

16th September 2020

Dear Parent and Carers



Seasonal Colds and Coughs

It is the season for runny noses and sore throats but a reminder these are not COVID –19 Symptoms and as such should not be managed in the same way as you would with a child presenting with COVID 19 symptoms.

The national guidance is clear that testing is only indicated where symptoms include one or more of the 3 main symptoms of coronavirus:

- a high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- 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've noticed you cannot smell or taste anything, or things smell or taste different to normal

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

People who do not have any of the above symptoms **do not need to get tested**. A person who has tested positive needs to self-isolate for 10 days from the onset of symptoms. They can come out of isolation and go back to work or school on day 11th if they have been free from fever for 48 hours. After 10 days the person is no longer infectious. **A negative test result is not required to allow a person to go back to work or to go back to school after the isolation period. The test is not designed to show clearance.**

We are aware that there are significant challenges in accessing a test at the current time. We advise parents who are concerned to regularly check the NHS booking system to try to book a test. In the meantime, all members of the household should continue to self isolate for 14 days and the symptomatic person should self isolate for 10 days from the onset of symptoms.

You can find out about the main symptoms of coronavirus by visiting www.nhs.uk.

If you are concerned about potential symptoms, please telephone our Attendance Officer, Mrs Bryant or email jbryant@acle.norfolk.sch.uk

Yours sincerely

Helen Watts
Principal