

Pilsley Illness Guide

The return to school has been very positive. It has been wonderful to see the children happy and learning. They will get tired as the week goes on and probably a bit more reluctant to come in but we will work with you and make the end of the week gentler for them.

During the return to school all children have been exposed to the usual colds and bugs that are always prevalent. Currently we have a **cold** that is going round school and parents are rightly checking in with us about what to do. We have to say as a school this has been great that you have been in contact as it means we are all working together – thank you.

We are all learning at this point and working with us will enable a ‘whole school’ understanding of what to do and when. We are still learning too.

To help parents make decisions about their children we have listed below symptoms and responses.

COVID symptoms are:

- A high temperature – this means you feel hot to touch on your chest or back. A temperature check would likely show above their normal range.
- 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

Please see the back of the newsletter for details about happens where symptoms are present.

Other Illness

If your child **does not** have any of the COVID symptoms listed above but has cold like symptoms then we would **advise** you to use your discretion but as a guide please consider the below:

Sniffles – fine to be in school

Full runny nose – at your discretion if other cold like symptoms

Sneezing – keep them off until it reduces simply because it can spread the cold

Sore throat – remain off school until feeling better

Earache – if hurting then remain off school until feeling better

Feeling run down/Low energy – if in combination with other cold symptoms remain off school until feeling better

Please note that if your child's symptoms change during their illness please let us know

Sickness Bugs

The usual 48 hours clear please. If this is in combination with a high temperature then refer to COVID symptoms and actions.

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Guidance given to a school if a child presents with COVID like symptoms

The school encourages the pupil's parents to get their child tested for COVID-19. You can request a test by visiting <https://www.nhs.uk/ask-for-a-coronavirus-test> or contact NHS 119 via telephone

Has the pupil been tested for COVID-19?

Yes

The child has been tested for COVID-19.

Are the results positive?

Yes

No

The pupil can return to school when feeling better and the rest of the household can stop isolating unless they themselves have developed any COVID symptoms.

The pupil is to self-isolate for at least 10 days from the onset of their symptoms and the rest of their household are to isolate for 14 days.

After the 10 day isolation period, the pupil may then return to school unless they still have a temperature, in which case they should continue to isolate and seek medical advice.

The pupil's family will be contacted by the NHS Test and Trace service if the test is positive for corona virus. When the school becomes aware that someone (who has attended) has tested positive for coronavirus, contact is made with the Derbyshire Public Health Team.

No

If the pupil has not been tested, they are advised to book a test and to self- isolate for at least 10 days from the onset of COVID symptoms (or longer if the temperature persists after the 10 day isolation period). The rest of the household are to isolate for 14 days.