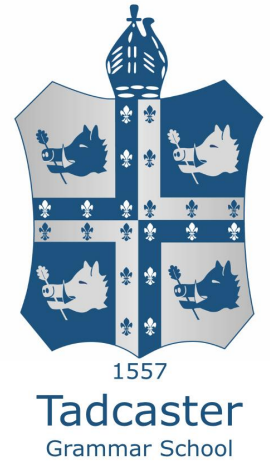


Be Your Best Self

Friday 24th June 2022



Dear parents & carers,

I hope this finds you well?

I am writing with a brief reminder from the *UK Health Security Agency* about how to identify the symptoms of COVID-19, and what to do if you think you or a member of your family may have the virus.

Regards,

Andrew Parkinson
Headteacher

What are the main symptoms of respiratory infections, including COVID-19?

The symptoms of COVID-19 and other respiratory infections are very similar. It is not possible to tell if you have COVID-19, flu or another respiratory infection based on symptoms alone. Most people with COVID-19 and other respiratory infections will have a relatively mild illness, especially if they have been vaccinated.

Symptoms of COVID-19, flu and common respiratory infections include:

- continuous cough
- high temperature, fever or chills
- loss of, or change in, your normal sense of taste or smell
- shortness of breath
- unexplained tiredness, lack of energy
- muscle aches or pains that are not due to exercise
- not wanting to eat or not feeling hungry
- headache that is unusual or longer lasting than usual
- sore throat, stuffy or runny nose
- diarrhoea, feeling sick or being sick



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If anyone has symptoms of a respiratory infection, such as COVID-19, and they have a high temperature or do not feel well enough to go to work or carry out normal activities, they are advised to stay at home and avoid contact with other people.

What is the advice if pupils (aged 18 years and under) have symptoms of a respiratory infection, including COVID-19?

Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting.

Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people, where they can. They can go back to school, college or childcare, and resume normal activities when they no longer have a high temperature and they are well enough to return.

All children and young people with respiratory symptoms should be encouraged to cover their mouth and nose with a disposable tissue when coughing and/or sneezing and to wash their hands after using or disposing of tissues.

It can be difficult to know when to seek help if a child is unwell. If you are worried, especially if they are aged under 2 years old, then you should seek medical help.

What is the advice for those aged under 18 years who have taken a test for COVID-19 and the result is positive?

If a child or young person has a positive COVID-19 test result they should try to stay at home and **avoid contact with other people for 3 days after the day they took the test**, if they can. If after 3 days they feel well and do not have a high temperature then they can return to school.

Children and young people who usually go to school, college or childcare and who live with someone who has a positive COVID-19 test result should continue to attend school as normal.

What is the advice for those aged 18+ who have taken a test for COVID-19 and the result is positive?

Stay at home and avoid contact with other people. Anyone with a positive COVID-19 test result is very likely to have COVID-19 even if they do not have any symptoms. They can pass on the infection to others, even without symptoms.

Many people with COVID-19 will no longer be infectious to others after 5 days. Anyone with a positive COVID-19 test result, should try **to stay at home and avoid contact with other people for 5 days after the day the test was taken**.

Please also see the following infographic to provide advice on how to reduce the spread of infection with the people you live with if you have COVID-19.

How to reduce the spread of infection with the people you live with if you have COVID-19.

If you have COVID-19, there is a high risk that others in your household will catch it from you. There are several things you can do to reduce the spread of infection in your household.

- 1** Limit close contact with others. Spend as little time as possible in communal areas.
Entering
Leaving
- 2** Regularly clean frequently touched surfaces and shared rooms like kitchens and bathrooms.
- 3** Wash your hands regularly using soap and water, particularly after coughing and sneezing.
- 4** Get help where possible from those you live with. Ask for help with cleaning and being brought food safely to avoid unnecessary contact.
- 5** Use a face covering if you need to spend time in shared spaces.
- 6** Keep rooms well ventilated.
- 7** Catch coughs and sneezes in disposable tissues and put them straight in the bin.

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