

LATEST LIVING WITH COVID UPDATE

Children and young people can get coronavirus (COVID-19), but it's usually a mild illness and most get better in a few days. In school we continue to seek to reduce the spread of infection through good hygiene practices such as the use of hand sanitiser and hand washing, encouraging coughing and sneezing into the crook of the elbow, disposing of used tissues and being alert to possible COVID symptoms.

Symptoms of COVID-19 in children can include:

- a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back or a thermometer reading of 37.8 or above
- 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 your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

The symptoms are very similar to symptoms of other illnesses, such as colds and flu.

IF YOUR CHILD HAS SYMPTOMS

Your child should stay at home and avoid contact with other people if they have symptoms AND they either:

- have a high temperature
- do not feel well enough to go to school or do their normal activities

We will ask for children to stay at home if they have a high temperature. They can come back to school when they feel better and do not have a high temperature. As a precaution we will make a temperature check on a child's return to school.

If your child only has mild symptoms such as a runny nose, sore throat or mild cough (with NO temperature), and they feel well enough, they can come to school.

Most children who are unwell will recover in a few days with rest and plenty of fluids.

IF YOUR CHILD HAS A POSITIVE TEST RESULT

Although PCR and LFD COVID tests are no longer freely available, as they are not required, you may still have access to these.

Children and young people who have a positive test result for COVID-19 should not attend school for 3 full days after the day of the test or the onset of symptoms - whichever occurs first will be regarded as Day 0.

