



Learning through *Exploration*

Reaching Our Full *Potential*

Inspiring the *Future*

Explore, Achieve, Inspire

As we approach winter, it is inevitable that we will see an increase in pupils and staff developing coughs and colds. We are committed to working together during this period and communication between home and school will be key.

If you feel that your child (or anyone in your household/bubble) has developed one of the symptoms below, seek advice from the NHS 111 coronavirus helpline as soon as possible and they will advise you what to do next.

The main symptoms of coronavirus are:

- a high temperature – this 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 (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

Most people with coronavirus have at least 1 of these symptoms.

Please inform the school as soon as possible so we are able to monitor the situation in school

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What to do if you have symptoms

If you have any of the main symptoms of coronavirus:

1. Get a test to check if you have coronavirus as soon as possible.
2. Stay at home and do not have visitors until you get your test result – only leave your home to have a test.

Anyone you live with, and anyone in your support bubble, must also stay at home until you get your result.

NHS 111 Online coronavirus service: <https://111.nhs.uk/covid-19/>

Use the NHS 111 online coronavirus service if:

- you're worried about your symptoms
- you're not sure what to do

➔ **Use the NHS 111 online coronavirus service**

Call 111 if you cannot get help online. Do not go to places like a GP surgery, hospital or pharmacy.

Babies and children

Call 111 if you're worried about a baby or child under 5.

If your child seems very unwell, is getting worse or you think there's something seriously wrong, call 999.

Do not delay getting help if you're worried. Trust your instincts.

Thank you for your continued support

Mr Nicholson
Head Teacher

