



8<sup>th</sup> September 2020

Dear Parents & Carers,

During the coming months many children will develop winter viruses including coughs and colds and children who suffer from asthma will also cough more. Children will get blocked noses and they may sneeze; they will be fine to come into school as usual. Sickness bugs may reappear too and although these may also be added to the list of Covid-19 symptoms in the future, in children they may well be unrelated.

If your child displays any of the main symptoms listed below, it is imperative for the health of everyone in our school community that you book a test immediately. **Families must self-isolate** and stay at home until you get your results. If your child develops a cough that you may feel is unrelated to Covid-19; please seek advice from your GP immediately.

### Main symptoms

The main symptoms of Covid-19 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
- Most people with Covid-19 have at least one of these symptoms. If your child displays **any of these symptoms** you must keep them at home and seek medical advice.

### What to do if you have symptoms

If you have any of the main symptoms of Covid-19:

1. Get a test to check if you have Covid-19 as soon as possible.
2. Stay at home and do not have visitors until you get your test result – only leave your home to have a test.
3. Inform the school immediately of the test results.

Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

Please help us to minimise the risk for our pupils and staff at Herne Bay Infant & Junior Schools by following these guidelines.

With our thanks and best wishes,

Mrs Melody Kingman  
Headteacher HBJIS

Mrs Helen Day  
Acting Headteacher HBIS