

Sent by email to all parents/carers on 1 October 2020

Dear Parents/Carers

We would like to take this opportunity to remind you of what to do if you, your child(ren) or anyone in your household or support bubble has symptoms of COVID-19. Please read the extracted information carefully and follow the links for additional information.

Additionally, we would like to suggest that, if you are not already wearing a mask to drop off and pick up your children, that you do so. Please remember to maintain 2m social distancing at all times when waiting to drop children off or pick them up and wash hands thoroughly before coming to school and when you get home. Where possible please could only one adult per family accompany children at drop off and pick up to help reduce congestion.

Main symptoms

The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back (a temperature of over 37.8 is considered hot)
- **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 one of these symptoms.

What to do if you have symptoms

If you have symptoms of COVID-19 however mild, self-isolate for at least 10 days from when your symptoms started. You should arrange to have a test to see if you have COVID-19 – follow the link below:

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

Do not go to a GP surgery, pharmacy or hospital.

If you are not experiencing symptoms but have tested positive for COVID-19, you must self-isolate for at least 10 days, starting from the day the test was taken. If you develop symptoms



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during this isolation period, restart your 10-day isolation from the day you developed symptoms.

You could be fined if you do not stay at home and self-isolate following a positive test result for COVID-19 or if you are contacted by NHS Test and Trace and instructed to self-isolate.

If you live with others, all other household members must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the household became ill or if they do not have symptoms, from the day their test was taken. If anyone else in the household starts displaying symptoms, they must stay at home for at least 10 days from when their symptoms appear, regardless of what day they are on in their original 14-day isolation period.

Further information is available here:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection#:~:text=If%20you%20have%20symptoms%20of,you%20have%20COVID%2D19>

With thanks for your co-operation.

School Office

