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GODFREY ERMEN MEMORIAL  
CE PRIMARY SCHOOL

January 2021

Dear Parents and Carers,

### **What to do if your child is unwell...**

The box below provides a summary of the main symptoms of coronavirus.

There are many illnesses that can give rise to concern. Please contact your GP or NHS 111 if you are worried; or call 999 if seriously unwell.

#### **The most common symptoms of coronavirus (COVID-19) are recent onset of any of the following:**

- 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 high temperature (fever) - NHS advice is to look for a high temperature – ‘this means you feel hot to touch on your chest or back; you do not need to measure your temperature’.
- A loss of, or change in, your normal sense of taste or smell (anosmia).

**Any one of the above symptoms gives reason for a high level of suspicion for COVID-19.**

#### **Atypical COVID-19 testing:**

There are other less common symptoms of COVID-19, you are now able to book a COVID-19 test for child/ren who attend school if they feel unwell with ‘non-classical’ COVID-19 symptoms. While we know a lot of people are more likely to catch winter viruses at this time of year, in Salford we still want to rule out the possibility of COVID-19 and encourage pupils to get tested.

Non-classical symptoms include:

- Vomiting/nausea/off your food
- Diarrhoea
- Sleeping more than usual/extreme tiredness
- Listless/restless/agitated
- Shortness of breath
- Feeling cold
- Headache
- Severe body aches
- Sore throat
- Congested or runny nose
- Skin rash
- Complaining of anything that is not feeling themselves

Please note: Pupils who are unwell with any of these ‘non-classical’ symptoms are **not expected to isolate immediately** but are **strongly** advised to go for a test to rule out COVID-19.

Go to [www.gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test) and, when prompted, click the box that “My local council has asked me to get a test, even though I do not have symptoms”.

If your child has **any** of the above symptoms of coronavirus then they must isolate (stay at home) immediately. **All** other members of your household must also self-isolate until you know their result.

- Please use the NHS website and book a test <https://www.gov.uk/get-coronavirus-test>
- Please do let us know if you have any trouble booking a test

### **What is self-isolation?**

Self-isolation is when you do not leave your home because you have or might have coronavirus (COVID-19). This helps stop the virus spreading to other people.

- do not go to work, school or public places – work from home if you can
- do not go on public transport or use taxis
- do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- do not have visitors in your home, including friends and family – except for people providing essential care
- do not go out to exercise – exercise at home or in your garden, if you have one

### **What to do when you get the results of the coronavirus test**

Once you have got your child’s test results, or the test results of anyone else in your household, you must inform the school of the results. Even if the results are negative, you must still tell your child’s school. This is to help protect the rest of the school community.

### **What to do if your child’s coronavirus test is positive**

If your child received a positive test result, please let school know immediately by:

Phoning - 0161 789 4382

Texting – 0161 850 1489

Emailing - [godfreyermen.ceprimaryschool@salford.gov.uk](mailto:godfreyermen.ceprimaryschool@salford.gov.uk)

Your child will need to self-isolate for at least 10 days. Your household, and any other contacts, must also isolate for 14 days and watch for symptoms - if these appear then they will need to be tested. You will be given advice about your isolation when you get your test results.

### **What to do if your child’s coronavirus test is negative**

You must inform school of this straight away.

Your child can return to the school provided they feel well enough. As there are other viruses circulating, such as a cold or flu, it is advisable to avoid contact with other people until they are better. Household members can also end their isolation, unless someone else is awaiting results of a coronavirus test.

We are sending you our very best wishes at this difficult time. If you need any further advice regarding self-isolation or support the Spirit of Salford Helpline has proven really useful for families and can be contacted via <https://www.salford.gov.uk/spiritofsalford> or 0800 952 1000.

As always, we are also here to give help where we can.

Take care and stay safe,

Mrs J Clancy  
Headteacher