

## **What to do if your child develops symptoms of COVID-19**

As has been the case throughout the lockdown period as well as since the start of the autumn term, if your child develops symptoms of COVID-19, s/he must not come into the academy and should remain at home for 10 days from the date when their symptoms first appeared. However, anyone with symptoms will of course be eligible for testing and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119.

All other household members must stay at home and not leave the house for 14 days. This is of course unless a negative test result was to be returned by the person who developed the symptoms as if this proved to be the case, as long as they and all their household members no longer had symptoms, none of them would need to need to continue self-isolating.

Further information is available at:

<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**

As shared with you previously, the most common symptoms of COVID-19 are the recent onset of:

- a temperature of 37.8°C+ and feeling hot to touch on the chest or back;
- a new, continuous cough which means that there has been three episodes of heavy coughing in a 24 hour period or one hour of persistent coughing; and/or
- a loss of, or change in, your normal sense of taste or smell (anosmia).

As a polite reminder and also highlighted in a number of letters to you:

- If a student has the symptoms of a common cold such as a runny nose, feeling under the weather etc. but does not have any of the three symptoms, the latest advice and guidance is that they may come to school if the parent and carer feels they can. No COVID-19 self-isolation or test would need to be pursued either at this stage and unless they developed one or more of the three main COVID-19 symptoms.

If your child does develop symptoms, you can seek advice from the nhs.uk website at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>. If you are concerned about your child's symptoms, or they are worsening you can seek advice from NHS 111 at <https://111.nhs.uk/> or by phoning 111. However, and as you as our parents and carers have done ever so well thus far, please keep the academy updated with regards any tests and self-isolation protocols you and your respective families may well need to follow. On behalf of our First Aid Administrators, we also thank you for your support when they have called you to pick up your child if any of the three symptoms have developed whilst in the academy.

## **How to stop COVID-19 spreading**

In addition to maintaining those all-important open channels of communication, as highlighted throughout the COVID-19 period, there are steps we can all continue to take to help reduce the risk of COVID-19 spreading and these include:

- washing our hands with soap and water often and for at least 20 seconds in duration; • using hand sanitiser as an alternative again, as often as possible;
- washing or sanitising our hands as soon as we enter the home, work or school environment; • wearing a face covering, especially when two metre social distancing cannot be maintained and whilst on contract or local buses, moving between lessons and whilst queueing up for food;
- Keeping doors and windows open, even as we progress into the winter period;
- covering our mouth and nose with a tissue or your sleeve (not your hands) when we cough or sneeze;
- putting used tissues in the bin immediately and washing or sanitising our hands straight after doing so; and
- Fully adhering to one way systems be it in the academy or when it is highlighted in any external environments.

## **Further Information on COVID-19**

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

As a result of students who may need to self-isolate, we have created a Remote Learning Policy [https://8d62f5bc-548e-4f2b-8f3c-a1eb5772bd2c.filesusr.com/ugd/8b2eb5\\_03d2b289e80d4f848b194464352c5c9c.pdf](https://8d62f5bc-548e-4f2b-8f3c-a1eb5772bd2c.filesusr.com/ugd/8b2eb5_03d2b289e80d4f848b194464352c5c9c.pdf) which covers what will happen if a student cannot attend school. All our policies are on our website if you wish to look at any.