



## UPDATED COVID-19 GUIDANCE

Dear Parent/Carer,

I am writing to inform you that from Friday, 1<sup>st</sup> April, 2022, there have been substantive government changes to managing Covid that have now come into force for both children and adults.

Now that the population has a much stronger protection against Covid-19 than at any other point in the pandemic, the government wants us to begin to manage the virus like other respiratory infections.

Respiratory infections can spread easily between people so it is important to be aware of the symptoms. Symptoms of COVID-19, flu and common respiratory infections include:

- continuous cough
- high temperature, fever or chills
- loss of, or change in, your normal sense of taste or smell
- shortness of breath
- unexplained tiredness, lack of energy
- muscle aches or pains that are not due to exercise
- not wanting to eat or not feeling hungry
- headache that is unusual or longer lasting than usual
- sore throat, stuffy or runny nose
- diarrhoea, feeling sick or being sick

### Adults with respiratory infection symptoms

Adults with the symptoms of a respiratory infection, and who have a high temperature or feel unwell, should try to stay at home and avoid contact with other people until they feel well enough to resume normal activities and they no longer have a high temperature.

### Children with respiratory infection symptoms

Children who are unwell and have a high temperature should stay at home and avoid contact with other people. They can go back to school when they no longer have a high temperature, and they are well enough to attend.

### Positive Covid-19 test results

Adults with a positive Covid-19 test result should try to stay at home and avoid contact with other people for 5 days, which is when they are most infectious.

For children and young people aged 18 and under, the advice is 3 days.

### Covid-19 tests

Most people can no longer access free testing for Covid-19. If you do still have test kits at home, you may want to consider using a test if your child is presenting with possible Covid

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symptoms, however, you no longer need to book a PCR test. Test kits are no longer freely available from local pharmacies.

### Attendance

We understand that the government changes are significant and that we need to allow some transition time to adapt to this new way of living, however, **a high temperature** is a key bit of information to the revised guidance.

For children, the expectations are very clear; if they are unwell and displaying a temperature, they need to remain at home. However, if your child is feeling a little under the weather and is not displaying a high temperature then they are fine to be in school. You can use medications such as Calpol to help with your child's symptoms.

Where we have attendance concerns (90% and below) and/or a child being repeatedly absent with reported respiratory infection symptoms, including a repeated high temperature, we may need to carry out additional checks.

If you would like some reassurance regarding your child's temperature because you are unsure whether to keep them at home or bring them to school, please let us know and we can use our school's digital thermometer on the gate.

Please can we remind all parents that children need to have 48 hours at home after being sick or having diarrhoea.

As always, should you have any further questions, then please do let us know. Thank you for your continued support.

Kind regards,



Ms. K Leach  
Headteacher

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