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Dear Parents and Carers

Reducing transmission of Coronavirus at Fairfield Primary School, Cockermouth

I am writing to you in relation to COVID-19 (coronavirus).

As you will know, Fairfield Primary School was affected by a number of positive cases of COVID-19 during the last term. Everyone at Fairfield worked incredibly hard to reduce the spread of the virus and protect the wellbeing of staff and pupils. I can confirm that the school followed all the public health advice provided.

As we are about to start the Spring Term, Public Health are advising the following measures at Fairfield Primary School to help keep everyone safe.

Wider list of symptoms to prompt testing

We are recommending that the school take a very cautious approach to managing illness symptoms. Until further notice, any pupils and staff who develop one or more of the following symptoms should stay at home and get tested for COVID-19:

- New continuous cough
- Fever (high temperature of 37.8°C or above)
- Loss of, or change to, sense of taste and smell
- Upset stomach (loss of appetite, nausea, vomiting or diarrhoea)
- Fatigue (severe enough to stop you doing your normal activities and make you want to sleep more than usual)
- Headache (more severe or lasting longer than normal)
- Sore throat
- Unusual skin rash

Arranging a test

Testing can be arranged via the national portal: <https://www.gov.uk/get-coronavirus-test> . Please contact the school if you need support with this.

When booking testing, if your child does not have one of the three main COVID-19 symptoms (new continuous cough, fever, or change to/loss of sense of taste and smell), tick the option described below:

- Why are you asking for a test? - tick the option that says 'My local council or health protection team has asked me (or someone I live with) to get a test, even though I do not have symptoms'

If you are getting your child tested, please ensure the household isolates until the outcome of the test is known. Please let the school know the outcome of any test.

Also, now we are seeing more cases of COVID-19 in schools across Cumbria, it is important that we all continue to follow the advice to protect ourselves and others against COVID-19, including:

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- Do not send your child to school if they have any of the symptoms listed above. Contact the school if you are unsure about illness symptoms in your child
- Wherever possible, maintain 2 metres distance from people outside your household
- Wash your hands regularly
- Use face coverings where appropriate
- Stay at home when advised to do so (especially if you test positive or are told to stay at home because you are a close contact).

Thank you for your support in helping to control the spread of COVID-19.

Yours Sincerely,



Claire King
Consultant in Public Health
Cumbria County Council