

*Ashdon Primary School  
Ashdon  
Saffron Walden  
Essex CB10 2HB  
Telephone: 01799 584219  
www.ashdon.essex.sch.uk  
admin@ashdon.essex.sch.uk  
Headteacher: Mr. S. Rance*



5<sup>th</sup> October 2020

Dear parents and carers,

We have received some updated Public Health advice and guidance for parents and schools around illnesses in children at this present time.

On page 3 is a summary flowchart of the steps you need to take if your child is ill, including if they display the symptoms of COVID-19.

The following pieces of advice are taken from FAQs sent to Essex schools about COVID-19 symptoms, that I thought parents would find helpful:

<p>A child displays a high temperature at school but it quickly returns to normal when at home – should the child be tested?</p>	<p>If a child has a high temperature, they may have covid-19. They should be tested for covid-19 and they must self-isolate with their household. This is true even if the temperature rapidly resolves.</p> <p>A high temperature at school is a high temperature, it does not have to be persistent and it does not matter if it has returned to normal on arriving back home.</p>
<p>A child has been given Calpol and their temperature has reduced – can they come to school?</p>	<p>No. If a child has a high temperature, they may have covid-19. They should be tested for covid-19 and they must self-isolate with their household and not be sent to school. This is true even if the temperature has resolved after taking Calpol.</p>
<p>Parent reports that the child’s symptoms have gone once at home – should they come back to school?</p>	<p>No. If the school was confident that the child was displaying a continuous cough, high temperature or loss/change in sense of taste or smell then they should be sent home to self-isolate at home with their household and parents should seek a test. It does not matter that symptoms have dissipated after a short time.</p>
<p>Should sickness and diarrhoea be added to the main symptoms of COVID-19 as this has been mentioned in the news for children. If so, should they get tested?</p>	<p>No, these are not symptoms which would on their own meet the criteria for someone to be tested. These remain:</p> <ul style="list-style-type: none"> <li>• a high temperature</li> <li>• a new, continuous cough</li> <li>• a loss or change to your sense of smell or taste</li> </ul>
<p>Should children with Asthma who display a cough and/or temperature which is resolved by their asthma medication seek a test for COVID19.</p>	<p>One of the symptoms of COVID19 is a 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).</p> <p>If a child has a new continuous cough, they may have covid-19. They should be tested for covid-19 and they must self-isolate with their household.</p> <p>If the child with asthma has a cough which is resolved by taking their usual asthma medication, this is not a continuous cough and should be treated as related to their asthma and not COVID19.</p> <p>If the child has a temperature then covid-19 is a possible reason for this, regardless of the asthma and the child should be tested.</p>



If parents keep child at home because they have symptoms, should the sibling with no symptoms be kept off too?	The whole household should isolate while a test is being sought. This includes siblings from this/other schools/settings.
What is a high temperature for a child? Is it 37.8?	You should look for signs of a high temperature, i.e. flushed, hot to the touch on chest/back. You do not need to 'hit' a specific number. However, Public Health England have advised that the temperature is 38.
Following a positive test, who is required to self-isolate?	If an individual tests positive for COVID19, all close contacts (less than 2m apart) are required to self-isolate. This is within school bubbles and at home. Contacts of contacts i.e. siblings of a close contact, that have not themselves come into contact with the positive individual are not required to self-isolate.

Yours sincerely,



Simon Rance  
Headteacher

**Covid-19 symptom parental support tool  
September 2020**

**If your child is unwell, do they have:**  
 1. A new continuous cough?  
 2. A fever (high temperature over 38°C)?  
 3. A complete loss or change of taste or smell?

NO

Does your child have an underlying health condition? For example a serious heart or lung condition eg severe asthma, requiring on going hospital appointments.

NO

YES

YES

Current advice Sept 2020:

- Keep your child off school at home
- Inform your child's school
- Speak to 119 or go to [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus)
- If advised, then arrange a Covid test to be done

Your child and household should self isolate until you have the result of the test.  
<https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/what-your-test-result-means/>

**Would you have kept your child off school before Covid-19?**

YES

**Keep your child off school and inform the school**

NO

Speak to their specialist team for advice regarding testing or if you are concerned and you have not already seen or spoken to them. Keep them off school whilst you do this.

Children who are otherwise completely well with only:  
 Runny nose or sneezing  
 Mild Cold symptoms without fever  
**Can go to school as normal**

You may not be able to tell the difference between Covid-19 and other viral illness  
**Babies and children can still get illness that can make them unwell very quickly. It's important to get medical help if you need it.**  
 Call 111 if you're worried about a baby or child.  
 If your child seems very unwell, is getting worse or you think there's something seriously wrong, call 999.  
 Do not delay getting help if you're worried. Trust your instincts.

**A runny or stuffy nose is rarely a symptom of Covid-19 (WHO 2020)**  
**Sneezing is not a symptom of Covid - 19 (WHO 2020)**

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