



Monday 28<sup>th</sup> February, 2022

Dear Parents / Carers,

### **Updated Covid-19 Guidance**

I am writing to give you updated information on what you should do if someone in your household develops Covid-19, following the Prime Minister's 'Living with Covid-19' announcement last week.

The main symptoms of COVID-19 are:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell.

Other symptoms include shortness of breath, fatigue, loss of appetite, muscle ache, sore throat, headache, runny nose, diarrhoea, nausea and vomiting. Most children with COVID-19 experience a mild illness or do not have any symptoms at all. Children who have symptoms of COVID-19 are more likely to pass the virus onto others than those who do not. If you have COVID-19 you can infect other people from 2 days before your symptoms start, and for up to 10 days after.

**If your child develops Covid-19 symptoms, then you should book a PCR test for them. They are advised to isolate while you are waiting for the results. If the test is positive, then they should not attend school. They should take a Lateral Flow Test 5 days after their symptoms started (or the day their test was taken if they did not have symptoms) followed by another one the next day. If both these test results are negative, they can return to school, as long as they feel well enough to do so and do not have a temperature. If one of these tests is positive then they should continue to take Lateral Flow Tests daily until they have 2 consecutive negative tests.**

This information is from the latest Government guidance (dated 24<sup>th</sup> February 2022) and it will be updated again on 1<sup>st</sup> April 2022.

If your child develops Covid-19 symptoms, then please phone the school office to let us know. If your child has a positive PCR test then please send a copy of the results to [headteacher@hunsletstmarys.co.uk](mailto:headteacher@hunsletstmarys.co.uk)

As always we want to do everything we can to keep our school community safe. We will continue to ask the children to wash their hands regularly throughout the day and we will continue to ensure our classrooms are well ventilated.

Kind Regards

Ms Jessica Crisp  
Deputy Head teacher