

# Coronavirus Update for Employers, Parents and Learners



In light of the recent news regarding the Coronavirus, please see this link to the [latest guidance from Public Health England](#).

If you have recently returned from one of the self-isolating areas, listed in the 'Returning Travellers' section below, or have been in recent contact with someone who is confirmed to have the Coronavirus, please stay at home and inform F-TEC as soon as possible.

## Returning Travellers

The information below is for any returning travellers or visitors arriving in the UK based on guidance from Public Health England. [Full details available from Public Health England](#)

Stay indoors and avoid contact with other people if you've travelled to the UK from the following places, even if you do not have symptoms:

- anywhere in Italy on or after 9 March
- [specific areas in northern Italy](#) in the last 14 days
- Iran in the last 14 days
- Hubei province in China in the last 14 days
- Daegu, Cheongdo or Gyeongsan in South Korea in the last 14 days

Stay indoors and avoid contact with other people if you've travelled to the UK from the following places in the last 14 days and have a cough, high temperature or shortness of breath, even if your symptoms are mild:

- Italy (outside specific areas in northern Italy) before 9 March
- mainland China outside of Hubei province
- South Korea outside of Daegu, Cheongdo and Gyeongsan
- Cambodia
- Hong Kong
- Japan
- Laos
- Macau
- Malaysia
- Myanmar
- Singapore
- Taiwan
- Thailand
- Vietnam

Use the [111 online coronavirus service](#) to find out what to do next. Do not go to a GP surgery, pharmacy or hospital.

If you need to isolate yourself this means that for up to 14 days, you should:

- Stay at home.
- Not go to work, school or public areas.
- Not use public transport or taxis.
- Ask friends, family members or delivery services to carry out errands for you.
- Try to avoid visitors to your home – it's OK for friends, family or delivery drivers to drop off food.

## How to avoid catching or spreading germs

There are things you can do to help stop germs like coronavirus spreading:

- Always carry tissues with you and use them to catch your cough or sneeze. Then bin the tissue, and wash your hands, or use a sanitiser gel.
- Wash your hands often with soap and water, especially after using public transport. Use a sanitiser gel if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Avoid close contact with people who are unwell.