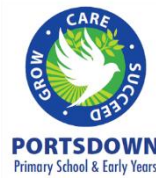


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Headteacher: Mr A Vaghela

3 April 2022

Dear Parents and Carers,

The Government have updated their guidance on 'Living with Covid' including the removal of a majority of LFT and PCR testing. Under this guidance, Covid is now seen as one of many respiratory illnesses such as the common cold or a bacterial infection. There are multiple symptoms of respiratory illness including:

- a cough – you may bring up mucus (phlegm)
- sneezing
- a stuffy or runny nose
- a sore throat
- headaches
- muscle aches
- breathlessness, tight chest or wheezing
- a high temperature
- feeling generally unwell

Just because you have one, or a few of these symptoms, it doesn't mean that you definitely have Covid. In fact, it is impossible to tell if someone had Covid just from symptoms alone.

I have created a guide for you to support you in understanding what to do if you or your child feels unwell. The main thing you will have to look out for is if your child is unwell **and** has a high temperature. We will continue to ensure high levels of Hand and respiratory hygiene, Cleaning and disinfection and adequate Ventilation of all areas.

It is not recommended that children are tested for COVID-19 unless directed to by a health professional.

Additional help:

Having 2 small children myself, I know how difficult it is to try and work out what's wrong with them when they are unwell. The NHS website is a great place to start <https://what0-18.nhs.uk/parentscarers/worried-your-child-unwell>

For Years R to 6, we provide our Studybugs service. If your child is unwell and you report it through Studybugs, it will provide you with the latest medical advice. You can sign up here: <https://studybugs.com/register>

If you have any further questions, please do not hesitate to contact the school.

Kind Regards,

Mr Vaghela, Headteacher

CHILDREN

Symptoms	What do I do?	Can my child come to school?
Child with mild symptoms such as a runny nose, sore throat, or mild cough, who are otherwise well	<ul style="list-style-type: none"> *Get plenty of sleep *Drink lots of water and eat healthy food 	Continue to attend School or Nursery as normal
Child who is unwell <u>and</u> has a high temperature	<p>Children should stay at home and where possible avoid contact with other people</p> <p>School and Nursery could refuse entry to school if in our reasonable judgement it is necessary to protect others from potential infection</p> <ul style="list-style-type: none"> *Get plenty of rest *Drink lots of water to loosen any mucus and make it easier to cough up *Drink a hot lemon and honey drink to help soothe a cough (not suitable for babies under 1 year old) *Raise your head up while sleeping using extra pillows to make breathing easier and clear your chest of mucus *Use painkillers suitable for children to bring down a fever and help ease a sore throat, headaches and muscle pain 	Children can return to School or Nursery when they no longer have a high temperature and they are well enough.
Child had tested positive for Covid	Children should try to stay at home and where possible avoid contact with other people for 3 days after the day they took the test	Come back to school if well enough after 3 full days of staying at home
Child who lives with someone who has tested positive for Covid	Ensure good hygiene (regular washing of hands and cleaning) and good ventilation of any occupied areas	Continue coming to School or Nursery as normal

ADULTS

Symptoms	Adult Actions
Adult with mild symptoms such as a runny nose, sore throat, or mild cough, who are otherwise well	Continue as normal
Adult who is unwell <u>and</u> have a high temperature	<p>Stay at home. Return when temperature has gone down and you are well enough</p> <p>*Adults could gargle with warm salty water if you have a sore throat (children should not try this)</p>
Adult had tested positive for Covid	The adult should try to stay at home and where possible avoid contact with other people for 5 days after the day they took the test. Return to normal after 5 days.
Adult who lives with someone who has tested positive for Covid	Continue as normal