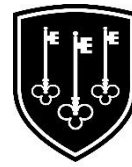




MVC Covid-19: Social Distancing and Self-Isolation Information for Pupils

Updated: 25th March 2020



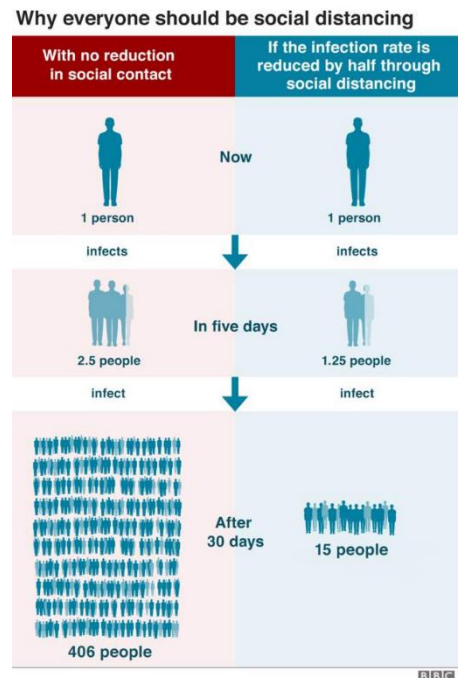
These are serious and challenging times. It might have seemed simply like an early holiday when MVC and other schools shut but hopefully the closure of McDonalds, playgrounds, parks and most shops has reinforced that Covid-19 is a real issue for all of us.

Your main priority right now is to look after yourself and your family. This means following two important pieces of government advice:

1. Wash your hands thoroughly and often.
2. For the next three weeks, you should stay indoors unless you are food shopping or exercising. In both these cases you need to stay away from other people. ('social distancing').

You should not be outside socialising with friends, however tempting that is. This is the one time that I am going to be telling you to spend MORE time on your phones and social media!

People can have Covid-19 and spread it without showing any symptoms (most people don't develop them for a few days) so not socialising is very important. The diagram on the right shows just how important. At the moment, most people with Covid-19 pass it on to 2 or 3 people (so 2.5 on average). Since they then pass it on to 2 or 3 people each and so do they, we end up with 406 people being ill after 30 days. If we all reduce the number of people we have contact with (by staying at home) and could halve the number that we pass it onto, the effect is dramatic. Instead of 406 people infected after a month we have only 15. This change has a huge effect.



We also have to remember that Covid-19 is often more serious for older people so whilst you will almost certainly be fine if you catch it, grandparents are more likely to need hospital treatment. Please look after your and other people's grandparents by following the guidelines.



Lastly on this subject, think about the NHS workers and other key workers, including many of your parents, who have to carry on working. These people are putting themselves at risk of catching Covid-19 (they would be safer at home) to support all of us. Please respect and help them by reducing the spread, even if it is inconvenient.

Mr Holmes