact tracer and told that you must self-isolate (self-isolate for 14 days)

- Arrange a test for anyone who has any of the following symptoms by going to www.gov.uk/get-coronavirus-test or dialling the free number 119:
  - New continuous cough
  - High temperature (above 37.8oC)
  - Reduced taste or smell (anosmia)

- If your child has symptoms and you are waiting for their test results they **must not attend school** and must self-isolate.
- If your child is a contact of a case, they must self-isolate for the full 14 days even if they have a negative test result.