

# Eastlands Primary School

## March 2021 Coronavirus Information Update

### Hello to all our families,

#### Figures in Rugby

Rugby is currently a Covid Hotspot, being one of only 38 places in the whole of the UK where the rate per 100,000 is greater than 100. With increased testing of secondary school children, a rise was to be expected, but this does not mean that we should not continue to do all we can to keep the rates down. Whilst deaths and hospitalisations remain very low, we still need to continue with hands, face, space and fresh air message to contain the virus.



Also see

- \* <https://www.eastlandsprimaryschool.co.uk/contact-us/communication>
- \* <https://www.eastlandsprimaryschool.co.uk/contact-us/covid-measures-in-school>

### Coronavirus symptoms and what to do if you think you have them.

- \* Please would you keep school informed if you test positive for COVID or suspect a family member is showing COVID symptoms.
- \* Public Health England have asked us to remind you that if someone in your household is showing COVID symptoms everyone in the household should self isolate until you have been tested. Please be aware that Public Health England's role will now be performed by a new body called National Institute for Health Protection (NIHP).

### When should my children stay off school and get tested?

- If your child has a temperature, cough or a change in sense of taste or smell —please get a PCR test. ( DO not use a LFD—these lateral Flow Tests are only for asymptomatic testing)

Your child should also stay off school if they have any of the below symptoms.

If these symptoms persist or concern you, consider going for a PCR test (as requested by Public Health)

- Sore throat
- Headache
- Diarrhoea
- Vomiting
- Aches in muscles
- Fatigue / Really tired
- Any cold like symptoms

**IF FOR ANY REASON YOU DO NOT WANT YOUR CHILD TO HAVE A TEST, THEY MUST REMAIN OFF SCHOOL FOR 10 DAYS. PLEASE CALL SCHOOL FOR ADVICE.**

**These are the common symptoms in children.**

# Eastlands Primary School

## How to get tested

- ⇒ <https://www.nhs.uk/ask-for-a-coronavirus-test>
- ⇒ <https://www.gov.uk/apply-coronavirus-test-essential-workers>
- ⇒ Or call 119



HM Government NHS Test and Trace

### How long do I need to self-isolate for?

If <u>you</u> have symptoms or a positive test	If someone in your household has symptoms	If you arrive in the UK from abroad*
<b>10 DAYS</b>	<b>10 DAYS</b>	<b>10 DAYS</b>

\*excluding exempt countries

## General information—What about these lateral flow tests? \*\*

- ⇒ 1 in 3 people with Covid don't even know they have it, but can still spread it.
- ⇒ The best way to stop this is **for EVERYONE TO TEST REGULARLY. YOUR WHOLE HOUSEHOLD CAN DO THIS.** This will reduce people who do not even know they have it, passing it onto friends and family.
- ⇒ **These tests are for when you do not have symptoms – you are asymptomatic.**
- ⇒ These tests can be collected from the testing centre on Railway terrace, every day from 1pm to 8pm. You will get enough tests to last a couple of weeks.
- ⇒ If you can't get there, you can order online:

<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>

**Please test regularly to reduce transmission**

**Safeguarding is Everybody's Responsibility**

# Eastlands Primary School

## General information continued...

### *What can I do to help at school?*

- ⇒ Wear a mask (or a visor if exempt from wearing a mask)
- ⇒ Stay 2m away from all other adults and children
- ⇒ Don't gather at the gates
- ⇒ Follow the government guidance for mixing with other households out of school
- ⇒ Wash your hands regularly
- ⇒ Regularly test the whole household to pick up asymptomatic cases
- ⇒ Follow all Government guidance
- ⇒ Do not leave the country unless an emergency

### Covid Terminology

**\*PCR test** - Test is taken at a testing site, it is sent to a lab, and you have to wait 24-48 hours for a result -these tests are only available in Rugby at Railway terrace. You do these tests when you have symptoms.

**\*\* LFD Lateral flow testing** – These are the rapid tests that only take 30 minutes for the results. You can do these yourself at home. You can collect kits from Railway terrace or the West Indian club. You do these when you do not have symptoms.

**We all have the right to feel safe all the time.**