Advice for Parents regarding Covid-19 symptoms and testing procedures, September 2020

The Department for Education, Public Health England and the NHS have issued the following advice to schools and parents regarding Covid-19 symptoms and testing.

The main Covid-19 symptoms are:

- A high temperature – this is above 37.8° and means you feel hot to touch on your chest or back
- 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 usual

If your child has one or more of the main Covid-19 symptoms, you must keep them off school and arrange to get them tested. Please ring the school office to let us know.

You may also be recommended by a medical professional (your GP or a nurse) to get your child tested. If so, you must arrange to do so.

At this time of year, children often get sore throats, headaches and stomach upsets. In these cases, you do not need to get them tested but you may wish to keep them off school and seek medical advice from your GP.

Children also get colds at this time of year, which often come with a cough in addition to a runny nose, sore throat and sneezing. Please refer to the advice above and below to try and help you determine if you feel they need to be tested.

You may find the following webpage helpful:

www.nhs.uk/conditions/coronavirus-covid-19/symptoms/

The following also has clear, easy to follow information and advice. However, the contact telephone number and webpages are for Scotland only, not for England.

https://www.parentclub.scot/articles/does-my-child-need-a-covid-19-test

If you have any questions or queries, please call or email the school office, and we will do our best to help and advise.

Testing Procedures

If you need to book a test, you can either ring 119 between 7am and 11pm or go online

www.gov.uk/get-coronavirus-test

It is also possible within the first 4 days of symptoms appearing to do a home test, which can be ordered online using the website above. On and after day 5 you will need to attend a test site.

Keep us updated

We have been made aware this week of parents facing great difficulty booking a test, both online and over the phone, and also in ordering a home test kit.

We are also aware of parents in very similar circumstances being given conflicting advice, which is making a difficult situation even harder.

Please keep us informed of your progress with booking a test by ringing or emailing the school office. We are reporting all issues to the Local Authority as we are aware that the system is causing huge frustration for parents and schools and potentially leading to children being kept off school unnecessarily. The Local Authority are in regular contact with the local Public Health team and the NHS and will pass on generic concerns on our behalf.