

# SOUTHBURY PRIMARY SCHOOL

## Re: Response to questions about COVID Symptoms

We would like to thank all of our parents for the support they are showing during this tremendously challenging time; the vast majority of families clearly recognise that although the measures that we are having to take to protect our community are inconvenient for us all, we are only putting them in place to do our best to protect our children and community.

I thought it would be helpful to share some information that came from a meeting on Friday which was arranged by Enfield's Director of Education and the Director of Public Health.

The feedback from Public Health England is that, on the whole, children are not tending to spread the virus and are not being seriously affected. However, it is important to note that where there have been outbreaks it is usually through adult to adult contact. As this is the case, **it is really important to remind all adults bringing children to school that they must maintain a distance from other parents when dropping off and picking up and to leave as soon as the children have come into school.**

I am sure you appreciate our responsibility is ensuring the children are able to come safely into school, and we have to trust all our families to do the right thing and follow these guidelines which have, after all, been in place across the country for many months.

As there have been a number of questions about COVID-19 symptoms and what to do, here is a summary of key information to help parents from the local authority meeting:

### **What are the Symptoms of COVID?**

- **a high temperature** - this means you feel hot to touch on your chest or back and have a temperature reading of 37.8° or higher
- **OR**
- **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)
- **OR**
- **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

Having **just one** of these symptoms could indicate a COVID infection.

### **What do I do if my child or any person in my home shows any of these symptoms?**

- The person with the symptoms must stay at home to self-isolate for 10 days from the date their symptoms started.
- All other members of the household must stay at home to self-isolate for 14 days
- Immediately arrange to have a test for anyone **who is actually displaying symptoms** of COVID-19.

### **Should I arrange a test for anyone else in the household if they are not showing symptoms?**

**No.** Even if one person has tested positive, there is no point in anyone else getting tested unless they begin to show symptoms, at which time they would need to be tested.

### **How do I arrange a test?**

- Arrange a test through the nhs.uk website. This can be accessed by using this link <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/> or through [www.Gov.uk](http://www.Gov.uk)
- If you can't access the internet you can ring **119** to book a test.

### **What do I do if no tests are available?**

- Keep trying until you can book a test.
- All members of the household must self-isolate until receiving the test result

### **What if I am not sure if the symptoms are COVID or a cold?**

- First check the list of symptoms above.
- If still unsure whether you or your child is experiencing COVID symptoms please ring 119 or your GP for advice. Please also ring the school.
- **You MUST NOT come to school if you think you or any of your family may have COVID symptoms.** If you need to talk to someone or ask advice, please contact us by telephone.

### **Test results**

- If the test results are negative your child can return to school as soon as they are well enough
- When you receive the test results, you will need to send us a copy of the results whether they are negative or positive
- If your child has self-isolated for 10 days following a positive test, they do not have to take another test to check if they are now negative. They will be able to return to school if they feel well.

**Will the school tell me if there is a child in the bubble who is self-isolating?** No. This is because most people with suspected symptoms do not test positive for the virus. However, we will always inform you if there is a positive case that requires any action and we will always seek and follow the advice of the London Coronavirus Response Cell when making decisions.

**If I have a child in another bubble or school and they are sent home to self-isolate, does the rest of my family have to self-isolate?** No. Not unless any of your household actually show COVID symptoms.

I hope this has been helpful. Although it is important to know what to do, please remember that instances of the virus are still low and most people who test positive experience only mild symptoms. Following all the measures we have put in place can only help reduce the risk.

Wishing you all continued good health

David Bryant  
Headteacher