



PUPIL ABSENCE DURING COVID-19

A quick reference guide for parents, carers and staff

Updated: 13/1/21 – updated 'less common' symptoms

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 0208 4281166

'Less Common' Symptoms' – seen in positive Covid cases within our area

Sadly, some children & adults have tested positive recently within our school. They have all suffered 'less common' symptoms which are now something we must be aware of. During this period of high infection & the new variant spreading so fast, if your child is suffering from any of these, we request you keep them off school & book a test.

These include the following:

- Headaches
- sore throat
- nausea/dizziness
- vomiting/sickness & diarrhoea
- fatigue
- aches & pains in muscles/limbs

These may or may not be with the main 3 recognised symptoms:

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.

+37.8C



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

