

Springfield Junior School

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Dear parents/carers,

As you may be aware, we have several positive cases of COVID-19 in school. We were hoping we would not be affected, but unfortunately the number of cases is on the increase, and we need everyone to be extra vigilant.

Please remember to be alert to the symptoms of Covid and keep your child at home until they have been tested. The main symptoms of coronavirus (COVID-19) are a high temperature, a new, continuous cough and a loss or change to your sense of smell or taste

- 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

If you have any of these symptoms, get a PCR test (test that is sent to a lab) to check if you have coronavirus and stay at home until you get your result, even if the symptoms are mild.

Anyone with symptoms will be eligible for testing and this can be arranged via <https://www.nhs.uk/ask-for-a-coronavirus-test> or by calling 119

As I am sure you are aware the guidance and advice regarding self-isolation has changed, please see below.

If someone you live with has symptoms or has tested positive you will NOT need to isolate if:

- You are fully vaccinated – this means 14 days have passed since your final dose of a COVID-19 vaccine given by the NHS
- You are under 18 years and 6 months old.
- You are taking part of have taken part in a COVID-19 vaccine trial
- You are not able to get vaccinated for medical reasons

Please continue to refer to the NHS guidance, which is being updated regularly in line with government announcements.

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/>

Please feel rest assured that high standard in cleaning and hygiene will continue to be a high priority and we will maintain other safe practices including good ventilation, regular handwashing and use of hand gel. Although mask wearing is now optional, we would ask that if you need to enter the school building or are in close contact with a member of staff for any length of time on the playground that you wear a mask to minimise the spread of the disease. Please stay safe and well and as always if you have any questions, please do not hesitate to contact the school office or myself.

Kind regards,

Mrs Hughes