Winterton Community Academy

Ref: KR/ AW/

5th October, 2023

Dear parents / carers,

Following a recent spike in COVID numbers in the local community, please see the current COVID guidance provided by North Lincolnshire Council.

Kind regards,

Mr Rowlands

Covid 19 Current guidance October 2023.
As we head into the winter months cases of flu and Covid-19 are expected to rise as people mix more indoors, it remains vital that people continue to follow the latest guidance.

The advice remains unchanged; if you have any symptoms of respiratory infection, you should limit your contact with other people as much as possible, especially the elderly and those with existing medical conditions.

COVID-19 - Advice for schools
COVID-19 symptoms can include:

- a high temperature or shivering (chills) – a high temperature 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

- a loss or change to your sense of smell or taste

- shortness of breath

- feeling tired or exhausted

- an aching body

- a headache

- a sore throat

- a blocked or runny nose

- loss of appetite

- diarrhoea

- feeling sick or being sick

The symptoms are very similar to symptoms of other illnesses, such as colds and flu.
What to do if a child has symptoms of COVID-19
Parents should try to keep their child off school and avoid contact with other people if they have symptoms and either:
- have a high temperature

- do not feel well enough to go to school, childcare, or do normal activities.

The child can go back to normal activities when they feel better or do not have a high temperature.
If the child has mild symptoms such as a runny nose, sore throat or mild cough, and they feel well enough, they can go to school or childcare.

If a child has tested positive for COVID-19 they should:

- if at all possible stay at home and avoid contact with other people for 3 days after the day the test was taken if the child is under 18 years old – children and young people tend to be infectious to other people for less time than adults

- avoid meeting people who are more likely to get seriously ill from viruses, such as people with a weakened immune system, for 10 days after the day the test was taken.

    https://www.nhs.uk/conditions/covid-19/covid-19-symptoms-and-what-to-do/

Schools should consider remote learning for pupils that do test positive for COVID-19 but who feel well enough to learn but are following advice to stay at home and avoid contact with other people for three days.

To avoid catching and spreading it is still important to reinforce good hygiene:

- wash your hands with soap and water or use hand sanitiser regularly throughout the day, especially after you cough, sneeze or blow your nose, and before you eat or handle food

- cover your mouth and nose when you cough or sneeze and encourage children to do this

- regularly clean surfaces you touch often (such as door handles and remote controls) and in shared spaces, such as kitchens or bathrooms

    https://www.nhs.uk/conditions/covid-19/how-to-avoid-catching-and-spreading-covid-19/

If you require any further support please email the Health Protection Team at North Lincolnshire Council on healthprotectionteam@northlincs.gov.uk

For further information click on links to the following websites:
https://educationhub.blog.gov.uk/2023/09/27/what-are-the-latest-rules-around-covid-19-in-schools-colleges-nurseries-and-other-education-settings/
https://www.nhs.uk/conditions/covid-19/covid-19-symptoms-and-what-to-do/
https://www.nhs.uk/conditions/covid-19/
Is my child too ill for school? - NHS (www.nhs.uk)

What to do if you have tested positive (Adults over 18 years old)

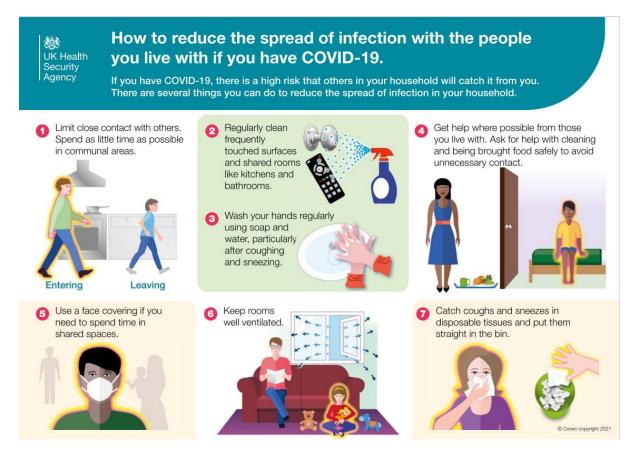You are no longer required to do a COVID-19 rapid lateral flow test if you have symptoms.

But if you have tested positive for COVID-19:

- try to stay at home and avoid contact with other people for 5 days after the day you took your test if you are 18 years old or over

- avoid meeting people who are more likely to get seriously ill from viruses, such as people with a weakened immune system, for 10 days after the day you took your test

To avoid catching and spreading it is still important to reinforce good hygiene:

- wash your hands with soap and water or use hand sanitiser regularly throughout the day, especially after you cough, sneeze or blow your nose, and before you eat or handle food

- cover your mouth and nose when you cough or sneeze and encourage children to do this

- regularly clean surfaces you touch often (such as door handles and remote controls) and in shared spaces, such as kitchens or bathrooms

https://www.nhs.uk/conditions/covid-19/how-to-avoid-catching-and-spreading-covid-19/

What to do if you have a positive COVID-19 test result (Adults – people 18 years and older)

Try to stay at home and avoid contact with other people

If you have a positive COVID-19 test result, it is very likely that you have COVID-19 even if you do not have any symptoms. You can pass on the infection to others, even if you have no symptoms.

Most people with COVID-19 will no longer be infectious to others after 5 days. If you have a positive COVID-19 test result, try to stay at home and avoid contact with other people for 5 days after the day you took your test. There is different advice for children and young people aged 18 and under.

During this period there are actions you can take to reduce the risk of passing COVID-19 on to others.

Try to work from home if you can. If you are unable to work from home, talk to your employer about options available to you.

If you have been asked to attend a medical or dental appointment in person, contact your healthcare provider and let them know about your positive test result.

You may wish to ask friends, family or neighbours to get food and other essentials for you.

At the end of this period, if you have a high temperature or feel unwell, try to follow this advice until you feel well enough to resume normal activities and you no longer have a high temperature if you had one.

Although most people will no longer be infectious to others after 5 days, some people may be infectious to other people for up to 10 days from the start of their infection. You should avoid meeting people at higher risk of becoming seriously unwell from COVID-19, especially those whose immune system means that they are at higher risk of serious illness from COVID-19, despite vaccination, for 10 days after the day you took your test.

If you leave your home

If you leave your home during the 5 days after your positive test result the following steps will reduce the chance of passing on COVID-19 to others:

- wear a well-fitting face covering made with multiple layers or a surgical face mask

- avoid crowded places such as public transport, large social gatherings, or anywhere that is enclosed or poorly ventilated

- take any exercise outdoors in places where you will not have close contact with other people

- cover your mouth and nose when you cough or sneeze; wash your hands frequently with soap and water for 20 seconds or use hand sanitiser after coughing, sneezing and blowing your nose and before you eat or handle food; avoid touching your face

Getting a COVID-19 vaccine

COVID-19 vaccination is an important part of protecting yourself if you're at increased risk from severe COVID-19.

Who is eligible for a seasonal COVID-19 vaccine?

You or your child may be offered a seasonal COVID-19 vaccine if you are:

aged 65 years old or over (you need to be 65 years old by 31 March 2024)

aged 6 months to 64 years old and are at increased risk

living in a care home for older adults

a frontline health or social care worker

aged 16 to 64 years old and are a carer

aged 12 to 64 years old and live with someone with a weakened immune system

Frequently Asked Questions:

If a child tested positive and have isolated for 3 days, but still feels unwell and has a high temperature?

We recommend that the child remains at home until feels well and without a fever, also to contact the GP who will advise further regarding treatment.

If the child tested positive again after 3 days of isolation?

The key element is the test, if is positive it means that can be contagious, so we recommend that the child stay at home to avoid further infections at school.

If the child felt unwell but has recovered after three days with no fever, can go back to school?
Yes, the child could return to school as soon as feels better and there is no fever.

If the child only has a mild cough and sneezes but does not have a fever can still attend school?

Yes, we only should consider sending the child back home when is feeling unwell or has a fever.

I know a person who has tested positive for covid and still going out is this allowed?

There are no legal powers to stop someone with covid from remaining at home, this is a personal responsibility to stop the spread of infection, particularly protecting people who are immunosuppressed, some action could prevent the spread of the virus for example,

Avoiding crowded places and avoid being in contact with vulnerable immunosuppressed people.

Wearing a face covering

Ask for help from family and friends to avoid going out

Keep areas well ventilated

Is my child too ill for school? - NHS (www.nhs.uk)