

FAQ about Illness and COVID Symptoms

Main 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 and taste different to normal.



What to do if a pupil tests positive for coronavirus (COVID-19)?

We will have to notify our local health protection team (HPT) immediately when we are informed of a possible or confirmed case by NHS Test & Trace, staff or a parent or carer of a pupil within the last 14 days.

With HPT advice, we will identify close contacts of the symptomatic individual.

Contact tracers will inform contacts that they need to self-isolate for 14 days in line with guidance for households with possible or confirmed coronavirus (COVID-19) infection.

This potentially means the whole class of children or year group will need to be sent home to self-isolate for 14 days – in this case then the school will provide remote learning for the children.

Handwashing

Please can you remind your child/ren of the following handwashing steps

1. **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
2. **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. **Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. **Rinse** your hands well under clean, running water.
5. **Dry** your hands using a clean towel or air dry them.



What to do if a pupil is displaying symptoms of Covid-19?

If anyone in your school becomes unwell with a new, continuous cough or a high temperature, or has a loss of, or change in their normal sense of taste or smell (anosmia), they must be sent home and be advised to [follow the guidance for households with possible or confirmed coronavirus](#) infection.

This sets out that they must:

- **self-isolate for at least 10 days**
- **arrange to have a test to see if they have coronavirus (COVID-19)**

This means that all family members need to isolate for 14 days, or until a negative test result is received. We will therefore ask for siblings to go home at the same time, all children can return when either the symptomatic child has received a negative result or when the 10 or 14 days isolation period has ended.

If your child displays any of these symptoms at home then you must follow the same guidance and must not send them or any siblings to school.

What to do if my child has a cold?

If your child has a cold, such as sore throat, runny or blocked nose and **none** of the covid-19 symptoms then they can attend school as soon as they feel well enough to do so.

Even if you think your child just has a cold – if they are displaying any of the covid-19 symptoms then we will ask them not to attend school until they have either received a negative result or have isolated for a minimum of 10 days, or 14 days for siblings.