

Dear Parents/Carers,

We are aware that the constant changing guidance regarding COVID-19 can be confusing at times. We would like to layout the current guidance which we have to adhere to as a school.

We want to make sure that you as Parents and Carers fully understand the current government advice regarding self-isolation and testing.

If you have any of the following symptoms:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

Then you must

1. Get a test to check if you have coronavirus as soon as possible.
2. Stay at home and do not have visitors until you get your test result – only leave your home to have a test.

Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

Please see the poster below which you can print off and keep for reference, this clearly shows the length of time you need to self-isolate for.

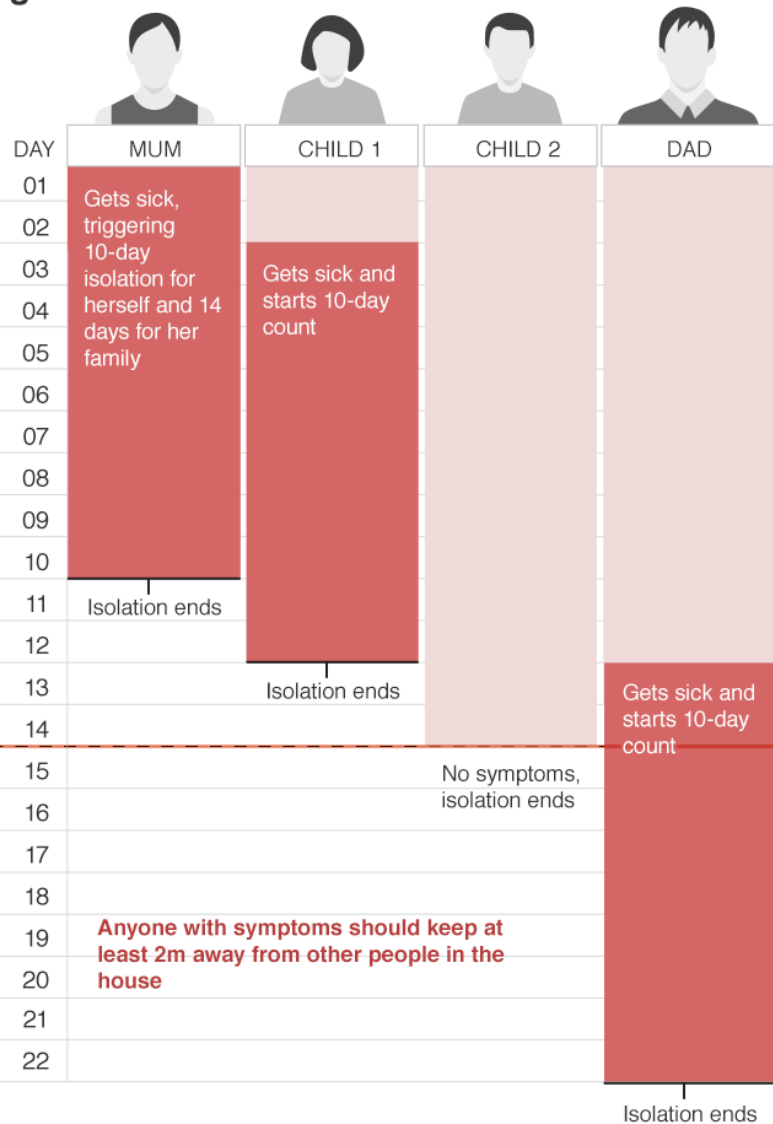
Please let the school know as soon as possible if you have had a test, and also the result. We are keeping track of all students who are not in school and will follow public health guidelines if a result comes back positive.

Our COVID-19 RA can be found on our website, if you have read it you will find it is a comprehensive document that we are frequently reviewing. If you have any questions please do get in touch.

Thank you for your continued support.

Miss T Wilden
Head of School.

What happens if someone in your family gets sick?



People may be able to pass on coronavirus without showing any symptoms

Source: Public Health England advice



Check if you or your child has coronavirus symptoms

If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result.

Main symptoms

The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal. Most people with coronavirus have at least 1 of these symptoms.

What to do if you have symptoms

If you have any of the main symptoms of coronavirus:

1. Get a test to check if you have coronavirus as soon as possible.
2. Stay at home and do not have visitors until you get your test result – only leave your home to have a test. Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>

<https://www.nhs.uk/conditions/common-cold/>

Reducing the spread of Coronavirus

Government Information video:

<https://vimeo.com/455704121/01b3eea402>

