

## Covid Update

4<sup>th</sup> December 2020

### ***Symptomatic? Please stay at home...***

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

### **FAQs**

We have had a number of queries since our Reception class had to self-isolate. As ever, we closely follow the guidance provided by Government scientists to keep the whole community safe.

During this unsettling and worrying time of a global pandemic, there are many rumours and counter rumours which can panic and unnerve us. If you are unsure of anything, please either check the latest Government guidelines or contact the school. We are happy to help.

Below, we have included answers to some of the questions which we are receiving more regularly. We hope you find this helpful:

#### **Do siblings need to self-isolate if their brother or sister is in a class that has to self-isolate?**

Not unless the sibling who is self-isolating is showing symptoms. Other family members are referred to as 'contacts of contacts' and, unless they themselves have come into close contact with the person who tested positive, then they will not have to self-isolate and siblings can continue to come to school.

#### **Will the school inform us if a someone tests positive?**

Yes, as soon as school knows of a positive test result, we will take appropriate measures to keep the school community safe and that includes contacting close contacts to self-isolate and then informing the school community. Please reassure your child regarding absent classmates. During this time, we have many coughs and colds in school and children are away for several reasons. If there is a positive Covid result in a class, you will be contacted by the school. Please do not rely on WhatsApp.

#### **How long will we need to self-isolate?**

Close contacts will need to self-isolate for 14 full days since they were in contact with the person who tested positive and can remain to normal on the 15<sup>th</sup> day. However, refer to latest Government guidelines for up to date advice.

#### **Should I take my child for a test to see if they have Coronavirus?**

Children, and adults, should only go for a coronavirus test if they are showing symptoms. Please follow Government guidelines for coronavirus symptoms and how to book if test if it's needed.

**My child tested negative; can they return to school?**

If you have been informed that you are a close contact, then you will still need to self-isolate for the full 14 days – even if you received a negative test result. If your child has not been informed they are a close contact, and they are well, they can return to school.

**A family member is showing symptoms and is getting a Coronavirus test; what do we do?**

The rest of the family will need to self-isolate until the results are known, even if they are not showing any symptoms. That means that siblings cannot come to school until the results are known.

**PLEASE REMEMBER:**

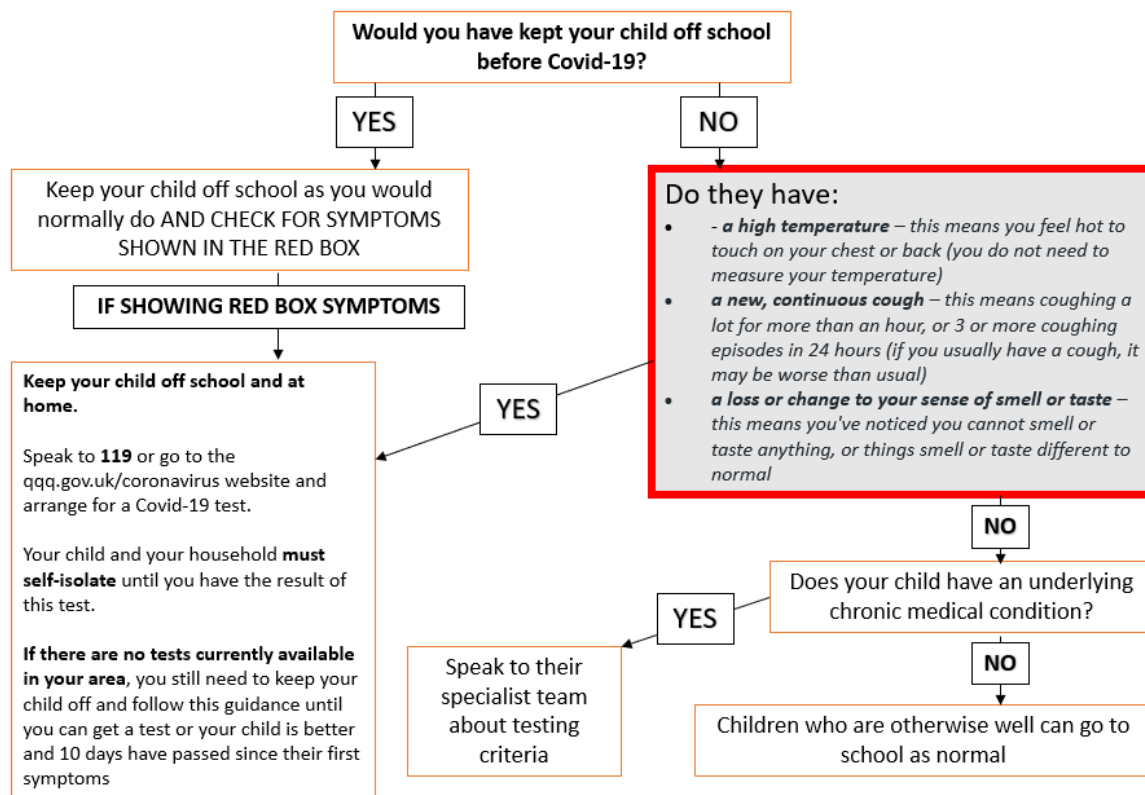
If your child or someone in your household **ARE SHOWING SYMPTOMS** of Covid please could you provide us with the following information immediately:

- date the symptoms started
- is it your child or a family member with symptoms
- do they have a sibling in our school or at PPC, if so which class/year
- the date of any Covid-19 test
- ***It is vitally important that, before your child returns to school, you inform Reception of any Covid test results - even if it is negative.***

Thank you all so much for your support during this time. We remain strong in our systems and processes for keeping the children, staff and wider community safe through the pandemic. This is in no small part down to the ongoing vigilance of you, our Paragon families.

## A handy flow chart

Unsure about what to do if your child is under the weather? The flow chart below is a useful reference point. Please note that the school cannot advise on symptoms.



## In case of a positive test

**PLEASE CALL THE SCHOOL AS SOON AS POSSIBLE IF YOUR CHILD, OR ANYONE IN YOUR HOUSEHOLD RECEIVES A POSITIVE TEST RESULT.** In this case we will need to ask you some specific questions. These are the questions we are asked when we contact Public Health England and your answers will form part of their decision process regarding the need for others to self-isolate.

- *When did the symptoms begin (for each member of your household)*
- *When did you and your family members have a test*
- *When did the test results come back and their results*

If you contact the school to notify us that you or a member of your household has been identified as a "contact" of someone who has tested positive, we will ask you:

- *When the person was tested and when they began to display symptoms*
- *When you, or your family, came in contact with that person*