



Dear Parents/Carers,

COVID Symptoms and Advice

If your child develops symptoms of COVID-19, they must isolate and you should arrange a test for your child via <https://www.gov.uk/guidance/coronavirus-covid-19-getting-tested> or by calling 119.

If the test result is positive, your child will be required to self-isolate for a period of 10 days from the day that their symptoms started. Please inform us if your child has a positive test result. If your child's test result is negative, they can continue with their normal activities if they are well enough to do so.

Please visit the link to Public Health England's guidance for households with possible Covid-19 infections:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

Symptoms of COVID-19

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or;
- high temperature and/or;
- a loss of, or change in, normal sense of taste or smell (anosmia).

If you or your child feel newly unwell with Covid-19 symptoms, then please access a PCR test. For many people, coronavirus (COVID-19) will be a mild illness.

Wider COVID-19 Symptoms

A number of people frequently present with a wider range of symptoms. If you or your child have wider symptoms, you can register for a PCR test online at www.nhs.uk/coronavirus and tick the box that says your local authority asked you to take a test. Or ring 119 and say the same thing to book a test. Please note that no one needs to isolate for wider symptoms whilst



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awaiting the PCR results. However, if your child is too unwell to attend school or experiencing one of the wider symptoms such as diarrhea, sickness or vomiting, you should not send them in to school.

Wider symptoms include:

- Diarrhea
- Headache that lasts a long time
- Muscle or full body aches
- Sore throat
- Blocked or runny nose
- Sickness or vomiting

How to stop COVID-19 spreading

There are things you can do to help reduce the risk of you and anyone you live with getting COVID-19:

- wash your hands with soap and water often – do this for at least 20 seconds;
- use hand sanitiser gel if soap and water are not available;
- wash your hands as soon as you get home;
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze;
- allow ventilation in the house through opening windows;
- put used tissues in the bin immediately and wash your hands afterwards.

Test and Trace Support Payments

If a person is asked to self-isolate by NHS Test and Trace and is on a low income, unable to work from home and will lose income as a result, they may be entitled to a payment of £500 from their local authority under the Test and Trace Support Payment scheme. This now applies to parents/carers who cannot work from home and will lose income by self-isolating or staying at home to care for the child. Further details are available via: <https://www.gov.uk/test-and-trace-support-payment>



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Further Information

Further information is also available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>.

Yours sincerely,

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Headteacher



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