



# Oughton Primary & Nursery School

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**Headteacher:** Mrs L Clayton

**Assistant Headteachers:** Mrs C Phillipson and Mrs M Smith

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22/04/2022

Dear Parents/Carers

## **COVID-19 and respiratory infections**

From 1<sup>st</sup> April 2022, the Government set out the next steps for living with Covid-19 in England.

Respiratory infections are common in children. For most children, these illnesses will not be serious, and they will soon recover following rest and plenty of fluids.

Very few children and young people with respiratory infections become seriously unwell.

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

## **When children and young people with symptoms should stay at home and when they can return to school.**

Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting.

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

All children and young people with respiratory symptoms should be encouraged to cover their mouth and nose with a disposable tissue when coughing and/or sneezing and to wash their hands after using or disposing of tissues.

## **Children and young people aged 18 years and under who have a positive test result.**

It is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional.

If a child or young person has a positive COVID-19 test result they should try to stay at home and avoid contact with other people for 3 days after the day they took the test, if they can. After 3 days, if they feel well and do not have a high temperature, they can come back to school as the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults.

Children and young people who usually go to school or childcare and who live with someone who has a positive COVID-19 test result should continue to attend as normal.

If you have any queries, please contact the School Office or email [admin@oughton.herts.sch.uk](mailto:admin@oughton.herts.sch.uk)

Mrs Clayton

Head Teacher