



23rd March 2021

Dear Parent/Carer,

What to do if you suspect your child has symptoms of Coronavirus

Recognise the key symptoms

We would like to remind all of our families to please adhere to Government guidance and **book a test** if you notice the following symptoms in a member of your household:

- **a high temperature** – this 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 three or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual);
- **a loss or change to sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal.

Recognise wider symptoms

We have noted that some of our school community have not always displayed classic Covid-19 symptoms at the start of their illness. Please be vigilant and think twice about sending children into school if they experience the following:

- Headache;
- Upset stomach;
- Cold-like symptoms, including a blocked nose or sore throat;
- Excessive tiredness;
- General feeling of being unwell.

In most cases these symptoms will be usual childhood illnesses and we are of course aware that there will be many other viruses circulating during winter. **However, in these circumstances we would still advise to get your child tested.**

Booking a test

Please book a test for the individual who is unwell and self-isolate as a household while you wait for the results. Please do not send children into school while a member of their household is waiting for a test result. To book a test visit <https://www.gov.uk/get-coronavirus-test> or contact NHS 119 via telephone if you do not have internet access.

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ST BEDE C OF E PRIMARY
MULTI ACADEMY TRUST

Inform the school if your child tests positive

Please email the school on **covidreport@stbedeacademy.org** if your child tests positive, informing the school of:

- The date the symptoms started;
- The date that your child was last present in school;
- The date of the test.

Lateral flow tests

Families can now access lateral flow testing kits. The lateral flow tests give a quicker test result. However, they should only be used as an indicator. If a positive or void result presents, then families should book a PCR test. It is possible to get a false-negative result on a lateral flow test and so if symptoms persist we advise that you book in for a PCR test. Lateral flow test kits can be ordered from: <https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

We hope that the information provided in this letter will support you and your family during the current circumstances.

Kind Regards,

Mrs S Rostron
Chief Operating Officer