



Be the best you can be

Christleton Primary School  
Quarry Lane  
Christleton  
Chester  
CH3 7AY  
01244 455288

Monday 28<sup>th</sup> February 2022

Dear Parents / Carers

Welcome back! We hope that you have had an enjoyable and relaxing half term break.

As you may be aware there have been some further changes to COVID-19 guidance over the past week. This letter will hopefully provide clarity regarding these changes and the impact of them in school. If you have any questions or concerns, please do get in touch.

### **When an individual develops COVID-19 symptoms or has a positive test.**

There is no longer a legal requirement for people with coronavirus (COVID-19) infection to self-isolate, however **if you have any of the main symptoms of COVID-19 or a positive test result, the public health advice is to stay at home and avoid contact with other people.**

The following advice is for:

- people with any of the main symptoms of COVID-19
- people who have received a positive COVID-19 lateral flow device (LFD) or polymerase chain reaction (PCR) test result
- people who live in the same household as, or who have had close contact with, someone who has COVID-19

The main symptoms of COVID-19 are a recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)



Get a **PCR** test and **isolate**

**If you have any of these symptoms you should order a PCR test. The public health advice is to stay at home and avoid contact with other people while you are waiting for the test result.**

Other symptoms linked with COVID-19 include shortness of breath, fatigue, loss of appetite, muscle ache, sore throat, headache, stuffy or runny nose, diarrhoea, nausea and vomiting. Any of these symptoms may also have another cause.

## What to do if you have COVID-19

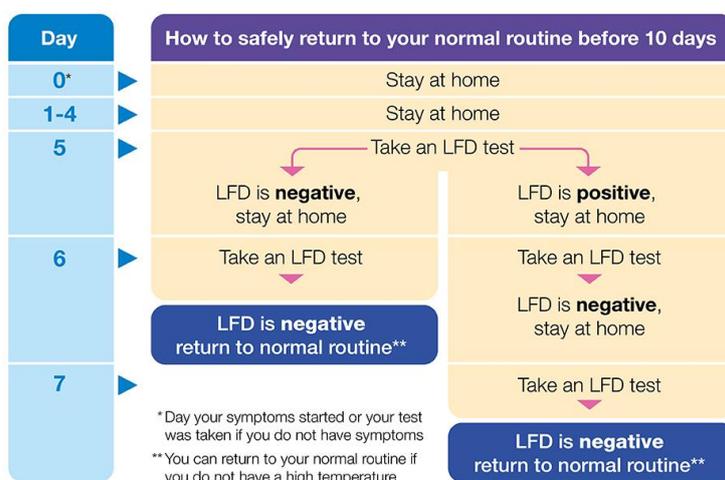
The most effective way to avoid passing on COVID-19 infection is to stay at home and avoid contact with other people.

If you have COVID-19 you can infect other people from 2 days before your symptoms start, and for up to 10 days after. You can pass on the infection to others, even if you have mild symptoms or no symptoms at all. If you have COVID-19 the advice from public health is that you should stay at home and avoid contact with other people.



Many people will no longer be infectious to others after 5 days. You may choose to take an LFD test from 5 days after your symptoms started (or the day your test was taken if you did not have symptoms) followed by another LFD test the next day. If both these test results are negative, and you do not have a high temperature, the risk that you are still infectious is much lower and you can safely return to your normal routine.

If your day 5 LFD test result is positive, you can continue taking LFD tests until you receive 2 consecutive negative test results.



## Positive cases in Children

Public health advice remains that **children with COVID-19 should not attend their education setting while they are infectious**. They should take an LFD test from 5 days after their symptoms started (or the day their test was taken if they did not have symptoms) followed by another one the next day. If both these tests results are negative, they can return to school, as long as they feel well enough to do so and do not have a temperature. They should follow the guidance for their educational setting.

## Welcoming children back to school

Obviously we wish all children to attend school and in the vast majority of cases, parents will agree that a pupil with the key symptoms of COVID-19 should not attend the school, given the potential risk to others. If however a parent or carer insists on a pupil attending school where they have a confirmed or suspected case of COVID-19, guidance provided to schools does allow for us to make the decision to refuse the pupil if, in our reasonable judgement, it is necessary to protect other pupils and staff from possible infection with COVID-19.



## Tracing close contacts and isolation

Public health advice for contacts of confirmed cases changed from the 24<sup>th</sup> February. Contacts are no longer required to self-isolate or advised to take daily tests. Contact tracing has ended.

### Close contacts

People who live in the same household as someone with COVID-19 are at the highest risk of becoming infected because they are most likely to have prolonged close contact. People who stayed overnight in the household of someone with COVID-19 while they were infectious are also at high risk.

If you live with, or have stayed overnight in the household of, someone who has COVID-19, you are advised to:

- minimise contact with the person who has COVID-19
- work from home if you are able to do so
- avoid contact with anyone you know who is at higher risk of becoming severely unwell if they are infected with COVID-19, especially those with a severely weakened immune system
- limit close contact with other people outside your household, especially in crowded, enclosed or poorly ventilated spaces
- wear a well-fitting face covering made with multiple layers or a surgical face mask in crowded, enclosed or poorly ventilated spaces and where you are in close contact with other people
- pay close attention to the main symptoms of COVID-19. If you develop any of these symptoms, order a PCR test. You are advised to stay at home and avoid contact with other people while you are waiting for your test result.

Follow this advice for 10 days after the day the person you live or stayed with symptoms started (or the day their test was taken if they did not have symptoms).

**Children and young people who usually attend an education or childcare setting and who live with someone who has COVID-19 should continue to attend the setting as normal.**

### Control measures

The school continues to implement various control measures across school, these are outlined below.

#### Hand hygiene

Frequent and thorough hand cleaning continues to be a regular practice and the children are reminded of this.

#### Respiratory hygiene

The 'catch it, bin it, kill it' approach continues to be very important and children are reminded of this. The [e-Bug COVID-19](#) website contains free resources on this topic.

#### Appropriate cleaning regimes

An appropriate cleaning schedule continues to be implemented with a particular focus on frequently touched surfaces.



## Ventilation

In school we will continue to keep occupied spaces well ventilated.

We will utilise our mechanical ventilation system to draw fresh air into the school and use openings such as doors and windows to create natural ventilation through the building. The need for increased ventilation will be balanced against maintaining a comfortable temperature.



In all classrooms, we will also continue to use our HEPA filters to filter the air. These filters are on throughout the day.

CO2 monitors will continue to be used as an indicator of air quality. When staff identify the air quality has deteriorated staff can quickly increase ventilation.

## Face coverings

Public health guidance states that face coverings are no longer advised for pupils, staff and visitors in classrooms or communal areas.



Our staff have been advised of and follow wider advice on face coverings outside of school. Should cases increase then staff face coverings would be one measure temporarily re-introduced in communal areas.

## Stepping measures up and down

The school continues to have contingency plans in place which outline how we will operate if extra measures are required. The school keeps abreast of guidance and advice, regularly reviewing its risk assessment and the measures in place. Should additional steps be required they will be implemented and communicated to you as soon as possible.

Kind regards,

*Mr Mitchell*

