

The Chantry School

What to do if your child develops symptoms of COVID 19

If your child develops any symptoms of COVID-19, they should remain at home for at least 10 days from the date when their symptoms appeared. Anyone with symptoms will be eligible for testing and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test-or-by-calling-119>.

All other household members who remain well must stay at home and not leave the house for 14 days.

The 14-day period starts from the day when the first person in the house became ill.

Household members should not go to work, school, nursery or public areas and exercise should be taken within the home. Household members staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

If your child has symptoms, try and keep them as far away from other members of your household as possible. It is especially important that they stay away from anyone who is clinically vulnerable or clinically extremely vulnerable with whom you share a household.

Symptoms of COVID-19

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough *and/or*
- high temperature *and/or*
- a loss of, or change in, normal sense of taste or smell (anosmia)

Secondary, or pre-covid, symptoms of covid-19 are:

- A shortness of breath
- A loss of appetite
- Muscle aches
- A sore throat
- A persistent headache
- Nasal congestion
- Diarrhoea, nausea and/ or vomiting

Clearly, these are often simply a cold or a tummy upset, and we have seen a great many of these during the term that are exactly that and are not coronavirus. However, we ask that you maintain high vigilance, and if you have any doubt please do not send your child to school, and instead book a test.

For most people, coronavirus (COVID-19) will be a mild illness.

If your child or anyone in the household does develop symptoms, you can seek advice from NHS 111 at <https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/> or by phoning 111.

How to stop COVID-19 spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19

Do

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards

Further Information

Further information is available at <https://www.nhs.uk/conditions/coronavirus-covid-19/>