

Tuesday 22nd September 2020

Coronavirus Guidance for Parents/Carers

Dear Parents/Carers,

Understandably, we have received many queries from parents and carers about their children's illnesses and for advice about coronavirus.

We are of course here to help you as far as we can, however, please note that we are not medical professionals and will refer to NHS and government guidance. Where staff are unable to advise you, we recommend that you contact your GP, the NHS advice line on 111 or call 119 if you are having problems getting a test.

I hope that you will find the attached guidance document for parents/carers helpful. Copied below is the NHS's description of the main symptoms of coronavirus, which may also help you decide what course of action is appropriate.

Main symptoms

The main symptoms of coronavirus are:

- **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

Most people with coronavirus have at least 1 of these symptoms.

What to do if you have symptoms

If you have any of the main symptoms of coronavirus:

1. Get a test to check if you have coronavirus as soon as possible.
2. Stay at home and do not have visitors until you get your test result – only leave your home to have a test.

Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

Yours sincerely

Julie D'Abreu
Headteacher