

PUPIL ABSENCE DURING COVID-19
A quick reference guide for parents, carers and staff
Updated: 5/1/21 – updated 'less common' symptoms

DEFINITIONS OF COVID-19 SYMPTOMS

Please read these definitions through carefully.

If you are unsure, please call the school office to discuss BEFORE sending your child into school 01923 262003 or email admin@sarratt.herts.sch.uk

A NEW CONTINUOUS COUGH

A NEW CONTINUOUS COUGH MEANS:

- you are coughing a lot for more than 1 hour



OR

- you have been coughing a lot 3 or more times in 24 hours
- if you normally have a cough, it may be worse than usual.



The coronavirus cough is a dry cough. This means it does not produce any phlegm or mucus (so you do not cough anything up like you would with a chesty cough).

If you have a chest condition you may already cough. If you have symptoms of coronavirus, you may have a cough that is different from your normal cough, or your normal cough may feel worse than usual.

WHAT TO DO:

- rest
- drink lots of fluids



A HIGH TEMPERATURE OR FEVER

A high temperature or fever is a normal way for your body to fight infection.

This is because the increase in body temperature makes it harder for viruses and bacteria to survive.



You do not need to take your temperature to know you have a fever.

If you do have a thermometer however, a fever is when your temperature is 37.8C or higher.



A THIRD COMMON SYMPTOM OF CORONAVIRUS IS A LOSS OF, OR CHANGE IN, SENSE OF SMELL OR TASTE (ANOSMIA).



'Less Common' Symptoms – seen in positive Covid cases within our area

Sadly, some children & adults have tested positive recently within our partnership of schools. They have all suffered 'less common' symptoms which are now something we must be aware of.

During this period of high infection & the new variant spreading so fast, if your child is suffering from any of these, we request you keep them off school & book a test. These include the following:

Headaches, sore throat, nausea/dizziness, vomiting/sickness & diarrhoea, fatigue, aches & pains in muscles/limbs. These may or may not be with the main 3 recognised symptoms.

SCENARIOS

What to do if...	Action Needed	Return to school when...
...my child may have Covid-19 symptoms	<ul style="list-style-type: none"> ✓ Do not come to school ✓ Contact school to inform us ✓ Get your child tested ✓ Communicate the test result with the school ✓ Self-isolate the whole household. 	<p>...the test comes back negative or</p> <p>...10 days have passed since symptoms began, even if they still have a cough or loss of taste/smell. <i>(These symptoms can last for several weeks.)</i></p> <p>AND the child feels well.</p>
...my child tests negative.	<ul style="list-style-type: none"> ✓ Contact school to inform us. ✓ Send/show school the official test result. ✓ Discuss when your child can come back (same day/next day). 	<p>...the test comes back negative.</p>
...my child tests positive for Covid-19.	<ul style="list-style-type: none"> ✓ Do not come to school. ✓ Contact school to inform us. ✓ Send/show school the official test result. ✓ Agree an earliest date for possible return (minimum of 10 days). ✓ Self-isolate the whole household. See the image at the end of this document for advice about how long members of the household should self-isolate 	<p>...10 days have passed since symptoms began, even if they still have a cough or loss of taste/smell. <i>(These symptoms can last for several weeks.)</i></p> <p>AND the child feels well.</p>
... I am unable to get a test for someone in the household who has symptoms	<ul style="list-style-type: none"> ✓ If you are not able to get a test, your child and anyone they live with must stay at home and self-isolate for 10 days. ✓ Anyone in your support bubble must also stay at home. 	<p>...the child has completed 10 days of isolation.</p>
...my child is ill (no symptoms linked to Covid-19).	<ul style="list-style-type: none"> ✓ Do not come to school. ✓ Contact school to inform us. ✓ Contact on each day of illness. 	<p>If a child is sick or had diarrhoea due to a virus or bug, they should stay off for 48 hours from the last episode of sickness or diarrhoea.</p>
...someone in my household has Covid-19 symptoms.	<ul style="list-style-type: none"> ✓ Do not send anyone from your household to school. ✓ Contact school to inform us. ✓ Self-isolate the whole household. ✓ Household member with symptoms to get a test. ✓ Send/show school the official test result. 	<p>...the test comes back negative or</p> <p>...the isolation period is complete and no other member of the household had displayed symptoms or tested positive.</p>
...someone in my household tests positive for Covid-19.	<ul style="list-style-type: none"> ✓ Do not send anyone from your household to school. ✓ Contact school to inform us. 	<p>... members of the household should self-isolate.</p>

	<ul style="list-style-type: none"> ✓ Send/show school the official test result. ✓ Self-isolate the whole household. ✓ Agree with school the earliest date for possible return. 	
<p>...NHS test and trace has identified my child as a close contact of somebody with confirmed Covid-19.</p>	<ul style="list-style-type: none"> ✓ Do not send the child who has had direct contact to school. ✓ Contact school to inform us. ✓ Any other children in your household, who have not had direct contact, can come to school. ✓ Agree an earliest date for possible return (minimum of 10 days). 	<p>...the child who has had direct contact has completed 10 days of isolation</p>
<p>...NHS test and trace has identified a household member (other than my child) as a close contact of somebody with symptoms or confirmed Covid-19.</p>	<ul style="list-style-type: none"> ✓ The household member must self-isolate for 10 days. ✓ The household member must not come to the school for any reason. ✓ Child can continue to attend school. 	<p>...child can continue to attend school</p>
<p>... a sibling attending another school has been sent home to self-isolate due to there being a positive case in their school.</p>	<ul style="list-style-type: none"> ✓ Sibling at other school must self-isolate for 10 days. ✓ The sibling must not come to the school for any reason. ✓ Child at Sarratt can continue to attend. 	<p>...child at Sarratt can continue to attend school</p>
<p>... my child has travelled abroad from a country or territory that is NOT on the exempt list of countries.</p>	<ul style="list-style-type: none"> ✓ If returning from a destination where quarantine is needed*: ✓ Minimum of 10 days self-isolation. ✓ Contact school & agree an earliest date for possible return to school. ✓ Self-isolate the whole household. <p>*Foreign, Commonwealth & Development Office (FCDO) – for travel information</p>	<p>...the quarantine period of 10 days has been completed.</p>

<p>... my child has travelled abroad from a country or territory that IS on the exempt list of countries.</p>	<ul style="list-style-type: none"> ✓ If returning from a destination where quarantine is NOT needed: ✓ Check the current Exempt countries and territories list. ✓ Contact school & agree a return date to school. 	<p>... you have informed the office of your return to the UK</p>
<p>...I have travelled from a country that requires us to quarantine (but my child didn't travel).</p>	<ul style="list-style-type: none"> ✓ The person who has travelled MUST NOT leave the house, including to do pick-ups and drop offs. ✓ Your child can continue to attend school as long as they do not have / have not had symptoms in the last 10 days. 	<p>...child can continue to attend school</p>
<p>...we have received medical advice that my child must shield.</p>	<ul style="list-style-type: none"> ✓ Do not come to school. ✓ Contact school to inform us. ✓ Shield until you are informed that restrictions are lifted and shielding is paused again. 	<p>...school inform you that restrictions have been lifted and your child can return to school again. ...you receive medical advice that your child may return to school.</p>
<p>...my child's year group bubble is closed due to a Covid-19 outbreak in school.</p>	<ul style="list-style-type: none"> ✓ Child must not come to school. ✓ Other siblings, in other year groups, may continue to attend school. ✓ The child must not come to the school for any reason, including drop off/pick up. ✓ Support the child at home with remote education provided. ✓ The child at home will need to self-isolate for 10 days. 	<p>...school inform you that the year group bubble will be reopened.</p>