

This is your daily email to keep you updated on the government's response to COVID-19 (coronavirus).

The importance of hygiene

Personal hygiene is the most important way we can tackle COVID-19, especially washing hands more; and the catch it, bin it, kill it strategy for those with coughs and sneezes.

Wash your hands more often for 20 seconds with soap and hot water.

In addition to handwashing before eating and after sneezing, both children and staff should also wash hands after using toilets and after travelling on public transport.

Please help us in sharing simple and effective hand hygiene messages:

- <https://twitter.com/NHSuk/status/1235112744917049346>

Public Health England has a dedicated webpage with a range of posters and digital materials at:

- <https://campaignresources.phe.gov.uk/resources/campaigns/101-coronavirus-/resources>

Sign up is quick, free and means you will be alerted as more resources are made available.

Educational resources

The e-Bug project is led by Public Health England and has a dedicated webpage for learning resources on hand washing and respiratory hygiene.

Resources are currently available for KS1, KS2 and KS3 and can be used in various settings including schools:

- <https://campaignresources.phe.gov.uk/schools>

Updated travel advice for travellers returning from Italy

The advice remains the same for travellers returning from the lockdown areas of Italy, that you should self-isolate even if you are not showing symptoms. The advice for other parts of Italy has been expanded to cover the whole country: if you have returned from anywhere else in Italy outside of the lockdown areas, you should self-isolate if you develop symptoms and call NHS 111.

The latest travel guidance can be found here:

- <https://www.gov.uk/government/publications/covid-19-specified-countries-and-areas/covid-19-specified-countries-and-areas-with-implications-for-returning-travellers-or-visitors-arriving-in-the-uk>

Further information on what you should do if you are asked to self-isolate can be found here:

- <https://publichealthmatters.blog.gov.uk/2020/02/20/what-is-self-isolation-and-why-is-it-important/>

Department for Education coronavirus helpline

The Department for Education coronavirus helpline is now available to answer questions about COVID-19 relating to education and children's social care. Staff, parents and young people can contact this helpline as follows:

Phone: 0800 046 8687

Email: DfE.coronavirushelpline@education.gov.uk

Opening hours: 8am to 6pm (Monday to Friday)

Where to find the latest information

Updates on COVID-19:

- <https://www.gov.uk/coronavirus>

Guidance for educational settings:

- <https://www.gov.uk/government/publications/guidance-to-educational-settings-about-covid-19>

Travel advice for those travelling and living overseas:

- <https://www.gov.uk/guidance/travel-advice-novel-coronavirus>

Latest Department for Education information:

- <https://twitter.com/educationgovuk>
- <https://www.facebook.com/educationgovuk/>