



Term 1—Guidance for acute respiratory / sickness & Diarrhoea illness.

The isolation period for anyone who tests positive for covid is:

Least 5 full days (for adults)

At least 3 full days (for pupils)

The first day that they test positive is day zero.

If anyone develops covid 19, flu or cold symptoms and are unable to test, they must follow the following guidance:

If anyone develops any of these symptoms they must remain home whilst unwell and can only return to school once they have had 24hours clear of symptoms:

- continuous cough
- loss of, or change in, your sense of taste or smell
- shortness of breath (not linked to asthma/exercise)
- unexplained tiredness, lack of energy
- muscle aches or pains that are not due to exercise
- not wanting to eat or not feeling hungry
- Headache, sore throat, stuffy or runny nose that is unusual or longer lasting than usual

If anyone develops any of the following symptoms, they must remain home whilst unwell and can only return to school when they have had a clear 48 hours from their last symptoms:

- High temperature, fever or chills
- Diarrhoea, feeling sick or being sick

With all of these symptoms the 24/48 hours without symptoms must be without medication, such as Calpol, as this can mask their illness. If we believe a child is being medicated by Calpol to hide symptoms they will be sent home.

Sickness and Diarrhoea at swimming

Please can we be aware of a change in guidance for swimming following sickness and diarrhoea. Babies or children should not swim in public swimming pools or participate in school swimming lessons for 2 weeks after diarrhoea and vomiting has stopped. Any child who has had sickness or diarrhoea will be unable to go swimming for 2 weeks following their return to school. They will be able to come to school on those days and an alternative provision will be provided.