

## A quick reference guide for Parents, Carers and Staff Updated: 14<sup>th</sup> September 2020

### DEFINITIONS OF COVID-19 SYMPTOMS

*Please read these definitions through carefully.*

*If you are unsure, please call the Academy office to discuss BEFORE sending your child into school 01845 523037 or email [admin@sowerbyacademy.org](mailto:admin@sowerbyacademy.org)*

## A NEW CONTINUOUS COUGH

### A NEW CONTINUOUS COUGH MEANS:

- you are coughing a lot for more than 1 hour



**OR**

- you have been coughing a lot 3 or more times in 24 hours
- if you normally have a cough, it may be worse than usual.



The coronavirus cough is a dry cough. This means it does not produce any phlegm or mucus (so you do not cough anything up like you would with a chesty cough).

If you have a chest condition you may already cough. If you have symptoms of coronavirus, you may have a cough that is different from your normal cough, or your normal cough may feel worse than usual.

### WHAT TO DO:

- rest
- drink lots of fluids



## A HIGH TEMPERATURE OR FEVER

A high temperature or fever is a normal way for your body to fight infection.

This is because the increase in body temperature makes it harder for viruses and bacteria to survive.






You do not need to take your temperature to know you have a fever.

If you do have a thermometer however, a fever is when your temperature is 37.8C or higher.



**A THIRD COMMON SYMPTOM OF CORONAVIRUS IS A LOSS OF, OR CHANGE IN, SENSE OF SMELL OR TASTE (ANOSMIA).**



WHAT TO DO IF.....	ACTION NEEDED	RETURN TO ACADEMY WHEN.....
My child has Covid-19 symptoms:   <b>New Continuous Cough OR</b>  <b>High Temperature OR</b>  <b>Loss of smell or taste OR</b>  <b>See symptoms above</b>	<b>DO NOT COME TO SCHOOL</b> Contact school to inform us. Self isolate the whole household, <b>including siblings</b> , for 14 days. Get a test. <b>INFORM SCHOOL IMMEDIATELY ABOUT TEST RESULT</b>	The test comes back negative.
My child tests positive for Covid-19	<b>DO NOT COME TO SCHOOL</b> Contact the Academy immediately to inform us. Agree an earliest date for possible return.  <b>Minimum of 10 days.</b>  Self isolate the whole household, <b>including siblings</b> for 14 days. Bubble isolates / remote learning.	They feel better. They can return after 10 days even if they have a cough or loss of taste / smell. These symptoms can last for several weeks.
My child tests negative.	<b>CONTACT THE ACADEMY</b> Discuss when your child (and siblings) can come back to school. (same day / next day).	The test comes back negative.
My child is ill with symptoms not linked to Covid-19.	<b>FOLLOW USUAL ELEVATE ABSENCE POLICY PROCEDURE.</b>	After 48 hours following the last bout of sickness / diarrhoea if this is the cause of absence.
Someone in my household has Covid-19 symptoms.	<b>DO NOT COME TO SCHOOL</b> Contact the Academy. Self isolate the whole household for 14 days. Household members to get tested. <b>INFORM THE ACADEMY IMMEDIATELY ABOUT TEST RESULTS.</b>	The test comes back negative.
Someone in my household tests positive for Covid-19.	<b>DO NOT COME TO SCHOOL</b> Contact the Academy. Agree an earliest date for possible return. Minimum of 14 days.	The child has completed 14 days isolation.
NHS test & trace has identified my child has been in close contact with someone with symptoms of confirmed Covid-19.	<b>DO NOT COME TO SCHOOL</b> <b>Contact the Academy</b> Agree an earliest date for possible return. Minimum of 14 days.	The child had completed 14 days of isolation.
We/my child has travelled and has to self isolate as a period of quarantine.	Do not take unauthorised leave in term time. Consider quarantine requirements and FCO advice when booking travel. Returning from a destination where quarantine is needed. Agree an earliest date for possible return.  <b>Minimum of 14 days from return date.</b> Self isolate the whole household.	The quarantine period of 14 days has been completed.
We have received medical advice that my child must resume shielding.	<b>DO NOT COME TO SCHOOL</b> <b>CONTACT SCHOOL.</b>  Shield until you are informed that restrictions are lifted and shielding is paused again.	The Academy informs you that restrictions have been lifted and your child can return to school.
My child's bubble is closed due to a Covid-19 outbreak in school.	<b>DO NOT COME TO SCHOOL</b> At home support your child with .....programme. Your child will need to <b>isolate for 14 days.</b>	The Academy will inform you when the bubble will be reopened.

