

# The Welsh Network of Healthy School Schemes

## Getting back to school and the school run

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 to stay safe whilst at school.**

### Getting to and from school

- If children are able walk or cycle to school, this is a great option.
- If travelling by car, to avoid crowding at the school gates, park further away from the school and then walk. This also helps you to stay active.
- If you transport children outside of your extended household (children under 11 only), make sure:
  - everyone washes or sanitises their hands before getting in the car
  - windows are kept open
  - only the same group of children travel in your car
- If you use public transport, parents and children need to wash or sanitise their hands before and after travel. Try to keep at least 2 metres apart from other passengers. Parents and children over the age of 11 also need to wear a mask or face covering.

### At the school gate

- Keep your 2 metre distance from others who are dropping off and try not to stay too long in the playground. This will help to reduce queues and allow other parents to drop off their children safely.
- Don't arrive at school too early to pick up and don't stay too long in the playground.

### In school

- 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.

### Staying away from school

- **Do not attend school** and self-isolate if you or your child:
  - Has 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](https://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.

Thank you - If we all do our bit to stop the spread of coronavirus,  
the sooner we can all get back to normal.