

## COVID-19 RELATED PUPIL ABSENCE

A quick reference guide for parents, carers and staff  
Updated: 15<sup>th</sup> September 2020



**The main message is:**

***If your child is unwell with any Covid symptoms, please do not send them to school.***

***If your child or a member of your household is displaying symptoms, please get tested and stay at home as a household and do not send your child to school.***

***If your child is unwell with unrelated Covid symptoms, please consider whether you would normally send them to school and if it is in their best interest to be in school at this time. The 48 hour rule for vomiting and diarrhoea will still apply.***

## DEFINITIONS OF COVID-19 SYMPTOMS

***Please read these definitions through carefully.***

***If you are unsure, please call the school office to discuss BEFORE sending your child into school 01462 712370 or email [admin@pirton.herts.sch.uk](mailto:admin@pirton.herts.sch.uk)***

## A NEW CONTINUOUS COUGH

### A NEW CONTINUOUS COUGH MEANS:

- you are coughing a lot for more than 1 hour



**OR**

- you have been coughing a lot 3 or more times in 24 hours
- if you normally have a cough, it may be worse than usual.



The coronavirus cough is a dry cough. This means it does not produce any phlegm or mucus (so you do not cough anything up like you would with a chesty cough).

If you have a chest condition you may already cough. If you have symptoms of coronavirus, you may have a cough that is different from your normal cough, or your normal cough may feel worse than usual.

### WHAT TO DO:

- rest
- drink lots of fluids



# A HIGH TEMPERATURE OR FEVER

A high temperature or fever is a normal way for your body to fight infection.

This is because the increase in body temperature makes it harder for viruses and bacteria to survive.



You do not need to take your temperature to know you have a fever.

If you do have a thermometer however, a fever is when your temperature is 37.8C or higher.



**A THIRD COMMON SYMPTOM OF CORONAVIRUS IS A LOSS OF, OR CHANGE IN, SENSE OF SMELL OR TASTE (ANOSMIA).**



## SCENARIOS

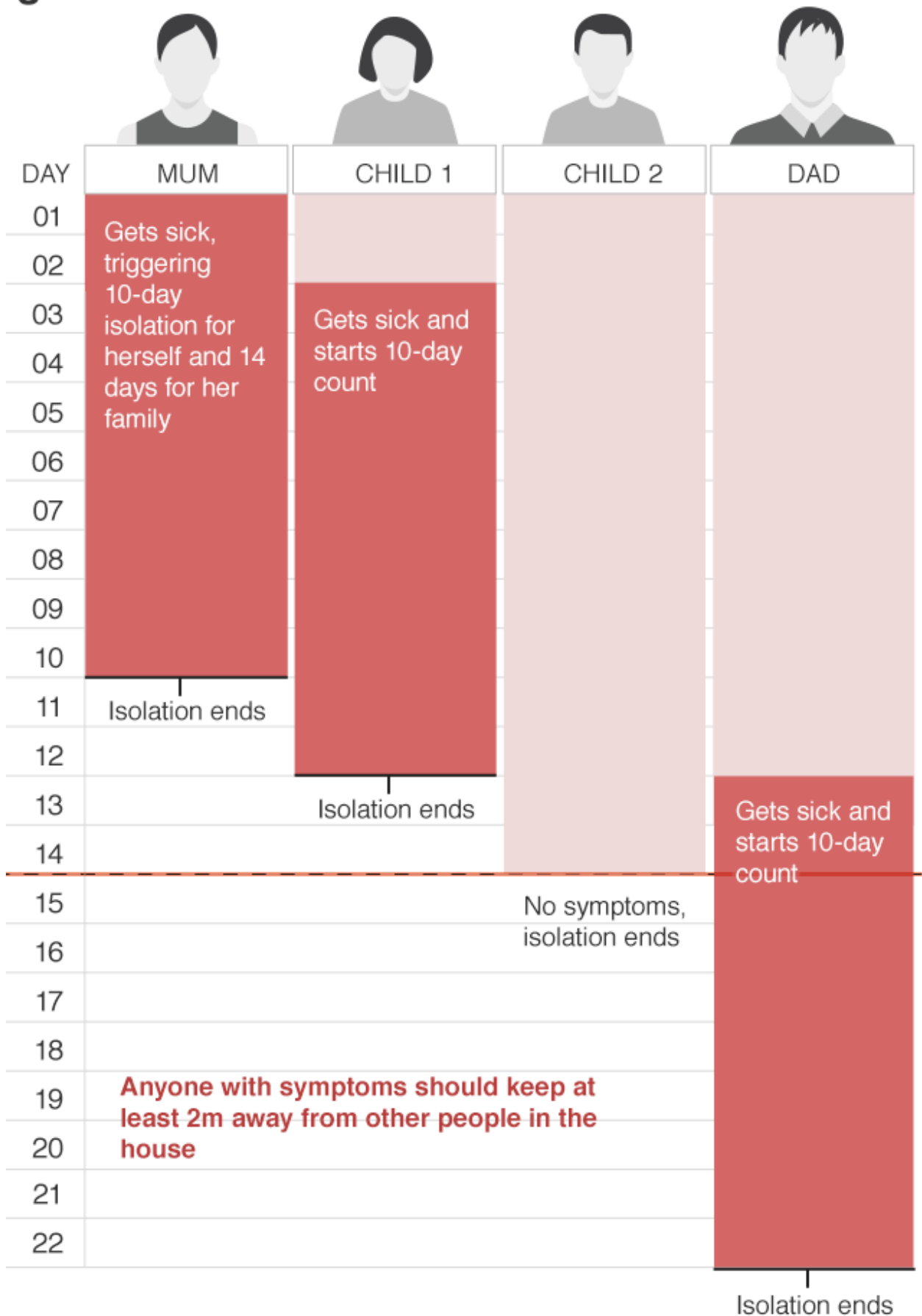
We are updating this list of scenarios as new government guidance is issued and we come across different individual circumstances. A link to the latest version of this document will always be on our school website, so please check back there regularly: [www.pirtonschool.org.uk](http://www.pirtonschool.org.uk)

What to do if...	Action Needed	Return to school when...
...my child has any Covid-19 symptoms	<ul style="list-style-type: none"> <li>- <b>Do not come to school</b></li> <li>- <b>Contact school to inform us</b></li> <li>- Self-isolate the whole household. See the image at the end of this document for advice about how long other members of the household should self-isolate</li> <li>- <b>Get your child tested</b></li> <li>- <b>Communicate with the school about the test result</b></li> </ul>	<p>...the test comes back negative <b>or</b></p> <p>...10 days have passed since symptoms began, even if they still have a cough or loss of taste/smell. <i>(These symptoms can last for several weeks.)</i></p> <p><b>AND</b> the child feels well.</p> <p>...contact the school to discuss and agree return date.</p>
...my child tests positive for Covid-19.	<ul style="list-style-type: none"> <li>- <b>Do not come to school.</b></li> <li>- <b>Contact school to inform us.</b></li> <li>- <b>Agree an earliest date for possible return (minimum of 10 days).</b></li> <li>- Self-isolate the whole household. See the image at the end of this document for advice about how long members of the household should self-isolate</li> </ul>	<p>...10 days have passed since symptoms began, even if they still have a cough or loss of taste/smell. <i>(These symptoms can last for several weeks.)</i></p> <p><b>AND</b> the child feels well.</p> <p>...contact the school to discuss and agree return date.</p>
...my child tests negative.	<ul style="list-style-type: none"> <li>- <b>Contact school to inform us.</b></li> <li>- Discuss when your child can come back (same day/next day).</li> </ul>	<p>...the test comes back negative.</p> <p>...contact the school to discuss and agree return date.</p>
...my child is ill with symptoms not linked to Covid-19.	<ul style="list-style-type: none"> <li>- <b>Do not come to school.</b></li> <li>- <b>Contact school to inform us.</b></li> <li>- Ring on each day of illness.</li> </ul>	<p>...please your child at home and monitor them carefully.</p> <p>...for sickness and diarrhoea, please keep the child off for 48 hours after the last episode (as per our Attendance Policy).</p>

<p>...someone in my household has Covid-19 symptoms.</p>	<ul style="list-style-type: none"> <li>- Do not send anyone from your household to school.</li> <li>- Contact school to inform us.</li> <li>- Self-isolate the whole household.</li> <li>- Household member with symptoms to get a test.</li> <li>- Communicate with the school about the test result</li> </ul>	<p>...the test comes back negative <b>OR</b> ...see the image at the end of this document for advice about how long members of the household should self-isolate. ...contact the school to discuss and agree return date.</p>
<p>...someone in my household tests positive for Covid-19.</p>	<ul style="list-style-type: none"> <li>- Do not send anyone from your household to school.</li> <li>- Contact school to inform us.</li> <li>- Agree an earliest date for possible return.</li> <li>- Self-isolate the whole household.</li> </ul>	<p>...see the image at the end of this document for advice about how long members of the household should self-isolate. ...contact the school to discuss and agree return date.</p>
<p>...NHS test and trace has identified my child as a close contact of somebody with confirmed Covid-19.</p>	<ul style="list-style-type: none"> <li>- Do not send the child who has had direct contact to school.</li> <li>- Contact school to inform us.</li> <li>- Agree an earliest date for possible return (minimum of 14 days).</li> <li>- Any other children in your household, who have not had direct contact, can come to school.</li> </ul>	<p>...the child who has had direct contact has completed 14 days of isolation. ...contact the school to discuss and agree return date.</p>
<p>...NHS test and trace has identified a household member (other than my child) as a close contact of somebody with symptoms or confirmed Covid-19.</p>	<ul style="list-style-type: none"> <li>- The household member must self-isolate for 14 days.</li> <li>- Child can continue to attend school.</li> <li>- Parents to remain vigilant and keep Pirton child at home if any concerns.</li> </ul>	<p>...child can continue to attend school</p>
<p>...a sibling attending another school has been sent home to self-isolate due to there being a positive case in their school.</p>	<ul style="list-style-type: none"> <li>- Sibling at other school must self-isolate for 14 days.</li> <li>- Child at Pirton can continue to attend.</li> <li>- Parents to remain vigilant and keep Pirton child at home if any concerns.</li> </ul>	<p>...child at Pirton can continue to attend school</p>
<p>...my child has travelled abroad from a country or territory that is NOT on the exempt list of countries.</p>	<p><b>If returning from a destination where quarantine is needed*:</b></p> <ul style="list-style-type: none"> <li>- minimum of 14 days self-isolation for all those who travelled.</li> <li>- contact school to inform us you are back in the country and we will agree an earliest date for possible return to school.</li> <li>- Self-isolate the whole household.</li> </ul> <p>*<a href="#">Foreign, Commonwealth &amp; Development Office (FCDO)</a> – for up to date travel information</p>	<p>...the quarantine period of 14 days has been completed.</p>

<p><b>...my child has travelled abroad from a country or territory that IS on the exempt list of countries.</b></p>	<p><b>If returning from a destination where quarantine is NOT needed:</b></p> <ul style="list-style-type: none"> <li>- Check the current <a href="#">Exempt countries and territories list</a> to confirm the country you have travelled from or through is on the exempt list.</li> <li>- Ring school to inform us you have returned to the UK and agree a return date to school.</li> </ul>	<p>... you have informed the office of your return to the UK</p>
<p><b>...I have travelled from a country that requires us to quarantine (but my child didn't travel).</b></p>	<ul style="list-style-type: none"> <li>- As long as you do not have / have not had symptoms in the last 14 days, your child can continue to attend school.</li> <li>- The person who has travelled MUST NOT leave the house, including to do pick-ups and drop offs (<i>please contact school if you need support getting your child to school</i>).</li> </ul>	<p>...child can continue to attend school</p>
<p><b>...we have received medical advice that my child must shield.</b></p>	<ul style="list-style-type: none"> <li>- <b>Do not come to school.</b></li> <li>- <b>Contact school to inform us.</b></li> <li>- Shield until you are informed that restrictions are lifted and shielding is paused again.</li> </ul>	<p>...school inform you that restrictions have been lifted and your child can return to school again. ...you receive medical advice that your child may return to school.</p>
<p><b>...my child's year group bubble is closed due to a Covid-19 outbreak in school.</b></p>	<ul style="list-style-type: none"> <li>- <b>Child must not come to school.</b></li> <li>- Support your child at home with remote education provided.</li> <li>- Your child will need to self-isolate for 14 days.</li> <li>- <b>Other siblings, in other year groups, may continue to attend school.</b></li> <li>- Parents to remain vigilant and keep Pirton child at home if any concerns.</li> </ul>	<p>...school inform you that the year group bubble will be reopened.</p>
<p><b>...I am unable to get a test for someone in the household who has symptoms</b></p>	<p><b>If you are not able to get a test, your child and anyone they live with must stay at home and self-isolate for 14 days.</b></p> <p><b>Anyone in your support bubble must also stay at home.</b></p>	<p>...the child has completed 14 days of isolation. ...contact the school to discuss and agree return date.</p>

# What happens if someone in your family gets sick?



People may be able to pass on coronavirus without showing any symptoms

Source: Public Health England advice

As we approach the winter period, it is very common for children to develop a fever, runny nose or cough. A common question we are already being asked is:

### How will a parent or school know if it's COVID-19, the flu or a cold?

#### Advice from the IPC (Infection, Prevention and Control) nurse states:

*“Most likely they won't know in the first instance because the symptoms of COVID-19 mimic so many other typical childhood illnesses. However the most common features based on evidence to date in children are a **new cough and a significant raised temperature**.*

*Parents however must be vigilant to observe for other signs and there are a lot of other potential ways that the virus presents itself in children. Beside a loss of taste or smell, it can be abdominal pain, headache, sore throat and difficulty breathing.*

*The table below summarises what are now being considered Covid-19 features in children (Column 1) displayed alongside features of other common seasonal illnesses:*

Symptoms of Covid-19	Strep Throat	Common Cold	Flu	Asthma	Seasonal Allergies
Fever or chills	X		X		
Cough		X	X	X	X
Sore throat	X	X	X		X
Shortness of breath				X	
Fatigue		X	X	X	X
Nausea or Vomiting	X		X		
Diarrhoea	X		X		
Congestion or runny nose		X	X		X
Muscle or body aches	X	X	X		

Covid-19 guidance is changing constantly and we will update this information as and when we receive further advice. In the meantime we would ask parents to keep to the following general guidance in order to keep the school a safe and happy place to learn and work.

**If you have any doubt that your child may be displaying Covid-19 symptoms, please keep your child at home and inform the school office immediately.**

**If your child is showing any of the symptoms set out in the table above but you are sure these are not Covid-19 related, then please use your parental discretion as to whether your child is well enough to attend school and it is in their best interest; a child who is unwell is unlikely to maintain focus in learning. Vomiting and diarrhoea require pupils to stay at home for 48 hours after the last episode.**

Staff will also be observing the children in school and if we have any concerns we will phone parents to discuss whether your child should remain in school.

**Thank you for your understanding and support in this ever changing situation.**