

14th September 2020

Dear Parents/Guardians

As the coughs and sneezes return, we wanted to send out the following information, giving guidance on when to self-isolate.

As per our our pre-school policy (pre-COVID-19), if your child is unwell and coughing, we would ask that you to keep them at home until they feel well.

The NHS advice is for parents to keep their children off school and arrange for them to have a test **if they have any of the main symptoms:**

- A high temperature. This means the child feels hot to touch on their chest or back (you do not need to take their temperature).
- A new, continuous cough – this means coughing a lot for more than an hour, or three or more coughing episodes in 24 hours. If they usually have a cough, it may be worse than usual.
- A loss or change to their sense of smell or taste. This means your child has noticed they cannot smell or taste anything, or things smell or taste different to normal.

If your child has any of these symptoms, you should arrange for them to have a test as soon as possible, and keep them and their siblings off school until you get a test result. If you choose not to get a test, the child should stay away from pre-school and isolate for ten days and can only return once they feel well. If the test is negative, the child can return to pre-school once they feel well.

You should also stay at home and do not have visitors until you get the test result – only leave your home to have a test.

We have taken our advice from the following website. Link below.

<https://www.gov.uk/government/publications/coronavirus-covid-19-early-years-and-childcare-closures/coronavirus-covid-19-early-years-and-childcare-closures#infection-prevention-and-control>

If your child just has other symptoms, such as a sore throat, runny nose or slight cough and **you feel they are well enough** to go to school, and they do not have any of the main coronavirus symptoms, official advice is that they can still go in. **They must not come to pre-school, if you have had to give them a dose of paracetamol/ibuprofen (Calpol/ Nurofen), as this will mask any underlying illness.**

By following these guidelines we can help keep other families, our staff and the community safe and ensure that the pre-school can remain open.

I hope this makes sense. Please don't hesitate to get in touch if you have any questions.

Many thanks

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