



Chaddleworth St. Andrew's and Shefford Church of England Federated Primary Schools

'Going The Extra Mile'

10th September 2020

Dear Parents and Carers,

You must let the school know if your child or someone in your household has symptoms of coronavirus as soon as the symptoms appear. If your child or someone in your household has symptoms, even if they also have other symptoms such as a sore throat or a runny nose or you suspect it is a cold, we will advise you to get your child or member of your household tested.

Please let the school know the outcome of the test result as soon as possible.

If a child at school is off because of one of the symptoms listed below, even where that symptom may appear to be a result of something else, your child will need to be tested before returning to school, or will need to self-isolate for the listed time-periods.

From <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>
10.09.20

Part 1: people who develop symptoms of coronavirus

This section applies if you have symptoms of coronavirus or you have received a positive test result.

When to self-isolate

The medical advice is clear: you must self-isolate if you have coronavirus symptoms or live in the same household as somebody who does. The main symptoms of coronavirus are:

- high temperature – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- 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)
- 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

For more information, read the further [guidance on symptoms](#).

If you have one or more of these symptoms, you must self-isolate straight away for 10 days – or longer if you still have symptoms other than cough or loss of sense of smell/taste.

If you live in the same household as someone with coronavirus symptoms, you must self-isolate straight away for 14 days.

How to get a test*

Anyone with [symptoms](#) can get a coronavirus test, whatever their age.

[Get a coronavirus test](#)

If you don't have access to the internet, you can get a test by phoning 119.

Our [guidance on testing](#) has more information on our testing programme.

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If you test negative

If you get a negative test result, this means you are at low risk of having coronavirus. Other members of your household can stop self-isolating. If you feel well and no longer have symptoms similar to coronavirus, you can stop self-isolating. You could still have another virus, such as a cold or flu – in which case it is still best to avoid contact with other people until you are better.

*School has a very small stock of testing kits which we can only use in extraordinary circumstances. Please let the school know if you feel your circumstances might mean that the only way you can access a kit is through using one of these.

If you receive an "Unclear, void, borderline or inconclusive test result", you must continue self-isolation and book another test.

Kind regards
School Office

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