



21<sup>st</sup> April 2022

Dear DVIS Parents and Carers

Welcome back to the summer term and a busy one it promises to be!

### Update on Covid 19 testing and guidance

As of 1st April, the Government no longer provides free Coronavirus (COVID-19) testing for the general public in England. This includes access to tests for schools, nurseries and special schools.

The latest advice from the NHS was sent through to schools last week and can be found below.

### Minimising the spread of COVID-19

Schools will continue with measures to reduce the spread of COVID-19 and other infectious diseases – including good ventilation and using outdoor spaces; making sure people wash their hands regularly, use tissues and throw them away properly. Please remind your children to cough into a tissue or their elbow, cover their mouth and nose with a tissue, (not hands) when they cough or sneeze, and to put used tissues in the bin immediately. Ask them to wash their hands with soap and water often, especially before eating, and to use hand sanitiser gel if soap and water are not available.

### Updated NHS COVID-19 symptoms lists

The NHS [COVID-19 symptoms in adults](#) and [symptoms in children](#) have been updated (see below for the latter).

### Coronavirus (COVID-19) symptoms in children

Children and young people aged 18 and under can get coronavirus (COVID-19), but it's usually a mild illness and most get better in a few days.

Symptoms of COVID-19 can include:

- a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)
- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache

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- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

The symptoms are very similar to symptoms of other illnesses, such as colds and flu.

### **What to do if your child has symptoms (DVIS will be following this advice)**

Your child should try to stay at home and avoid contact with other people if they have symptoms of COVID-19 and they either:

- have a high temperature
- do not feel well enough to go to school, college or childcare, or do their normal activities

They can go back to school (college or childcare) when they feel better or do not have a high temperature.

Children with diarrhoea and/or vomiting should stay away from school until two days (48 hours) after they last vomited or had diarrhoea, even if they do not have a high temperature

If your child has mild symptoms such as a runny nose, sore throat or mild cough, and they feel well enough, they can go to school (college or childcare).

Most children who are unwell will recover in a few days with rest and plenty of fluids.

### **What to do if you *have* tested positive for COVID-19**

If you have COVID-19, you can pass on the virus to other people for up to 10 days from when your infection starts. Many people will no longer be infectious to others after 5 days.

You should:

- try to stay at home and avoid contact with other people for 5 days
- avoiding meeting [people at higher risk from COVID-19](#) for 10 days, especially if their immune system means they're at higher risk of serious illness from COVID-19, even if they've had a COVID-19 vaccine

This starts from the day after you did the test.

If a child or young person aged 18 or under tests positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days. This starts from the day after they did the test.

Children and young people tend to be infectious to others for less time than adults. If they're well and do not have a temperature after 3 days, there's a much lower risk that they'll pass on COVID-19 to others.

### **Covid Vaccinations 5–11 year olds**

From April, 5-11 year olds who are well will also be offered the COVID-19 vaccine in vaccination centres, pharmacies, GPs and walk-in centres. Parents of 5-11 year olds will receive a letter from the NHS with further information. You can read more about the vaccine and book an appointment [HERE](#).

Kind regards  
Helen Poyton

