

Dear parent/carer

We have received a number of phone calls and emails asking for our advice about whether a child needs to be kept off school due to feeling unwell. Rather than re-writing what has already been said, the below words of advice were given by Norfolk's director of public health:

Dr Smith said:

“It is great to see so many children enjoying being back at school after so long but, even with all the extra hygiene measures in place, it is likely that some children will be picking up cold viruses and parents might feel uncertain when they need to keep them home, or when to book a test.”

“We ask that children stay at home and get a test if they have a new continuous cough, a high temperature, or have a change in their taste and smell. If they don't have these symptoms and feel well enough to be at school, then they can attend as usual.”

Dr Smith added: “The only exception is when they are isolating because someone else in their household has tested positive - or they have been given advice from NHS Test and Trace that they are a close contact of a case or should self-isolate for 14 days.”

The new advice is hoped to both serve as reassurance to parents, but also prevent people hastily registering their children for tests that do not necessarily need them.

In addition to this, Norfolk County Council have produced a flow chart (below) which we believe will help parents make the correct decision.

Kind regards,

Mr Edgar

SYMPTOM CHECKER

WHEN TO KEEP YOUR CHILD OFF SCHOOL

If your child is showing mild cold symptoms would you have kept them off school with these symptoms before Covid?

YES

KEEP YOUR CHILD AT HOME THEN CHECK...

YES

YOUR CHILD SHOULD NOT GO TO SCHOOL. KEEP THEM AT HOME AND BOOK THEM A TEST

Call 119 or go to the www.gov.uk/coronavirus website to arrange an appointment at a testing centre or order a home testing kit. Your child and your household must self isolate until you have the result of this test.

POSITIVE

If your child's test is positive they will need to continue to isolate for 10 days, the rest of the household and any support bubble will need to isolate for 14 days and if they develop symptoms they will need to book a test.

After 10 days, your child may return to school if they do not have symptoms other than cough or change to sense of smell or taste (as these symptoms can last for weeks after the infection has gone). If your child still has a temperature after 10 days or feels unwell, they should continue to isolate until the symptoms have gone (and for 48 hrs after the end of any sickness or diarrhoea).

NEGATIVE

If your child's test is negative and everyone else who has symptoms in your house tests negative the child can then return to school if they feel well enough.

NO

DO THEY HAVE ANY OF THE FOLLOWING:



1. A high temperature



2. A new, continuous cough – This means coughing a lot, for more than an hour, or 3 or more coughing episodes in 24 hours



3. A loss or change to sense of smell or taste – this means they cannot smell or taste anything, or things smell or taste different to normal

NO

Does your child have an underlying chronic health condition such as cystic fibrosis?

YES

If you haven't already had contact with your child's specialist team about testing criteria, give them a call for further guidance.

NO

Children who are otherwise well with:

- Runny noses
- Sore throats without a fever
- Mild colds

CAN GO TO SCHOOL AS USUAL

**PROTECT OURSELVES.
PROTECT OTHERS.
PROTECT NORFOLK.**