

Dear Parents / Carers,

We have returned to school and it has been great to see everyone back. I am aware that this must be a frightening time and everyone is anxious regarding symptoms of a cold / flu / tonsillitis and whether they are actually COVID. There are many websites which provide advice but this can also lead to confusion.

As a qualified children's nurse, I would like to reassure you that I work closely with medical teams at Southampton General Hospital, Public Health and the Department of Health. As a school we are daily kept up to date and any important changes that may affect our pupils and their families, we would inform you.

However to support you with a quick guide that is useful, I have put together simple information.

Firstly you need to ask yourself; **would you have kept your child off school before COVID?** If the answer is YES then you need to keep your child off school.

If the answer is NO then you need to check if they have;

- 1) High Temperature – Above 37.8c or they feel hot to touch on their chest or back (not forehead)
- 2) Persistent Cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if they usually have a cough, it would be worse than usual)
- 3) Sudden loss of smell or taste – this means you've noticed they cannot smell or taste anything, or things smell or taste different to normal

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

Please ring me if you want to discuss this further with me.

If your child has the above symptoms call 119 / or got to <https://self-referral.test-for-coronavirus.service.gov.uk/antigen/name> to book a test, either Test and Trace Centre or a Home Testing Kit.

There is a time limit on performing tests. For a Home Test Kit it is 4 days from the day the symptoms began (e.g. if symptoms started on a Friday, you cannot do the Home Test after Tuesday). For a Test and Trace Centre it is 5 days (e.g. if symptoms started on a Friday, you cannot have a test after Wednesday). After this time you must continue to self-isolate, 10 days for the pupil and 14 days for the rest of the family (if symptom free).

I appreciate that there is a national crisis but please do try those testing routes. **If you are struggling and need some advice or support then please feel free to contact me. My contact details can be found below.**

I have included a link for an excellent video that just helps determine what symptoms are what and reiterate my advice above.

There is an increase in coughs and colds, sore throats and a runny nose. This email is to increase your confidence and prevent panic and worry. Let's work together and make sure your child does not miss out on their learning.

<https://www.youtube.com/watch?v=aQHn2h-B594>

With kindest regards
Terri Chappell

T Chappell

Medical Welfare Officer
Registered Children's Nurse
St George Catholic College
Direct Dial: 023 80670180
Mob: 07933395899 (Mon-Fri 8:25 – 15:00 only)