



21st April 2022

Dear Parents / Carers,

Managing Covid-19 – Summer Term 2022

As you will be aware from the news and other media, the Government have removed all restrictions and testing requirements linked to Covid-19 as part of the 'Living with Covid-19' plan. The Department for Education (DfE) and the UK Health Security Agency (UKHSA) have updated their guidance on Covid-19 including the possible symptoms of Covid-19, what to do if your child has symptoms of Covid-19 and when they may return to education, and advice for households to minimise infection. This letter shares and summarises the key messages from the guidance received.

“When children and young people with symptoms should stay at home and when they can return to education

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 attend.

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.”

The DfE have also updated their guidance in relation to Covid-19 Testing stating that;

“It is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional.

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. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults.



Unity Education Trust

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Chief Executive Officer:

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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 as normal."

Further information has been provided on www.nhs.uk regarding Covid-19 and symptoms in children stating that;

"Children and young people aged 18 and under can get coronavirus (COVID-19), but it's usually a mild illness and most get better in a few days.

Symptoms of COVID-19 can include:

- *a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)*
- *a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours*
- *a loss or change to your sense of smell or taste*
- *shortness of breath*
- *feeling tired or exhausted*
- *an aching body*
- *a headache*
- *a sore throat*
- *a blocked or runny nose*
- *loss of appetite*
- *diarrhoea*
- *feeling sick or being sick*

The symptoms are very similar to symptoms of other illnesses, such as colds and flu.

What to do if your child has symptoms

Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either:

- *have a high temperature*
- *do not feel well enough to go to school, college or childcare, or do their normal activities*



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They can go back to school, college or childcare when they feel better or do not have a high temperature.

If your child has mild symptoms such as a runny nose, sore throat or mild cough, and they feel well enough, they can go to school, college or childcare.

Encourage your child to cover their mouth and nose with a tissue when they cough or sneeze, and to wash their hands after using or throwing away tissues.

Most children who are unwell will recover in a few days with rest and plenty of fluids."

There is also an InfoGraphic from the UK Health Security Agency (UKHSA) attached to this letter to promote actions to reduce the spread of infection if a member of your household has Covid-19.

The UKHSA also highlight that there are simple things we can do in our daily life that will help reduce the spread of COVID-19 and other respiratory infections and protect those at highest risk:

"Things you can choose to do are:

1. *Get vaccinated.*
2. *Let fresh air in if meeting others indoors.*
3. *Practise good hygiene:*
 - *wash your hands*
 - *cover your coughs and sneezes*
 - *clean your surroundings frequently*
4. *Wear a face covering or a face mask.*

Face coverings and face masks can help reduce the chance of you spreading infection to others, especially in crowded and enclosed spaces, and may protect you from becoming infected by some respiratory viruses."

Thank you for your continued support for all within our school community.

Yours sincerely,

Mrs Sarah Charman (Executive Headteacher)

Enc. UKHSA ‘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.



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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