



St. Michael's Church of England Primary School

Carlisle Road, Dalston, Carlisle, Cumbria CA5 7LN • Tel: 01228 711544 • Headteacher: Mrs L Smith

Our school values: Respect • Kindness • Challenge • Forgiveness • Perseverance

Updated COVID 19 Guidance – April 2022

Precautions

- Coughs and sneezes should be caught in tissues and the tissues disposed of
- Hands should be washed regularly using soap and water, particularly
 - after coughing and sneezing
 - before and after eating, and
 - after visiting the toilet
- Regular use of hand-sanitizer helps to reduce the spread of infection.
- Classrooms and learning spaces will continue to be well ventilated.

Testing

There is no expectation for pupils to test regularly.

Symptoms and response

In accordance with the Government's published guidance, children with **mild symptoms** such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to come to school.

Children and young people who are **unwell or have a high temperature** should stay at home and avoid contact with other people, where they can. They can return to school and resume normal activities when they **no longer have a high temperature** and they are well enough to attend.

Symptoms of COVID-19, flu and common respiratory infections include:

- continuous cough
- high temperature, fever or chills
- loss of, or change in, your normal sense of taste or smell
- shortness of breath
- unexplained tiredness, lack of energy
- muscle aches or pains that are not due to exercise
- not wanting to eat or not feeling hungry
- headache that is unusual or longer lasting than usual
- sore throat, stuffy or runny nose
- diarrhoea, feeling sick or being sick

Testing Positive for COVID-19

It is no longer recommended that children and young people are tested for COVID-19 unless directed to by a health professional.

If a child has a positive COVID-19 test result they should try to stay at home and avoid contact with other people for **3 days** after the day they took the test, if they can. After 3 days, if they feel well and **do not have a high temperature**, the risk of passing the infection on to others is much lower and so they can return to school.

Where there is a positive COVID-19 test result in the household, or someone with symptoms, the children can continue to attend school as normal.

More Information

More detail and advice can be found below:

[People with symptoms of a respiratory infection including COVID-19](#) – Government Guidance

[How to reduce the spread of infection with the people you live with if you have COVID-19](#)