

INFORMATION ABOUT COVID-19

The symptoms of COVID-19 are:

- a high temperature – this 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 (if you usually have a cough, it may be worse than usual)
- a loss of or change in, your normal sense of taste or smell (anosmia)

Suspected Cases of COVID-19

The Norfolk Outbreak Management Centre have advised us that many people are testing positive without displaying the recognised symptoms of COVID-19. Many are displaying no symptoms at all. From our experience, this has included mild cold-like symptoms (e.g. runny nose, sore throats, headaches, etc.) or diarrhoea. If a person displays any such symptom, however mild, we advise you to book a PCR test.

Please note that Lateral Flow Tests are designed for asymptomatic testing (where an individual does **NOT** display symptoms), and if an individual is symptomatic, a PCR test must be arranged. The child should self-isolate until the results of the PCR test are known.

What to do in the event of a positive Lateral Flow Test

Pupils with a positive Lateral Flow test result should self-isolate and arrange a PCR test. Whilst awaiting the PCR result, the child should continue to self-isolate.

If the PCR test is taken within 2 days of the positive lateral flow test, and is negative, it overrides the lateral flow test and the pupil can return to school, as long as the individual doesn't have COVID-19 symptoms.

What to do in the event of a positive PCR test

In the event that a person tests positive for COVID-19, they may need to self-isolate for 10 days.

If the person is symptomatic, the self-isolation period includes the date of the onset of symptoms plus the subsequent 10 days.

If the person has no symptoms, the self-isolation period is the 10 full days after the date of the test.

Individuals are no longer required to self-isolate if they live in the same household as someone with COVID-19, or are a close contact of someone with COVID-19, and any of the following apply:

- they are fully vaccinated
- they are below the age of 18 years and 6 months
- they have taken part in or are currently part of an approved COVID-19 vaccine trial
- they are not able to get vaccinated for medical reasons

If there is a positive case within a household, there is clearly a high risk of household members becoming infected. In these circumstances, we would welcome pupils switching to remote learning as a precaution. Close contacts are advised to conduct daily LFTs and may also be contacted by NHS Test and Trace and advised to arrange a PCR test. In the event that a close contact developed symptoms, a PCR should be arranged immediately.

Ending Self-Isolation Early

A person who has tested positive on a PCR may be able to end their self-isolation period before the end of the 10 full days. An LFT test can be taken from 6 days after the day symptoms started (or the day the PCR test was taken if you did not have symptoms), and another LFT test on the following day. The second LFT test should be taken at least 24 hours later. If both these test results are negative, and the person does not have a high temperature, they may end your self-isolation after the second negative test result and return to school on Day 8. Both LFT results must be reported after taking each test. Please contact the school before sending you child back.

What happens if my child is ill but without COVID symptoms?

Providing that your child does **NOT** have any of the COVID-19 symptoms listed above, they are able to attend school if parents/carers judge that they are well enough to do so. However, if we are concerned that a child is not well enough to remain in school, we will contact parents/carers to come and collect them.

Reporting an absence due to illness

When using email or voicemail message to contact the school to report a child's absence, please state the child's symptoms and make clear whether or not testing or self-isolation is necessary.