

Coronavirus – Living with Covid – 01st April 2022

This is a summary of the latest government guidance with effect from 1st April including the school mitigations.

As we learn to live safely with COVID-19, there are actions we can all take to help reduce the risk of catching COVID-19 and passing it on to others. These actions will also help to reduce the spread of other respiratory infections. COVID-19 and other respiratory infections such as flu can spread easily and cause serious illness in some people.

Main Changes - Information for Parents / Carers

- **Parents will not be required to wear a face covering in school** unless they are within the premises for a prolonged period or attending a meeting. They are not required when visiting the school office briefly.
- **The school mitigations** - staggered breaks and lunches will continue as before. Children will continue to be kept in class / milestone groups whilst infection levels appear high.
- **High temperatures:** if your child has a high temperature they should be kept at home. If a parent has to administer Calpol/Paracetamol to their child in the morning, the child should be kept at home until the symptoms are gone rather than masked by medication.
- **Any child developing symptoms**, or feeling unwell with a temperature etc. will be sent home as per our School policy.

What to do if your child has a Positive Covid Test result

If you are directed to have your child tested by a health professional the following will apply:

- If a child or young person has a positive COVID-19 test result they should try to stay at home and avoid contact with other people for 3 days after the day they took the test, if they can. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults.
- Children and young people who usually go to school, college or childcare and who live with someone who has a positive COVID-19 test result should continue to attend as normal.

Latest information regarding the common symptoms of a respiratory infection such as Covid19 and Flu.

- continuous cough
- high temperature, fever or chills
- loss of, or change in, your normal sense of taste or smell
- shortness of breath
- unexplained tiredness, lack of energy
- muscle aches or pains that are not due to exercise
- not wanting to eat or not feeling hungry
- headache that is unusual or longer lasting than usual
- sore throat, stuffy or runny nose
- diarrhoea, feeling sick or being sick

When children and young people with symptoms should stay at home and when they can return to education

- Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting.
- Children and young people who are unwell and have **a high temperature should stay at home** and avoid contact with other people, where they can. They can go back to school, college or childcare, and resume normal activities when they no longer have a high temperature or any of the above symptoms and they are well enough to attend.
- Additional School Measures - If your child requires Calpol/Paracetamol prior to the school day as they are mildly unwell, or have a temperature please keep them at home until the symptoms have gone rather than mask them with medication.
- If symptoms then redevelop at school we will follow our school policy and ask for the child to be collected.

If you have not taken a Covid test but have symptoms

Try to stay at home and avoid contact with other people

If you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature or do not feel well enough to go to work or carry out normal activities, try to stay at home and avoid contact with other people, until you no longer have a high temperature (if you had one) or until you no longer feel unwell.

If you leave your home while you have symptoms of a respiratory infection, and you have a high temperature or feel unwell, avoid close contact with anyone who you know is at higher risk of becoming seriously unwell. If you leave home it is suggested that you consider the following

- wearing a well-fitting face covering
- avoid crowded places e.g. transport , indoor venues, social gatherings
- exercise outdoors
- covering your mouth and nose when you cough or sneeze; wash your hands frequently with soap and water

Try to reduce the spread of infection in your household

- keep your distance
- in shared areas wear a well-fitting face covering
- ventilate rooms
- wash your hands regularly
- regularly clean frequently touched surfaces,

Information taken from the latest Government Guidance document – see below for the full document.

<https://www.gov.uk/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid-19>

