

8<sup>th</sup> April 2022

### **Updated COVID-19 Guidance April 2022**

Dear Parents/Carers,

We have received confirmation from the Department for Education and Public Health England of the updated guidelines for respiratory infections including COVID-19.

#### **Symptoms of respiratory infections, including COVID-19**

Respiratory infections can spread easily between people. It is important to be aware of symptoms so you can take action to reduce the risk of spreading your infection to other people. 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

If your child is displaying symptoms of a respiratory infection, such as COVID-19, and has a high temperature (38C or above/shivers/chills/sweating/chest or back hot to touch), you are advised to keep them at home and for them to avoid contact with other people. They can return to school and resume normal activities when they no longer have a high temperature and are well enough to attend.

#### **What to do if you have a positive COVID-19 test result**

If a child has a positive COVID-19 test result they should stay at home and avoid contact with other people for **3 days after** the day they took the test. They can return to school after 3 days if they feel well and do not have a high temperature. Please inform school of your child's positive result.

Adults who test positive for COVID-19 should stay at home and avoid contact with other people for **5 days after** the day they took the test. They can resume normal activities when they no longer have a high temperature and are well enough.

Children and young people tend to be infectious to other people for less time than adults.

Please see link below for full guidance:

<https://www.gov.uk/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid-19#Children>

Thank you for your continued support.

**Mrs Whittaker**  
Head of School