

Chelmondiston Church of England Primary School

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Dear Parents and Carers,

While these are difficult times, your children continue to show great enthusiasm and resilience and are making the most of learning and playing together in school. Of course, this is an anxious time and it can be hard to know what to do if your children feel unwell; I hope this letter clarifies the steps you should take.

You may have come across various possible coronavirus symptoms on social media, in apps or in the news. However, please note that the NHS and Department for Education are still focusing on the three key symptoms of Covid-19 that you are already familiar with. The following has been copied from the NHS 'Coronavirus in Children' web page

(<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/>) :

Symptoms of coronavirus in children

The main symptoms of coronavirus are:

- *a high temperature*
- *a new, continuous cough – this means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours*
- *a loss or change to sense of smell or taste – this means they cannot smell or taste anything, or things smell or taste different to normal*

What to do if your child has symptoms

If your child has any of the main symptoms of coronavirus:

1. *Get a test to check if they have coronavirus as soon as possible.*
2. *Stay at home and do not have visitors until you get the 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 the result.

Please note that sore throats, headaches and minor colds are not symptoms of coronavirus; you should act in the same way as you would have done before the pandemic. This may involve sending your child to school or keeping them at home. A minor cough is also not necessarily a symptom of coronavirus; you should only be concerned if it is continuous and persistent. Children with minor ailments are often fine to come into school. Remember that you can call NHS 111 if you are worried or you are not sure what to do.

Please note – if your child has sickness or diarrhoea, they should not return to school until 48 hours after the last bout, as is normal policy.

When should I arrange a test?

You should arrange a test as soon as possible if you or your child are **showing coronavirus symptoms**. If coronavirus symptoms develop at home, we advise you to arrange a test.

Chelmondiston safeguards and promotes the welfare of pupils and requires all staff and visitors to share this commitment



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Please let the school know about their symptoms as we have to maintain our own records of those with coronavirus symptoms for the Local Authority. If children develop coronavirus symptoms at school, they will be isolated and sent home with the advice to get tested.

Only the person with symptoms should be tested.

If your child is unwell but they are not showing coronavirus symptoms, then just inform the school of their absence and they can return when they feel better. You do not need to arrange a test if they are not showing coronavirus symptoms. For example, you do not need to arrange a coronavirus test if your child has a sore throat or cold.

My child has coronavirus symptoms – how do I book a test?

You can arrange a test online at: <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>.

Alternatively, you can telephone 119 if you have problems using the internet. You can order a home test kit or arrange a test at a regional testing centre. Booking is essential for drive-in or walk-in test sites.

Please ensure that you inform the school of the test result. We have a process to follow when there is a confirmed positive test in the school community.

What about quarantine?

From the onset of coronavirus symptoms, the ill person must isolate at home for 10 days and other household members should isolate for 14 days. While arranging a test or waiting for results, the ill person and family must continue to isolate. If the test result is negative, then the ill child can return to school as soon as they feel well enough. The family can stop isolating when there is a negative test. Most test results do come back negative.

It is currently quite difficult to arrange tests due to issues with capacity. If someone in the household has symptoms and has not yet been tested, then the only alternative is to isolate at home.

I strongly urge parents not to use social media to share information about symptoms or your experiences, as this can cause worry and concern amongst other parents.

There are a lot of minor illnesses around at the moment but most of these are just the usual autumn term colds. I hope that this letter has clarified what you should do if your child feels unwell. It is a confusing and changing situation and we will keep you informed if we receive any new information. If you are in any doubt, please contact the school or call NHS 111 for advice. Thank you for your continued support.

Yours sincerely,

Mrs Lesley Etchingham

CORONAVIRUS SYMPTOMS – We advise to get a test and / or isolate for 10 days (rest of the household for 14 days); inform school

UNWELL BUT NOT CORONAVIRUS SYMPTOMS – Treat it as you would any other illness; return to school when feeling better; your child may even be well enough to come to school; inform school

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