



September 2020 Medical Update Covid 19 Symptoms

They are not poorly, I think my child just has a cold, can I send them to school?

We have received quite a few phone calls in recent days enquiring whether or not to send children into school if they have a runny nose, sniffles and so forth. As parents, you are probably pretty sure that it is nothing more than a common cold.

Whether to send to school or not is going to be a frequent question this autumn / winter and we need to find a balance between being safe but ensuring children are not missing out on learning.

The following has been compiled from DfE and NHS websites (links at the end for reference).

When should I book a Covid 19 test?

- Parents must book a test if they or their child are displaying symptoms (see below). **Staff and pupils must not come into the school if they have symptoms** and must be sent home to self-isolate if they develop them in school. All children can be tested, including children under 5, but children aged 11 and under will need to be helped by their parents/carers if using a home testing kit.
- Anyone who displays symptoms of coronavirus (COVID-19) can and should get a test. Tests can be booked online through the NHS testing and tracing for coronavirus website, <https://111.nhs.uk/covid-19/> or ordered by telephone via NHS 119 for those without access to the internet. Essential workers, which includes anyone involved in education or childcare, have priority access to testing.

Who can get a test?

Anyone with coronavirus symptoms can get a test.

Coronavirus symptoms are:

• **a high temperature** - this means you feel hot to touch on your chest or back (you do not need to measure your temperature, but if you do the NHS guide is 38C or more is considered high for a child).

• **a new, continuous cough** - this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)

• **a loss or change to your sense of smell or taste** - this means you have noticed you cannot smell or taste anything, or things smell or taste different to normal.

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- **Most people with coronavirus have at least 1 of these symptoms.**

You can get a test for someone you live with if they have these symptoms. Do not get tests for people you live with who do not have these symptoms.

What to do if your child has these symptoms

If they have any of the main symptoms of coronavirus:

1. Get a test to check if they have coronavirus as soon as possible.
2. Stay at home, do not have visitors until you get the test result – only leave your home to have a test.

Anyone the child lives with, and anyone in their support bubble, must also stay at home until you get the results. This means parents, brothers and sisters must all stay at home if a family member is being tested until the results come back.

Then:

If someone tests negative, if they feel well and no longer have symptoms similar to coronavirus (COVID-19), they can stop self-isolating. They could still have another virus, such as a cold or flu – in which case it is still best to avoid contact with other people until they are better. Other members of their household can stop self-isolating.

If someone tests positive, they should follow the guidance for households with possible or confirmed coronavirus (COVID-19) infection and must continue to self-isolate for at least 10 days from the onset of their symptoms and then return to school only if they do not have symptoms other than cough or loss of sense of smell/taste. This is because a cough or anosmia can last for several weeks once the infection has gone. The 10-day period starts from the day when they first became ill. If they still have a high temperature, they should keep self-isolating until their temperature returns to normal. Other members of their household should continue self-isolating for the full 14 days. **You must inform school as soon as you receive a positive result.**

NB, school will be in contact to arrange home learning for any pupils in quarantine.

Put simply if your child has a **COUGH** or a **TEMPERATURE**, as described above, they **cannot come to school** and should be tested for Covid 19. Similarly, we will send home children with a new **cough** or a temperature.

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If your child just has a cold, runny nose and sniffles but no temperature, no cough and they are otherwise well, without discomfort and fit for learning then, equipped with tissues! They can come to school.

If you have any uncertainties in this respect you must contact the NHS helplines, number dependent on the severity of your child's symptoms.

<https://www.gosh.nhs.uk/news/coronavirus-covid-19-information-children-young-people-and-families>

There has been some speculation, though not on the NHS site, that sickness and diarrhoea may be indicative of Covid 19 in children. Regardless of the cause children who have either must stay at home for 48 hours after the last bout. Again, if your child has any additional or further symptoms you must contact the NHS helplines, number dependent on the severity of the situation.

Similarly, **sore throats** have been mentioned as symptoms. Parents should take their clinicians advice if concerned in this respect.

As has always been the case, if your child is not fit for school they should remain at home until they are better. School must be advised they are poorly and for what reason.

Thank you for your support,

Cowbit St Mary's CofE School

Children with a cough and a negative test result, or other justifiable medical reason for the cough, who are otherwise fit and well may attend school.

<https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/guidance-for-fulloopening-schools#soc>

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/>