

Head Teacher

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Dear Parents

With the increase of cases recently in Suffolk we are conscious that families may be aware of friends or relatives that have confirmed positive for the virus. **We have been made aware that where a positive case has been found in a child that the symptoms they showed were not necessarily the 'classic' symptoms of temperature, cough or loss of taste/smell.**

Instead the children had headaches, runny nose, upset tummy. We are not saying that these are the only symptoms that may show up, the [World Health Organisation](https://www.who.int) state "the most common symptoms of COVID-19 are fever, dry cough, and tiredness. Other symptoms that are less common and may affect some patients include loss of taste or smell, aches and pains, headache, sore throat, nasal congestion, red eyes, diarrhoea, or a skin rash." **As a reminder, the information below sets out when your family should self-isolate and get a COVID 19 test if they have symptoms or have been in contact with a confirmed case.**

Prevention

It is imperative that children who have COVID 19 symptoms, or who have someone in their household who does, **do not attend school.** Pupils, staff and other adults must not come into the school if they have [COVID-19 symptoms](#) or have tested positive in at least the last 10 days. Anyone developing symptoms during the school day will be isolated and sent home.

The main symptoms of coronavirus are below:

- **high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- **new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
- **loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

For more information, read the further [guidance on symptoms in children.](#)

When to self-isolate

The medical advice is clear: you must self-isolate if you have coronavirus symptoms or live in the same household as somebody who does.

If you have one or more of these symptoms, **you must self-isolate straight away for 10 days** – or longer if you still have symptoms other than cough or loss of sense of smell/taste. **You should arrange to take a COVID test.**

If your child has symptoms that you are concerned about you should call NHS 111 or arrange a test.

If you have tested positive whilst not experiencing symptoms but develop symptoms during the isolation period, you should restart the 10-day isolation period from the day you develop symptoms.

If you live in the same household as someone with coronavirus symptoms, you must self-isolate straight away for 10 days from when the symptomatic person first had symptoms.

**[Guidance for households with possible or confirmed coronavirus \(COVID-19\) infection](#)
[Arrange to have a test](#)**

For further information visit the NHS website <https://www.nhs.uk/conditions/coronavirus-covid-19/>

If a member of your household has received a positive test result then **please contact the school ASAP if your child has been in school with the last 10 days.**

Stay safe

Miss E Churchman
Headteacher