

# COVID-19. Play your part – Stop the spread

## Social Distancing

When dropping off / collecting your children from school:

- ✓ Arrive promptly in your designated time slot
- ✓ Stand 2m from other families
- ✓ Leave promptly and move away from the school as soon as you have dropped off your child
- ✓ Please do not congregate outside the school gates
- ✓ Remind your children to keep their distance

## Good hygiene

- ✓ Wash your hands often
- ✓ Children will clean their hands when they arrive at school, before / after breaks, if they change rooms, before and after eating and after using the toilet
- ✓ Catch it, Kill it, Bin it - catch coughs and sneezes in a tissue and put in in a bin

## Face coverings

- ✓ Children aged 11 and over will be required to wear face coverings on school transport.
- ✓ All secondary school pupils will be required to wear face coverings in communal areas, where social distancing is not possible.



## Covid-19 symptoms

If you / your child / household member develops any of the following symptoms:

- ✓ a high temperature: this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- ✓ a new, continuous cough: this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- ✓ a loss or change to your sense of smell or taste: this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

**The entire household should immediately self-isolate and you should book a test.**

**Please inform your school.**

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[gov.wales/coronavirus](https://gov.wales/coronavirus)

Wedi'i gynhyrchu gan Gyngor Sir Gâr a'i rannu â phartneriaid rhanbarthol  
Produced by Carmarthenshire County Council and shared with regional partners

# Got symptoms?

1

## Start isolating

You for **10 days**  
Rest of the household  
for **14 days**

2

## Book a test

gov.wales/  
coronavirus  
or call **119**

3

## Covid-19 positive

Share your contacts  
via NHS Test, Trace,  
Protect

4

## Covid-19 negative

Everyone in the household  
can stop isolating so long  
as there are no symptoms

## Remember, you must self-isolate:

- ✓ if you have COVID-19 symptoms and have not been tested, or are waiting for test results
- ✓ if you have tested positive for COVID-19
- ✓ if you live with someone who has COVID-19 symptoms, or who has tested positive for COVID-19 (even if your test result was negative)
- ✓ if you have COVID-19 symptoms, no matter how mild, you must self-isolate at home for at least 10 days from when your symptoms began
- ✓ if anyone in your household has COVID-19 symptoms, no matter how mild, you must self-isolate at home for at least 14 days from when symptoms began

**If the test is negative, self-isolation can end for everyone as long as nobody else in the household has developed symptoms.**



You may be asked to self-isolate by a contact tracing advisor even if you, or people you live with, don't have any symptoms – you must do as they ask

## Self-isolating and staying at home means:

- ✗ Don't go to work - work from home if you can
- ✗ Don't go to places like a GP surgery, pharmacy or hospital
- ✗ Don't go to school or college
- ✗ Don't go to any public area, including pubs, restaurants and cafes
- ✗ Don't go shopping, not even for food or other essentials (ask someone for help or shop online)
- ✗ Don't use public transport
- ✗ Don't allow visitors to your home or garden
- ✗ Don't exercise anywhere outside your home or garden

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