



St Joseph's

Catholic Primary School

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Dear Parents & Carers,

We write to outline the guidance on what to do if your child, children or household members become unwell.

For most people, COVID-19 will be a mild illness. However, if your child/children have one or more of the main coronavirus symptoms (see below) below, they must stay at home and be tested to see if they have COVID-19. Click on [testing](#) to arrange.

- a new continuous cough
- a high temperature (38.5 degrees or above,)
- a loss of, or change in their normal sense of taste or smell (anosmia)

If your child develops one or more of the main symptoms described above, only they should be tested. There is no need for anyone else in the household to be tested, unless they have symptoms.

If your child has [symptoms](#) of COVID-19, however mild, self-isolate for at least 10 days from when their symptoms started. Do not go to a GP surgery, pharmacy or hospital.

After 10 days, if they still have a temperature you should continue to self-isolate and seek medical advice. They do not need to self-isolate after 10 days if they only have a cough or loss of sense of smell or taste, as these symptoms can last for several weeks after the infection has gone.

All other household members need to stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the household became ill or if they do not have symptoms, from the day their test was taken. If anyone else in the household starts displaying symptoms, they need to stay at home for at least 10 days from when their symptoms appear, regardless of what day they are on in their original 14-day isolation period.

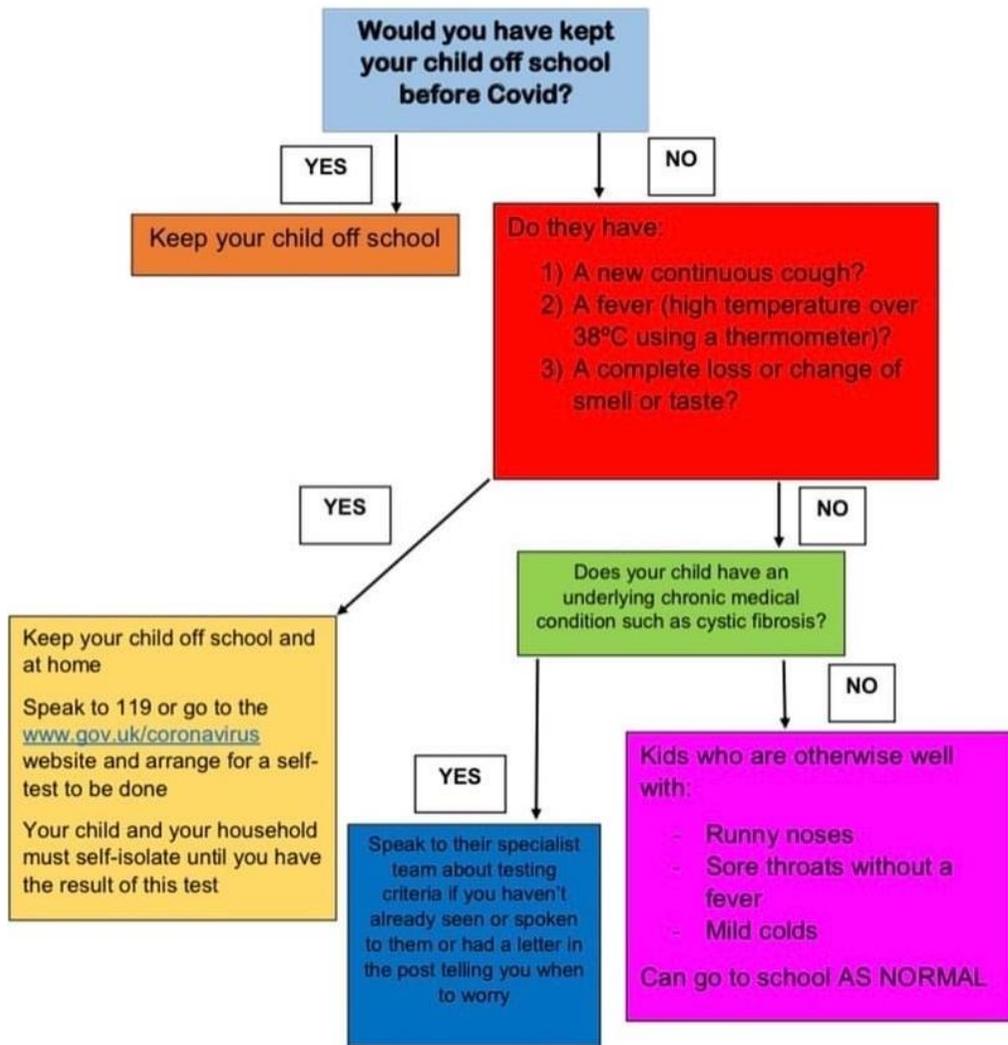
Children may feel unwell for example with a sore throat, stomach upset or a headache. These children don't need to book a test but may need to stay off school and seek medical advice through your GP or pharmacist as usual.

Follow NHS guidance and call 111 if you are worried about your child. If they seem very unwell, are getting worse, or you think there is something seriously wrong, call 999.

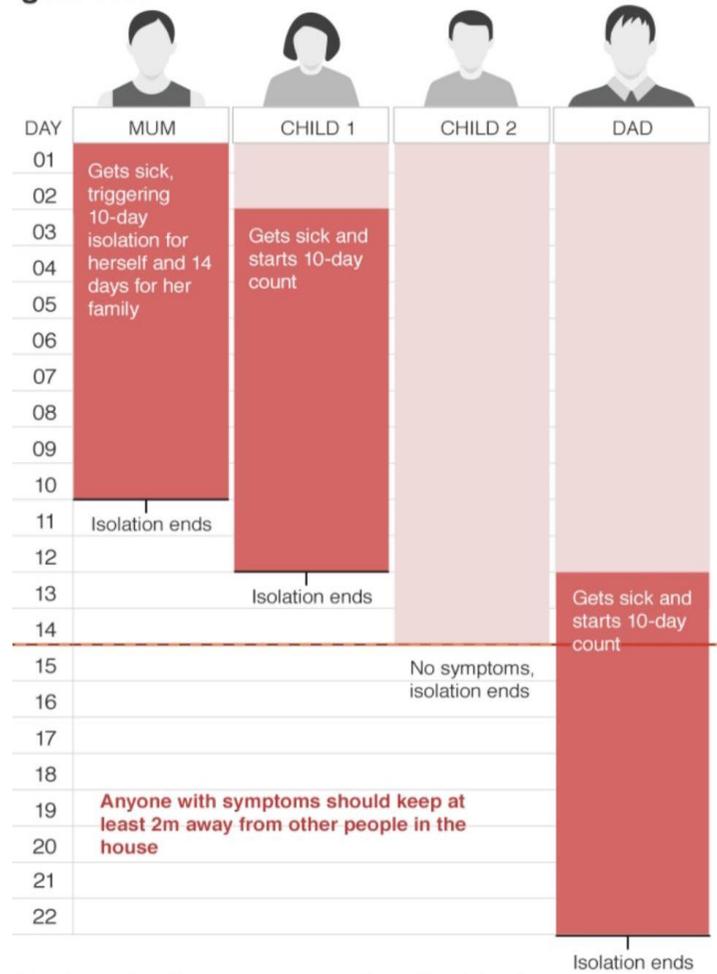
Do not delay getting help if you're worried. Trust your instincts. See NHS guidance [here](#).

Mrs Jacki Keogh
Head of School

Lisa Lazell
Executive Headteacher



What happens if someone in your family gets sick?



People may be able to pass on coronavirus without showing any symptoms

Source: Public Health England advice

