

'What should I do if I, or someone I share my home with has coronavirus symptoms?'

September 2020

Dear Parents and Carers,

Attached is some advice Public Health England. This is the process the school will be following in the event of any staff or pupils showing coronavirus symptoms and we need you to follow the same advice too, please.



Thank you very much for your continued support. If you would like to ask any questions, or have any concerns at all, please do get in touch with the school office on 01909 478886.

Yours sincerely,



Mr Abbott

Headteacher

 <p>Coronavirus COVID-19</p>	<p>COVID-19 is a new illness. Lots of people call it coronavirus</p> <p>It can affect your lungs and your breathing</p>
	<p>Symptoms of coronavirus are:</p> <ul style="list-style-type: none">• a high temperature• a new cough where you keep on coughing. This means coughing a lot for more than an hour or three or more episodes of coughing in a day• Losing or there being a change to your sense of smell or taste



The Diocese of Southwell and Nottingham Multi Academy Trust is a charitable company limited by guarantee - Company Number: 8738949.

Nottinghamshire Sports School of the Year 2015

Dare to dream, aspire to build, prepare to grow

What to do if you or someone you share your home with has coronavirus symptoms



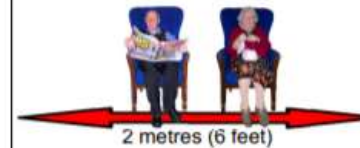
If you have **any** coronavirus symptoms you should stay at home for **10 days**

Do not go to a GP surgery, pharmacy or hospital **unless** it is an emergency

In an emergency dial **999**

Book a test as soon as possible

To do this visit the **NHS website** or call **119**



If you can, tell the people you have been close to over the last 2 days that you have coronavirus symptoms

Being close to could mean:

Being face to face with someone who is closer than 1 metre (3 feet) from you for **any length of time**






This includes things like:

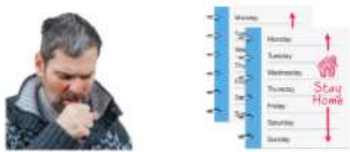




- talking to someone
- coughing on someone

Being within 1 to 2 metres (3 – 6 feet) of someone for **more than 15 minutes**

This includes things like

- being in a car with them
- spending time at home with them doing things like cleaning

What will happen and what to do if your test shows you have coronavirus	
 	<p>If your test shows you have coronavirus, you will be contacted by text, email or phone and will be asked to provide information about the people you have been close to recently.</p> <p>After 10 days if you still have a high temperature, you must stay home and away from people until you feel better.</p>
 	<p>After 10 days if you only have a cough and/or loss of sense of taste or smell you don't have to stay home and away from people any more</p> <p>Everyone else you share your house with must still stay home because they might have caught the virus but not be showing symptoms yet</p>
	<p>They must stay at home for 14 days from the first day you felt poorly even if they feel well</p>

 	<p>If someone you share your home with has signs of coronavirus you should stay at home for 14 days</p> <p>This is whether you have coronavirus symptoms or not</p> <p>If you then start to have coronavirus symptoms yourself, you should stay at home and not meet up with other people for 10 days from when your symptoms started</p>
  	<p>Everyone should wash their hands for at least 20 seconds</p> <ul style="list-style-type: none"> ✓ do this lots of times during the day ✓ use soap and water or hand sanitiser (gel) ✓ Always cough and sneeze into a tissue. ✓ Then throw the tissue away and wash your hands.



The Diocese of Southwell and Nottingham Multi Academy Trust is a charitable company limited by guarantee - Company Number: 8738949.

Nottinghamshire Sports School of the Year 2015

Dare to dream, aspire to build, prepare to grow