



Dear Parents/Carers,

Updated guidance regarding Covid 19 symptoms and what to do (as of 21 10 21)

The judgement calls we are all having to make regarding Covid are becoming more nuanced, both in terms of judging symptoms and what to do when. Please find here updated guidance to help us all.

If children display any or all of these symptoms they should isolate and get a PCR test:

- New continuous cough (this means coughing a lot for more than 1 hour or 3 or more coughing episodes over 24 hours).
- Temperature
- Changes to taste and smell (cannot smell or taste anything or things taste different to normal).

Symptoms do not include runny nose, intermittent coughing associated with having a cold (clearly this is a grey area so please use your judgement).

Parents and settings should not try and 'second guess' diagnosis [e.g. "a cough due to hayfever"] –if child has the key symptoms, they should isolate and test.

If child tests positive on PCR, they will need to isolate for 10 days from the point at which symptoms began.

If child with a fever tests negative for COVID-19 on LFD and/or PCR, they still need to remain at home and only return when they have been fever free for 24 hours and/or feel better.

If a child/adult tests positive on a LFD they must isolate and get a PCR – if the PCR test comes back negative, children **can** return to school as soon as they feel well. All close contacts of confirmed cases are advised to take a PCR test. If close contacts are under 18 years 6 months, double jabbed or cannot get vaccinated for medical reasons, they do not need to isolate.

If someone has recently (within 90 days) had a positive PCR test for COVID-19, they are likely to have developed some immunity. Individuals are exempt from testing both by PCR and LFD within 90 days of a positive PCR test, unless they develop new symptoms, in which case they should isolate and arrange for a PCR test.

If another child in the class tests positive, we will inform you. Your child does not need to isolate but we ask that you stay extra vigilant about possible symptoms above and get your child to take lateral flow tests regularly. You may however be contacted by Track and Trace and also asked to get your child a PCR. We are now taking the decision to contact you if someone in your child's class tests positive. We may receive further guidance about this soon. That said all parents should remain vigilant regarding symptoms.

If another family member tests positive, your child does not need to isolate but again we ask that you stay extra vigilant about possible symptoms above and get your child to take lateral flow tests daily. You may however be contacted by Track and Trace and also asked to get your child a PCR. **Please note the updated guidance re positive LFD / negative PCR above.**

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Communication:

Please communicate with us immediately if you have any concerns at all about symptoms and if your child has a positive test result- LFD or PCR.

We will let you know immediately a child in class has tested positive- LFD or PCR.

We will also now be letting you know if a child in your child's class has suspected symptoms.

All of the above is in line with our existing risk assessment and guidance from up on high-please see <https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/coronavirus-in-children/>. We will update you immediately guidance changes.

Kind regards,

Mr Moss

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