



THE GRANGE SCHOOL

16 September 2020

Dear Parents, Carers and Students

We are experiencing a high volume of queries about whether parents should send their children into school. We are not medical professionals but we are following the PHE guidance for schools which states that *'any student displaying symptoms of Covid-19 should not attend school but return home and get a test. The whole household needs to self-isolate whilst awaiting for those test results.'*

Coronavirus Symptoms

- The PHE guidance states that symptoms of coronavirus include a new continuous cough or high temperature or a loss of, or change in, normal sense of taste or smell.
- There is a handy quick guide below but if you are worried about you or your child's symptoms and not sure what to do please use the NHS 111 online coronavirus service:

<https://111.nhs.uk/covid-19/>

Boots RECOGNISING CORONAVIRUS SYMPTOMS					
SYMPTOMS	CORONAVIRUS <small>Symptoms range from mild to severe</small>	COLD <small>Gradual onset of symptoms</small>	FLU <small>Rapid onset of symptoms</small>	HAYFEVER	ASTHMA
Fever ($\geq 37.8^{\circ}\text{C}$)	Common	Rare	Common	No	No
Cough	Common (usually dry & continuous)	Mild	Common (usually dry)	Sometimes (usually dry)	Sometimes (wheeze & cough)
Shortness of breath	Sometimes	No	No	No	Sometimes
Headache	Sometimes	Rare	Common	Sometimes	No
Sore throat	Sometimes	Common	Sometimes	'Itchy' throat	No
Runny / stuffy nose	Rare	Common	Sometimes	Common	No
Sneezing	No	Common	No	Common	Rare
Aches & pains	Sometimes	Common	Common	No	No
Fatigue	Sometimes	Sometimes	Common	Sometimes	No
Diarrhoea	Rare	No	Sometimes (for children)	No	No

Adapted from: World Health Organization, Centers for Disease Control and Prevention

Test Results

- If a Covid-19 test comes back negative you please let the school know and your child can come back into school and the household can come out of self-isolation.
- If the test comes back positive please let the school know so we can trace and track any close contacts. Your child will need to self-isolate for at least 10 days from when the symptoms started and the household will need to self-isolate for 14 days from when the symptoms started. Other household members should NOT get tested unless they develop symptoms.

We have attached a quick Coronavirus guide for parents that may also be useful.

Yours faithfully

Mrs E Pomery
First Aid Officer