

## **Covid Symptoms**

Dear Parents and Carers,

First of all, I would say a huge thank you for your support during our return to school. We have been really impressed with the children's resilience and enthusiasm, and they have shown themselves to great Frome Vale Citizens.

I am writing to provide with some clarity regarding what to do if your child shows Covid 19 symptoms

### **If your child shows following 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 normal temperature is 36.5 -37 degrees centigrade.
- **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

Please **do not** bring them to school. Please let the school know, saying they have Covid 19 symptoms. Anyone in the same family will need to self- isolate.

If your child shows these symptoms in school, we will call you to pick them up immediately. Your child will be isolated until this happens.

### **Next steps:**

1. Book a test on the NHS website
2. Wait for result before talking to us about a return to school.

### **Test result:**

- If the test is negative (your child does not have Covid 19) and they feel well, **talk with us** about a return to school.
- If the test is negative but they feel unwell, your child must stay at home until they feel better.
- If the test is positive (showing your child has Covid 19), inform the school **immediately** as the school will need to take appropriate action.

### **Colds and upset tummies:**

- If your child has an upset stomach (sickness and diarrhoea), please do not bring them into school for 48 hours after the last symptom is shown.
- If your child has a cold, but you feel they are well enough to come to school **and they do not present any of the symptoms above**, they are able to attend.

Best wishes



Dr. Saunders