

THE THOMAS ESTLEY CORONAVIRUS PLEDGE

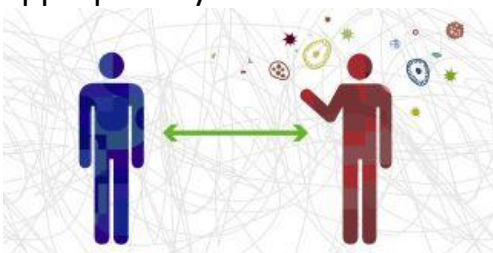
We pledge to battle against the coronavirus and protect our community and society by:



Washing our hands for at least 20 seconds on arrival, before eating, before leaving and at regular intervals. Trying not to touch our face.

Following **'Catch it, bin it, kill it'** advice with coughs and sneezes and keeping college surfaces and areas clean and sanitised.

Not crowding together in large groups and maintaining **social distancing** appropriately.

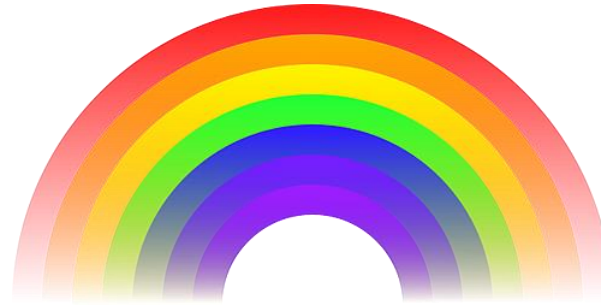


Staying at home if we have a new persistent cough or a temperature over 37.8 degrees and remaining self-isolated for 14 days if we have these symptoms.

Following up to date government advice.

Eating and exercising healthily to keep our immune systems strong.

We pledge to battle against the diseases of fear, anxiety and loneliness by:



Maintaining a positive attitude – we can't change events around us, but we can change our attitude to them.

Maintaining our own wellbeing and giving ourselves time and space away from news, social media, work and pressures.

Laughing together and having fun in creative ways that follow the current guidance, including wellbeing blogs, the college wellbeing groups and safe and fun wellbeing challenges.



Checking in on people who are self-isolating or who are elderly or vulnerable from a distance – phone, text, Facetime, etc – so that they are less lonely, and helping them get food or medicine when they need to.

Looking after and encouraging those around us in every way, and shining kindness and light into the lives of those around us.