

Key Messages and Information for Parents

Following the most recent guidance that has been published some key messages have been shared for parents to consider. A number of these have been outlined in information shared with you but below are the key things to consider to minimise risks for you and your family on your return to school:

For most, COVID 19 will be a mild illness. However, if the symptoms below are evident you **MUST** arrange a test and stay at home. The advice is that you **DO NOT** go to the GP or hospital. Go online to testing or contact 119.

Main symptoms to look out for:

- A new, continuous cough
- High temperature
- Loss of, or change in normal sense of taste or smell

Main messages:

- However mild the symptoms are you **MUST** self – isolate for at least 10 days from the day the first test is taken unless the result is Negative.
- If your test is positive, the 10 days **MUST** re – start from the day the result is received.
- When results have been received you **MUST** inform school.

- If a member of the household has symptoms you **MUST** self – isolate for 14 days and not leave the house.
 - ✓ The 14 - day period starts from the day the 1st person became ill if no symptoms are being displayed.
 - ✓ If within the period of self – isolation a family member then displays symptoms they must stay at home for 10 – days regardless of what point they are through the 14 days self – isolation.

- Reduce the spread of infection for the family by.....
 - ✓ Washing hands regularly for 20 seconds using soap and water
 - ✓ Using sanitiser
 - ✓ Covering coughs and sneezes
- Where symptoms develop consider alerting people you have been in contact with during the last 48 hours.

- Following a positive test result you will receive a request by text, e – mail or phone to log into the ‘Test and Trace’ service to provide information about your recent close contact.

- If symptoms develop and you cannot cope with them use NHS 111 online COVID 19 service. If you do not have access to the internet call NHS 111 or in an emergency 999.

- Wearing a mask is not compulsory for 3 – 11-year olds and will not be encouraged in school. Children under 3 **MUST NOT** wear face masks as this could be a potential choking hazard.