



Advice for parents and carers during school closures

These new guidelines have been published to help parents and families during the school closures.

It is important that you make the right arrangements for your children to remain in good physical and mental health.

Parents and carers are responsible for keeping their children safe.

- If your child's usual school or childcare is no longer available, you must make sure that there are suitable alternative arrangements in place.
- Any arrangements you make for your childcare must be given by a suitable responsible person who you know and trust.
- A child who isn't old enough or who doesn't feel comfortable should never be left home alone. As a guide, the NSPCC advise that children under 12 years old shouldn't be left home alone.
- Consider the risks of children carrying infection if grandparents or others aged 65+ or those with underlying health conditions are part of your usual or proposed alternative care network – should someone else help out?
- Continue to know what children are doing and with whom (peers or others) they are spending time while not in school.

Examples of things to do:

- Talk to children about the virus and how to stay safe – (see advice for talking to children about coronavirus).
- Remember that the general advice is to reduce the number of contacts that you and your children are having.
- Small gatherings of friends, family and neighbours, for short periods of time, ideally outside, can have a positive impact on children's wellbeing during this period, without presenting undue risk to wider public health. Adults and children who have a family member that is self-isolating or have relevant symptoms (see gov.je/coronavirus) should avoid such contact.
- Postpone social and family commitments which bring people together.
- Try to keep children physically active through playing in the garden if you have one or going to open spaces where it is easier to keep a distance from others.
- If your child or family has a lead worker or social worker, you need to keep in touch with that person, or others in the service, on a regular basis.

- Learning should continue at home. Academic material has been provided by all schools.
- Support children to maintain contact with friends and family over the phone and social media.

Examples of things not to do:

- Avoid combining larger numbers of children in shared activities or extended family childcare.
- Your child should not participate in activities where germs and infections may be more easily spread due to multiple shared surfaces.
- Group playdates, sleepovers, birthday parties, movie nights and large gatherings should be avoided.

Important health advice

Illness from coronavirus infection is less common and usually less severe in children and young adults. However, they can get infected and be carriers for the infection.

So even if they appear to be healthy, it is essential that they practice social distancing from vulnerable groups like older people (65+ years of age), and people with chronic diseases and underlying health-conditions.

Generally minimising physical contact with each other will help avoid spreading the virus, so children and young people should avoid meeting up in “groups” while practicing social distancing. Read on for other health-related guidance.

- Advised social distancing, hand-washing, surface hygiene, sneezes and coughs being caught and avoiding touching your face should be practiced at all times.
- Ensure that your home is well ventilated and clean. There should be strict cleaning and disinfection routines for table-tops, doorknobs, bathroom, toilets, phones, keyboards and tablets.
- If your child has diabetes, asthma or another chronic condition, make sure the condition is as well-managed and monitored as possible.
- Children who are sick should be kept isolated, with appropriate care, and not meet anybody outside of the household.



If you are worried you may have the symptoms of coronavirus, please call our helpline on **01534 445566** between 8am and 8pm.

Stay up to date with **accurate** advice and information: [gov.uk/coronavirus](https://www.gov.uk/government/coronavirus)