

Dear Learner

As you will be aware, the UK's National Health Service (NHS) is taking precautions to limit the spread of COVID-19 (known as Coronavirus). In doing so, the NHS is providing regular information and advice on how members of the public can protect themselves, friends, colleagues, neighbours and families.

Further information on this is available at <https://www.gov.uk/government/topical-events/coronavirus-covid-19-uk-government-response>

On 16th March the Government announced a number of preventative measures, which includes:

- Anyone who has a constant dry cough, fever or a temperature should stay at home for 14 days (self-isolate).
- Anyone who lives with someone who has a constant dry cough, fever or a temperature should stay at home for 14 days (whole household).
- People should start working from home where possible.
- Avoid pubs, clubs, theatres, mass gatherings and other such social venues (inc. community centres).
- Only use the NHS when we really need to.

Everyone continues to be reminded to follow advice which includes:

- 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 hot water for 20 seconds, especially after using public transport, touching door handles, handrails, toilets, light switches etc. Use a sanitiser gel if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.

You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact NHS 111 online. If you have no internet access, you should call NHS 111. For a medical emergency dial 999.

If you are sick or self-isolating, and unable to attend one of your lessons with us, please contact your tutor immediately or call our Business Support Team on 01642 811400. You can also email us on info@mcls.ac.uk

If you are claiming benefits, you are also required to inform your Work Coach at Jobcentre Plus.

We will keep in touch with you via our website, text and our social media platforms.

Best wishes

Middlesbrough Community Learning