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Updated guidance on COVID-19 – April 2022

The symptoms of COVID-19 and other respiratory infections are very similar. It is not possible to tell if you have COVID-19, flu or another respiratory infection based on symptoms alone. Most people with COVID-19 and other respiratory infections will have a relatively mild illness, especially if they have been vaccinated.

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

If anyone has symptoms of a respiratory infection, such as COVID-19, and they have a high temperature or do not feel well enough to go to work or carry out normal activities, they are advised to try to stay at home and avoid contact with other people.

What is the advice if pupils (aged 18 years and under) have symptoms of a respiratory infection, including COVID-19?

Children and young people with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting.

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 go back to school, college or childcare, and resume normal activities when they no longer have a high temperature and/or they are well enough to return. All children and young people with respiratory symptoms should be encouraged to cover their mouth and nose with a disposable tissue when coughing and/or sneezing and to wash their hands after using or disposing of tissues. It can be difficult to know when to seek help if a child is unwell. If you are worried, especially if they are aged under 2 years old, then you should seek medical help.

What is the advice for those aged under 18 years who have taken a test for COVID-19 and the result is positive?

If a child or young person 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.** If after 3 days they feel well and do not have a high temperature, then they can return to the setting.