This is your daily email to keep you updated on the government’s response to COVID-19 (coronavirus).

**Foreign and Commonwealth Office travel advice**
As of 10 March, the Foreign and Commonwealth Office (FCO) has updated advice about travel to Italy. The FCO is currently advising:
- against all but essential travel to Italy
- against all travel to Hubei Province, in China
- against all but essential travel to the rest of mainland China
- against all travel to the cities of Daegu, Cheongdo and Gyeongsan in South Korea

The Foreign and Commonwealth Office is not currently advising against travel to any other country/territory as a result of COVID-19.

The latest travel advice can be found here:

**Updated advice for travellers returning from Italy**
On 10 March, Public Health England updated its travel advice for travellers returning from Italy. The advice can be found here:

Further information on what you should do if you are asked to self-isolate can be found here:
- [https://publichealthmatters.blog.gov.uk/2020/02/20/what-is-self-isolation-and-why-is-it-important/](https://publichealthmatters.blog.gov.uk/2020/02/20/what-is-self-isolation-and-why-is-it-important/)

**The importance of hygiene**
Personal hygiene is the most important way we can tackle COVID-19, especially washing hands more; and the catch it, bin it, kill it strategy for those with coughs and sneezes.

**How to wash your hands properly**
Wash your hands more often for 20 seconds with soap and hot water.
Watch this short NHS film for guidance:
- [https://youtu.be/bQCP7waTRWU](https://youtu.be/bQCP7waTRWU)

Teach young children how to wash their hands with the NHS handwashing song:
- [https://www.youtube.com/watch?v=S9VjeiWLnEq](https://www.youtube.com/watch?v=S9VjeiWLnEq)

Public Health England recommends that in addition to handwashing before eating, and after coughing and sneezing, everyone should also wash hands after using toilets and travelling on public transport.

**Educational resources**
The e-Bug project is led by Public Health England and has a dedicated webpage for learning resources on hand washing and respiratory hygiene.
Resources are currently available for KS1, KS2 and KS3 and can be used in various settings including schools:
Department for Education coronavirus helpline
The Department for Education coronavirus helpline is available to answer questions about COVID-19 relating to education and children’s social care. Staff, parents and young people can contact this helpline as follows:
Phone: 0800 046 8687
Email: DfE.coronavirushelpline@education.gov.uk
Opening hours: 8am to 6pm (Monday to Friday)
If you work in a school, please have your unique reference number (URN or UKPRN) available when calling the helpline.

Where to find the latest information
Updates on COVID-19:
- https://www.gov.uk/coronavirus

Guidance for educational settings:

Travel advice for those travelling and living overseas:

Educational resources:
- https://campaignresources.phe.gov.uk/resources/campaigns/101-coronavirus-
  /resources
- https://campaignresources.phe.gov.uk/schools

Latest Department for Education information:
- https://twitter.com/educationgovuk
- https://www.facebook.com/educationgovuk/