



ELM PARK PRIMARY SCHOOL

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Inspiring Learners, Enriching Lives, Achieving Together

Dear Families,

There are a lot of people with colds at the moment – this is not surprising at all for the start of the school year but we understand that at this time, it can be quite confusing about what to do. I have found this handy guide on the Boots website that can help to distinguish between a cold (and other usual health complaints) and Coronavirus.

Boots	RECOGNISING CORONAVIRUS SYMPTOMS				
SYMPTOMS	CORONAVIRUS Symptoms range from mild to severe	COLD Gradual onset of symptoms	FLU Rapid onset of symptoms	HAYFEVER	ASTHMA
Fever ($\geq 37.8^{\circ}\text{C}$)	Common	Rare	Common	No	No
Cough	Common (usually dry & continuous)	Mild	Common (usually dry)	Sometimes (usually dry)	Sometimes (wheeze & cough)
Shortness of breath	Sometimes	No	No	No	Sometimes
Headache	Sometimes	Rare	Common	Sometimes	No
Sore throat	Sometimes	Common	Sometimes	'Itchy' throat	No
Runny / stuffy nose	Rare	Common	Sometimes	Common	No
Sneezing	No	Common	No	Common	Rare
Aches & pains	Sometimes	Common	Common	No	No
Fatigue	Sometimes	Sometimes	Common	Sometimes	No
Diarrhoea	Rare	No	Sometimes (for children)	No	No

If your child is displaying symptoms of a cold, please continue to send your child to school, unless they are feeling very unwell. They do not need a Coronavirus test and do not need to self-isolate for any number of days.

If they are displaying symptoms of Coronavirus, you will need to try to book a test (not a very easy thing to do at the moment). They can come back to school on receipt of a negative result (please show evidence of this to the office, preferably by email). If they have a positive result or if you are unable to get a test, they will need to self-isolate for 14 days. It is important that you inform us if they are self-isolating as it will be recorded on our register differently to another illness.

If you are unable to get a test, please do contact the school office as we have a few home testing kits. These can only be used for children, who attend Elm Park.

I hope that this of some help.

With best wishes,

Mrs Carol Bond
Head Teacher