

Coronavirus (Covid-19) Information, advice and guidance for students, staff and parents/carers

Symptoms of Covid-19 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.

What to do if an LFD or PCR test is positive

If your 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, the risk of passing the infection on to others is much lower. This is because young people tend to be infectious to other people for less time than adults. Children and young people who usually go to school, college or childcare and who live with someone who has a positive COVID-19 test result should continue to attend as normal.

Who to contact if your son/daughter is not well enough to attend school

Please notify Helen on 0208 961 4204 or 07983 934 923 if your son/daughter is not well enough to attend school. Please give an indication of what is wrong and when your son/daughter is likely to return to school.

How to reduce the spread of infection with the people you live with if you have COVID-19

If you have COVID-19, there is a high risk that others in your household will catch it from you. There are several things you can do to reduce the spread of infection in your household:

- Limit close contact with others. Spend as little time as possible in communal areas.
- Regularly clean frequently touched surfaces and shared rooms like kitchens and bathrooms.
- Wash your hands regularly using soap and water, particularly after coughing and sneezing.
- Get help where possible from those you live with. Ask for help with cleaning and being brought food safely to avoid unnecessary contact.
- Use a face covering if you need to spend time in shared spaces.
- Keep rooms well ventilated.
- Catch coughs and sneezes in disposable tissues and put them straight in the bin.

What to do if you are a close contact of someone who has had a positive test result for COVID-19

People who live in the same household as someone with COVID 19 are at the highest risk of becoming infected because they are most likely to have prolonged close contact. People who stayed overnight in the household of someone with COVID-19 while they were infectious are also at high risk. If you are a household or overnight contact of someone who has had a positive COVID -19 test result it can take up to 10 days for your infection to develop. It is possible to pass on COVID-19 to others, even if you have no symptoms. You can reduce the risk to other people by taking the following steps:

- avoid contact with anyone you know who is at higher risk of becoming severely unwell if they are infected with COVID-19, especially those whose immune system means they are at higher risk of serious illness from COVID-19, despite vaccination
- limit close contact with other people outside your household, especially in crowded, enclosed or poorly ventilated spaces
- wear a well-fitting face covering made with multiple layers or a surgical face mask if you do need to have close contact with other people, or you are in a crowded place
- wash your hands frequently with soap and water or use hand sanitiser
- If you develop symptoms of a respiratory infection try to stay at home and avoid contact with other people and follow the guidance for people with symptoms.
- If you are a contact of someone with COVID-19 but do not live with them or did not stay in their household overnight, you are at lower risk of becoming infected.