



# Whitstable Junior School

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Dear Parents and Carers,

**COVID Related Absence: When should I keep my child at home?** I just wanted to remind everyone about the guidance around self-isolating and not coming into school.

## The main symptoms of coronavirus 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
- 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

## You should not send your child (or siblings) to school if;

- they have symptoms of COVID19 or live in a household with someone who has symptoms or have tested positive themselves, even if they do not have symptoms
- they live in a household with someone who has tested positive, even if that person does not have symptoms
- they are a close contact of someone who has coronavirus
- they are required to self-isolate for travel-related reasons (quarantine rules)

## What to do if your you/ your child has symptoms;

- Get a test <https://www.gov.uk/get-coronavirus-test> as soon as possible.
- You and anyone you live with should stay at home and not have visitors until you get your test result – only leave your home to have a test.
- Anyone in your support bubble should also stay at home if you have been in close contact with them since your symptoms started or during the 48 hours before they started.

If you have symptoms the COVID19 test must be a PCR test and not a Lateral Flow DeviceTest. LFD tests are for testing when you have no symptoms.

If your COVID19 PCR test results are negative then your child and all close contacts can return to school/work. If the results are positive then your child and all close contacts must self-isolate for 10 days. [NHS Self-isolation Guide](#)

Many thanks for your understanding and I know you will support us in trying to keep our community as safe as possible.

Warmest wishes,  
Annie Knoupe  
Headteacher

