

An MEP guide to Covid-19

Government guide

- Get the vaccine
- If you can, wear a mask in busy places and on buses and trains
- If you can, try to make sure places you visit or vehicles you travel on have lots of fresh air
- Read more: <https://www.gov.uk/coronavirus>

MEP rules

- Teachers and students should wash their hands when they come to MEP.
- Teachers should wear a mask or visor in lessons.
- Students – please wear a visor or mask if you can.
- MEP teachers should be fully vaccinated, unless there is a good reason.

Catching Covid-19

- You are most likely to catch Covid indoors or in places with lots of people.
- You can catch Covid from someone who has it:
 - when they speak, cough, sneeze or breathe near you
 - if you touch anything they have touched.

NHS advice to avoid catching Covid-19

- Get the vaccine
- Only visit places with lots of fresh air
- Wear a mask in busy places and on buses and trains
- Wash your hands often with soap and hot water, or use sanitiser
- Do NOT touch your eyes, nose or mouth if you have not washed your hands
- Stay at home if you have a cold, cough or feel very tired so you do not give Covid to others
- Read more:
<https://www.nhs.uk/conditions/coronavirus-covid-19/how-to-avoid-catching-and-spreading-coronavirus-covid-19/>

NHS advice – vaccinations

- Everyone in the UK who is over 5 years old can have the vaccine for free
- If you do not have a doctor, register with one first:
<https://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/>
- Getting vaccinated can:
 - Reduce the risk of getting seriously ill or dying from Covid
 - Reduce the risk of you catching or spreading Covid
- Read more:
<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/coronavirus-vaccine/>
- To book a vaccine, speak to your doctor or book here:
<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>