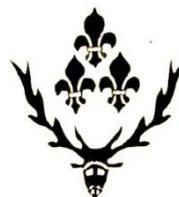


Giffards Primary School

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‘Valuing Everyone As Learners’

Following calls from parents asking, ‘Should I keep my child home from school’? we have put together the following guidance:

There can be a lot of confusion around the symptoms of Coronavirus and at this time of year lots of children have a cold. We hope the following helps when making a decision.

What if my child has a cough or cold?

The NHS advises that if a child has mild cold like symptoms they should continue to go to school. Sore throats and blocked or runny noses are not symptoms of coronavirus, in the case of a heavy cold children may need to take a day or two off to get better.

However if your child also has

- **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature) advice states over 37.8
- **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

then they **may** have coronavirus. Your child should stay at home, isolate for at least 10 days and **be tested**. Other members of your household should also self-isolate for 14 days from the point when your child first showed symptoms.

NB: To ensure safeguarding is in place and to reduce the need for first day calls, always call and inform us of your child’s absence, whatever the reason.

You know your child best – if you believe they are too ill to attend school, please keep them home until they are well. If in any doubt follow the advice on this link

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

Attached is an information sheet from the NHS that clarifies when to self-isolate and who should be tested that you may find useful.

We appreciate all your support in keeping our pupils, staff and community safe and share your frustrations around how difficult it is to get a test.

We hope this helps.
Mrs Haslam-Davis

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The registered office is at Queen Elizabeth Drive, Corringham, Essex, SS17 7TG

