

Cupernham Infant School

Together we care, we learn and we achieve



Headteacher: Mr Duncan Wells BA (Hons) QTS, HPQH

Deputy Headteacher: Mrs Jen Turski BA (Hons) QTS

Tuesday 15th September 2020

Dear Parents and Carers

We thought it might be useful to share with you further guidance and information to assist you if your child/ren becomes unwell and you're unsure if they are too ill for school.

Check if you or your child has coronavirus symptoms

If you have any of the main symptoms of coronavirus (COVID-19), get a test as soon as possible. Stay at home until you get the result.

Main symptoms: The main symptoms of coronavirus are:

- **a high temperature** – this means you feel hot to touch on your chest or back. For more advice, see <https://www.nhs.uk/conditions/fever-in-children/>
- **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

Most people with coronavirus have at least 1 of these symptoms.

What to do if you have symptoms:

If you have any of the main symptoms of coronavirus:

1. Get a test to check if you have coronavirus as soon as possible.
2. Stay at home and do not have visitors until you get your test result – only leave your home to have a test.

Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

What is a support bubble?

A support bubble is where someone who lives alone (or just with their children) can meet people from 1 other household.

Bransley Close, Romsey, Hampshire, SO51 7JT

Telephone 01794 514494 Email: adminoffice@cupernham-inf.hants.sch.uk

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Urgent advice:

Use the NHS 111 online coronavirus service if:

- you're worried about your symptoms
- You're not sure what to do

[Use the NHS 111 online coronavirus service](#)

Call 111 if you cannot get help online.

NHS 'Is my child too ill for school?'



Coughs and colds

It's fine to send your child to school with a minor [cough](#) or [cold](#). But if they have a fever, keep them off school until the fever goes.

Encourage your child to throw away any used tissues and to wash their hands regularly.

Coronavirus

A new, continuous cough could be coronavirus (COVID-19) – see symptoms above.

Fever

If your child has a fever, keep them off school until the [fever](#) goes away.

Coronavirus

A high temperature, where your child feels hot to touch on their chest or back could be coronavirus (COVID-19).

If in doubt contact the NHS on 111.

For additional information on general illness please read the following guidance, <https://www.nhs.uk/live-well/healthy-body/is-my-child-too-ill-for-school/>

What to do when your child has had a Covid test: **If your child receives a positive test result** they should isolate for 10 days from the onset of symptoms and members of their household should isolate for 14 days. Once your child has completed the required 10 days isolation **they can return to school provided that they do not have a temperature.**

If your child receives a negative test result and they **feel well enough** to return to school, they may do so.

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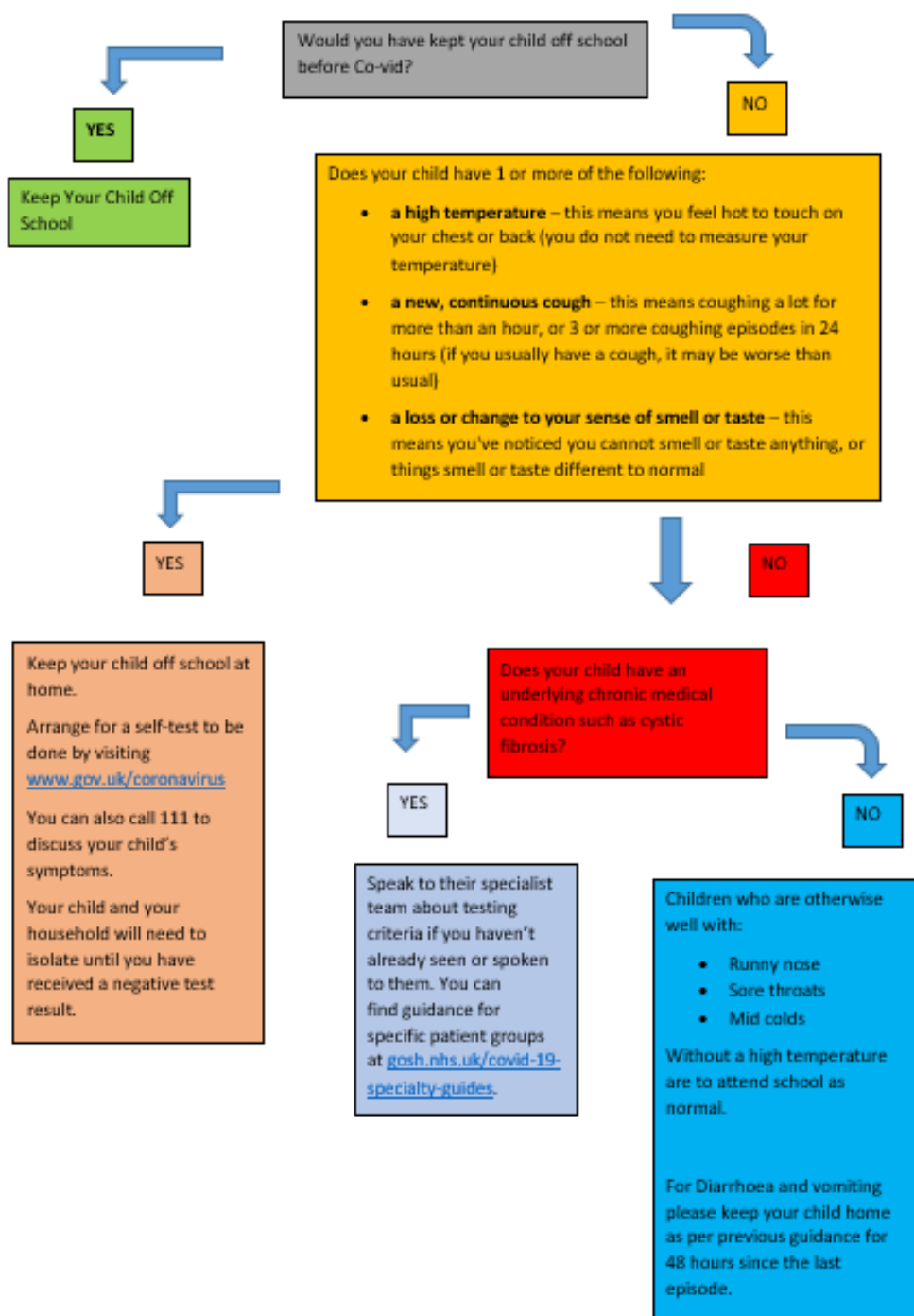
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Flowchart to help:



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If your child is unwell leave a message on our voicemail (01794 514494, option 1), please be clear as to what is happening, for example, 'my child has cold symptoms', 'my child has been sick' or 'my child has a coronavirus/Covid-19 symptom'.

If your child has any coronavirus/Covid-19 symptoms, please follow the NHS guidance and keep the school office informed as much as possible. We want to do all we can to keep everyone informed and as safe as we can.

Thank you for your continued support

A handwritten signature in black ink, appearing to read "D Wells", with a horizontal line underneath.

Mr. Duncan Wells
Headteacher

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