



Oaklands School

Together Everybody Achieves More

What should I do if we have COVID-19 symptoms?

Updated 17.09.20



 www.oaklands.medway.sch.uk

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Systems of Control

We all have to make sure that we keep the children and families safe by following these simple **Prevention** guidelines

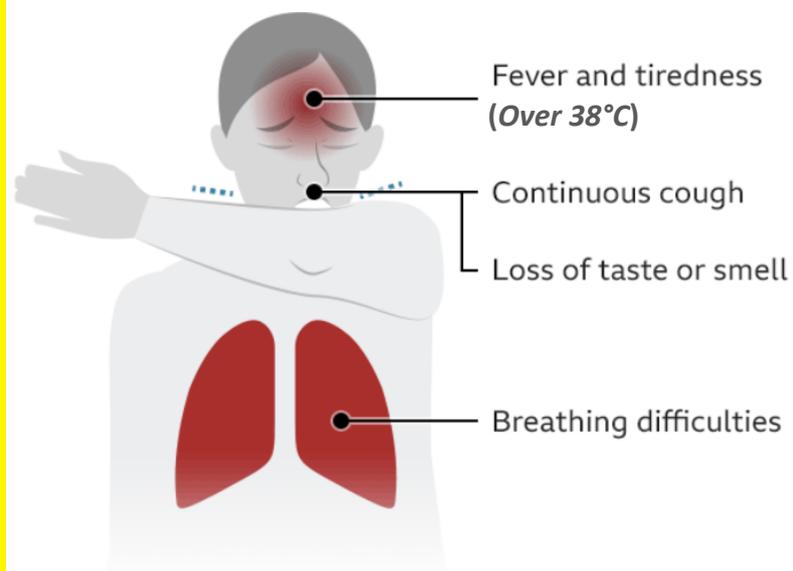
1. **Minimise contact with the virus** by self isolating
2. **Clean hands thoroughly and often.**
3. **'Catch it, Bin it, Kill it'** approach to sneezes.
4. **Enhanced cleaning** such as uniforms and equipment.
5. **Keep social distancing** such as in the Meet & Greet playground.
6. **When needed, wear PPE** such as if you come into school for an appointment.

Response

At the moment, the infection rates are very low. Positive tests are in single figures and are currently one of the lowest in the country. In the rare case of having symptoms, we will all need to do the following.

1. Minimising Contact

You will need to keep any eye out for symptoms of COVID-19, these are:



As we know, we all get coughs and colds and so we need to think carefully about the symptoms.

We are not medical professionals but the PHE guidance explains these as:

A high temperature

this means you feel hot to touch on your **chest** or **back**. When taking your temperature, it will be **38°C or above**

A 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*)

A 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**.

2. Self Isolate

If you or anyone in your family has these symptoms, you must **self-isolate** at home with no contact with others.

- The person with the symptoms must isolate for **10 days**
- Their immediate family members for **14 days**.

It is very important for all our community that everyone takes this seriously.

You can access learning materials to use with your child at the **Oaks Academy** website.

On here you can find 1000s of lessons and videos for you to use. You can also keep in touch with your class teacher via email or through the main office.

01634 333820

office@oaklands.medway.sch.uk

3. Track and Trace

Testing is very important for the safety of everyone. You can find a COVID test centre online and there are also kits which you can use at home.

The school must be informed of the result of the test. Your child will not be able to re-join the school, until we have had the negative test results.

4. Positive Test Results

If the test is positive you must let the school know as soon as possible.

[If there is a positive test result then the school will speak to Public Health England.](#)

PARENT QUESTIONS

What if my child is ill at school?

If your child has symptoms at school, we will isolate them within the school and contact you immediately. We will need you or someone in your family to collect them as soon as possible.

What if they non COVID ill?

If your child is ill but not with COVID-19 symptoms, you will make the usual decision of whether or not to send them to school. Normal bugs such as a cold or head ache can be managed in school as normal.

As we get into winter one challenge will be the regular colds which children get. At the moment, we will have to be very cautious and take any COVID-19 symptoms seriously.

What about my child's attendance?

The laws around attendance are back in force, however we obviously will work with you and support you if there are legitimate illnesses or you have to self-isolate.

SCHOOL EXPECTATIONS

It is very important that as part of the Oaklands TEAM, you and your family follow these control measures both inside and outside of school. This is for the safety of all the children and staff so that we can all keep safe in school.

We have set up an special email called **worrybox@oaklands.medway.sch.uk** for anyone who has any worries regarding returning to school. You can send us a message and we will try and help you with your worry.

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STAY
ALERT



CONTROL
THE VIRUS



SAVE
LIVES