



St Paul's C of E Infant School
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Headteacher's Newsletter – 15th September 2020

Colds, Coughs, Coronavirus/Covid19 etc

I fully appreciate that we are all living in a very uncertain time with enormous worries and anxieties around coronavirus/COVID-19

We have to remember that this is also the time of year where people start to mix with others again after holidays and the weather changes, so even during pre covid times, we would experience a whole range of illnesses such as colds and coughs and diarrhoea.

Schools have been issued with some clarification about symptoms.

If anyone - child or adult - has one or more of the main symptoms – then they must request a test and the household must follow guidance on self isolating.

- A fever/high temperature (**this means hot to touch (chest and/or back) Measuring temperature with a thermometer is not necessary**)
- A new and continuous **dry** cough (**this means coughing a lot for more than an hour or 3 or more episodes over 24 hours**)
- A loss or change of their sense of smell (**this means you have noticed that you can't smell or taste anything or that things smell or taste different to normal**)

Tests should not be requested for others in the household unless they also have symptoms, though everyone else must stay at home and follow the guidance for self isolation.

It is extremely likely that we will have children who may feel unwell in other ways, for example with symptoms of a common cold such as a runny nose, a sore throat, or symptoms of other illnesses such as stomach upset or a headache. (but without the coronavirus/covid19 symptoms). These children DO NOT need to be tested, (unless advised by the GP, Test and Trace or the 111/119 advice lines) but may need to stay off school if not well enough to come in and parents may need to seek medical advice through 111, their GP or pharmacist as they would in the past.

When it's okay to send your child to school

As long as your child has not been in **close contact** with someone who has coronavirus/covid19, it's usually okay to send them to school if they:

- only have nasal symptoms, such as a runny nose or a sneeze
- do not have a temperature of 38 degrees Celsius or more (as long as their temperature has not been lowered by taking any form of paracetamol or ibuprofen)
- do not have a new dry cough
- do not live with anyone who is unwell and may have coronavirus
- have been told by a GP or NHS advice lines that their illness is caused by something else, that is not coronavirus. Your GP will tell you when they can return to school or childcare.
- have got a **negative** ('not detected') coronavirus test result and have not had symptoms for 48 hours
- have not had diarrhoea for 48 hours

If in doubt seek medical advice from your GP, 111 or pharmacist