



16th September 2020

JR/HC/Medicalvisitsunwellstudents

Dear Parents and Carers

ALL STUDENTS – PROCEDURE FOR UNWELL STUDENTS

Ordinarily we would encourage students into school if they have mild cough and colds as we recognise the huge value of every day spent at school. However, in these extraordinary times we must be extra cautious regarding illnesses within school premises. As we approach the season where coughs and colds are quite prevalent and given the Coronavirus pandemic continues, we would like to guide you on the best practice as to whether or not to send your child into school.

If your child is unwell with a cold, stomach-ache, headache, or sore throat for example, please do not send them in to school until the symptoms have gone. If you need to give them Paracetamol or another pain relief, cold relief, to make them feel better please keep them at home until fully recovered. Paracetamol has a temperature reducing affect and may mask COVID 19 symptoms.

By reducing the spread of these illnesses, we are reducing the possible spread of COVID 19. As you are aware nationally the level of COVID 19 is rising, within our local community the level is relatively low presently. We need to all work together, so this continues.

If your child or another member of your family develop the following symptoms;

- a high temperature
- a new, continuous cough
- a loss or change to sense of smell or taste

The household need to self-isolate and contact NHS 111 for advice. To access a test call NHS 119. Please see the Flow Chart for guidance.

Face coverings are an essential part for our personal protection and protection of others. We request that they are used when in close proximity with others, or in our corridors or communal areas. To maximise the benefit, they need to be worn correctly and laundered as shown in the WHO infographic available within the COVID-19 page on the school website. Surgical grade disposable masks should be worn temporarily and disposed after use. We recommend the washable face coverings; these can now be purchased from Reception. If your child feels unable to wear a face covering can you please contact the Medical room to discuss and we can issue a dispensation card if they are exempt.

Please accept my apologies in advance if I am unable to answer queries in a timely way via e-mail or telephone. I will endeavour to respond as soon as possible.

I appreciate this is a very challenging time for everyone and we want students to be in school learning and socialising together. If we keep our community well from all illnesses, hopefully we can return to normal sooner rather than later.

Yours faithfully

J Rowberry

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COVID-19 WHAT TO DO IF YOUR CHILD OR HOUSEHOLD MEMBER IS UNWELL

If your child is unwell with a cold, sore throat etc. keep them at home until they are fully recovered. Do not send them into school to help minimise the risk of illness in the wider community. For further advice use <https://www.nhs.uk>

Is your child showing COVID 19 symptoms?

Is a member of your household showing COVID 19 symptoms?

COVID-19 Symptoms

- High temperature
- New continuous cough
- Lost taste or sense of smell

Any Child or Adult displaying the above symptoms **MUST** get a COVID-19 Test
Call NHS 111/ 119 to arrange
Inform school covid-19@stjohns.excalibur.org.uk

ALL MEMBERS OF THE HOUSEHOLD STAY AT HOME AND SELF-ISOLATE FOR 14 DAYS

POSITIVE Result

- Inform school covid-19@stjohns.excalibur.org.uk
- The person who has tested positive **MUST** stay at home for at least 10 days and until the temperature has gone back to normal.
- The other members of the household **MUST** continue to isolate for 14 days. If they develop COVID-19 symptoms – Call 111/119. Get tested and self-isolate
- Engage with the NHS Test and Track service

NEGATIVE Result

- Inform school covid19@stjohns.excalibur.org.uk
- If your child is well, they can return to school.
- Members of the household do not need to self-isolate further

- If any person/s is contacted by NHS Test and Track, they **MUST** self-isolate for 14 days as instructed.
- Any members of that household, who have not been instructed to self-isolate by NHS Test and Track can attend work or school unless COVID-19 symptoms develop.
- If symptoms develop call 111/119, get tested and self-isolate