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Covid 19

Dear Parents and Carers,

I would like to remind you all of the following in relation to Covid 19. As we learn to live safely with coronavirus (COVID-19), there are actions we can take to help reduce the risk of catching COVID-19 and passing it on to others. These actions will also help to reduce the spread of other respiratory infections, such as flu, which can spread easily and may cause serious illness in some people.

Symptoms of respiratory infections, including COVID-19

Respiratory infections can spread easily between people. It is important to be aware of symptoms so we can all take action to reduce the risk of spreading the infection to other people.

The symptoms of COVID-19 and other respiratory infections are very similar. **If you have symptoms of a respiratory infection, such as COVID-19, and you have a high temperature** or you do not feel well enough to go to work or carry out normal activities, **you are advised to try to stay at home and avoid contact with other people.**

Symptoms of COVID-19, flu and common respiratory infections include:

- continuous cough
- high temperature, fever or chills
- loss of, or change in, your normal sense of taste or smell
- shortness of breath
- unexplained tiredness, lack of energy
- muscle aches or pains that are not due to exercise
- not wanting to eat or not feeling hungry
- headache that is unusual or longer lasting than usual
- sore throat, stuffy or runny nose
- diarrhoea, feeling sick or being sick

Children and young people (aged 18 years and under) who have symptoms of a respiratory infection, including COVID-19

Respiratory infections are common in children and young people, particularly during the winter months. Symptoms can be caused by several respiratory infections including the common cold and COVID-19. For most children and young people, these illnesses will not be serious, and they will soon recover following rest and plenty of fluids. Very few children and young people with respiratory infections become seriously unwell. This is also true for children and young people with long-term conditions.

Some children under 2, especially those born prematurely or with a heart condition, can be more seriously unwell from [RSV](#). Attending education is hugely important for children and young people's health and their future.

[When children and young people with symptoms should stay at home and when they can return to education](#)

Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting.

Children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people, where they can. They can go back to school, college or childcare, and resume normal activities when they **no longer have a high temperature** and they are well enough to attend. All children and young people with respiratory symptoms should be encouraged to cover their mouth and nose with a disposable tissue when coughing and/or sneezing and to wash their hands after using or disposing of tissues. It can be difficult to know when to seek help if your child is unwell. If you are worried about your child, especially if they are aged under 2 years old, then you should seek medical help.

[Children and young people aged 18 years and under who have a positive test result](#)

If a child or young person has a **positive COVID-19 test result** they should try to stay at home and avoid contact with other people for 3 days after the day they took the test. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults.

Children and young people who usually go to school, college or childcare and who live with someone who has a positive COVID-19 test result **should continue to attend as normal**.

[What to do if Parents/Carers have a positive COVID-19 test result](#)

Try to stay at home and avoid contact with other people

If you have a positive COVID-19 test result, it is very likely that you have COVID-19 even if you do not have any symptoms. You can pass on the infection to others, even if you have no symptoms.

Many people with COVID-19 will no longer be infectious to others after 5 days. **If you have a positive COVID-19 test result, try to stay at home and avoid contact with other people for 5 days after the day you took your test.**

The risk of catching or passing on COVID-19 is greatest when someone who is infected is physically close to, or sharing an enclosed and/or poorly ventilated space with, other people. There are simple things we can all do in your daily life that will help reduce the spread of COVID-19 and other respiratory infections and protect those at highest risk. Things to do are:

1. Practise good hygiene:
 - wash your hands
 - cover your coughs and sneezes

If you or your children have **symptoms of a respiratory infection, such as COVID-19, and you have a high temperature** or do not feel well enough to go to work, attend school, **you or your children are advised to try to stay at home and avoid contact with other people.**

The Government strongly advise people to get vaccinated. The Government state that Vaccines are the best defence against COVID-19 and other respiratory infections such as flu. Vaccines provide good protection. They also reduce the risk of long-term symptoms. The Government have stated that COVID-19 vaccines are safe and effective and vaccine programmes are continuously monitored.

If you or anyone in your family are eligible and you have not yet received your full course of a COVID-19 vaccine, you can [get vaccinated](#). A full course of a COVID-19 vaccine provides protection against severe disease, including against the Omicron variant.

There is [more information about the vaccinations available and when you should have them on the NHS website](#).

There is a basic information handout available to download from the Government called [Living Safely with Respiratory infections, including Covid-19](#)

Yours faithfully



Paul Scales
Principal
Church Lawton School