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Parent Communication

Date: 7th December 2020

Subject: COVID-19 Symptoms

Dear Parents / Carers

Please be reminded that if your child or anyone in your household is displaying any of the main symptoms of coronavirus, they must not attend school / work, they must get tested and everyone in the household must self-isolate.

The main symptoms of coronavirus 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 or change to your sense of smell or taste – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Even if these symptoms appear mild, we must all follow these rules to keep everyone safe.

Further guidance can be found here:

<https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/#symptoms>

Please make sure that you keep the school informed of any symptoms, tests and results of all household members. If you have any questions, please contact the school office where we will be happy to help you.

Kind regards

Castle Mead School