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Advice to all parents – COVID-19 and children

Dear parents,

Following the updated guidance for schools in relation to COVID-19, we would like to inform you of the change to procedures within Talbot should your child become ill with signs of Covid-19 or test positive.

Coronavirus (COVID-19) symptoms in children

Children and young people aged 18 and under can get coronavirus (COVID-19), but it's usually a mild illness and most get better in a few days.

Symptoms of COVID-19 can include:

- a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

The symptoms are very similar to symptoms of other illnesses, such as colds and flu. Please encourage your child to cover their mouth and nose with a tissue when they cough or sneeze, and to wash their hands after using or throwing away tissues. The guidance states it is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional.

What to do if your child has symptoms

If a child or young person has either:

- a high temperature
- does not feel well enough to go to school, college or childcare, or do their normal activities

- has a positive Lateral Flow Test

They should try to stay at home and avoid contact with other people for 3 full days. After which, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower and they can return to school on Day 4. This is because children and young people tend to be infectious to other people for less time than adults.

Most children who are unwell will recover in a few days with rest and plenty of fluids.

Further information

Further information on COVID-19 and what to do is available at

<https://www.gov.uk/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid-19#Children>

Yours sincerely

Kate Curtis
Headteacher

