

# Keswick House Nursery

21<sup>st</sup> September 2020

Dear Parents

Now that the cold season has made an appearance it is becoming an understandable challenge to distinguish between cold/flu symptoms and Covid-19 symptoms. We felt it would be helpful to remind you of what to do if your child develops one or more of the Covid-19 symptoms, or if a member of your household does so or if you are asked to self-isolate, either by the PHE track and trace system or by the school following a suspected Covid case at school.

The symptoms of Covid-19:

- A high temperature (37.8 being the current, official upper limit)
- a new and continuous cough,
- a loss, or change in, your normal sense of taste or smell.

It may also be that siblings and other members of your household develop these symptoms:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection>

In these circumstances it is important that you keep your son or daughter at home and book a Covid test as soon as possible. You should keep your child at home until you have had the result of this test. If the test result is negative, they may return to school. If it is positive your child will need to self-isolate for at least 10 days and everyone else in the household will need to self-isolate for 14 days.

If you are contacted by PHE or by school to self-isolate then we would ask that you follow that guidance. We attach again the flow chart for ease of reference.

In any of the above, we would ask that you contact school as soon as possible, emailing the school office on [keswick@therocheschool.com](mailto:keswick@therocheschool.com). Upon request we will arrange to send you home learning activities via Tapestry.

As usual we are seeing a few pupils with the 'sniffles' at the moment. If your child has a heavy cold we recommend as is usual practice that they stay at home. However, children with a slight runny nose and/or the tail end of a cold, when they are feeling well in themselves and have no other symptoms may come into school.

Pupils who are absent for any other reason e.g. an unrelated illness should inform the school office on [keswick@therocheschool.com](mailto:keswick@therocheschool.com). If your child is absent, the office will contact any family after 9.30 a.m. if we have not heard otherwise.

Best wishes

Gabriella Emery  
Head of Nursery Schools