



**Wessex Gardens Primary and Nursery School**  
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Dear Parents/Carers,

**Preventing the spread of respiratory viruses**

In school we have talked about how to stop germs spreading by following good tips around hygiene. Attached are 2 posters we are using in school to remind children how to deal with coughs and sneezes.

**Please read the information below carefully**

- wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitiser that contains at least 60% alcohol if soap and water are not available. This is particularly important after taking public transport
- avoid touching your eyes, nose, and mouth with unwashed hands
- avoid close contact with people who are sick
- if you feel unwell, stay at home, do not attend work or school
- cover your cough or sneeze with a tissue, then throw the tissue in a bin. See [Catch it, Bin it, Kill it](#)
- clean and disinfect frequently touched objects and surfaces in the home and work environment
- if you are worried about your symptoms, please call NHS 111. Do not go directly to your GP or another healthcare environment
- see [further information](#) and the [Public Health England Blog](#)

Please do not hesitate to contact us if you have any questions.

Yours sincerely

Alexander Banks  
Headteacher