

Covid Update

12th March 2021

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

Playdates and socialising outside of school

We are delighted to be back in school and to see a more normal way of life taking shape as we head into Spring. A reminder however, that the national lockdown is still in place, meaning that families shouldn't be socialising inside their homes. If you are unsure, please refer to the latest current guidelines, which can be found here: [National lockdown: Stay at Home - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

Lateral flow testing (LFT) of primary age children

Following our communication before the start of term about **parents of primary school children** being offered LFTs, a reminder that primary age children **should NOT** take, or be offered, LFTs even if they show symptoms. A PCR test is the way to ascertain whether your child carries the virus. If your child shows symptoms, please keep them at home until they have had a PCR test result. Further information about PCR tests can be found here: [Get a free PCR test to check if you have coronavirus - GOV.UK \(www.gov.uk\)](https://www.gov.uk)

PLEASE REMEMBER:

If your child or someone in your household shows 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 and year?
- the date of any Covid-19 test
- ***It is vitally important that, before your child returns to school, you inform the receptionists 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.