



14 October 2020

Dear Parents/Guardians of The Ladies' College

We are writing today to update you on the latest guidance from Public Health, in respect of measures to support our community in managing sickness/self-isolation absence under Covid-19.

### **Covid-19 symptoms**

**As a reminder, the symptoms that you should be aware of are:**

- New and severe fatigue
- New muscle ache for no obvious reason
- Headache (sinus pain, pain around eyes)
- Loss of smell/taste
- Sore throat
- Fever (high temperature, rigors, chills, can't get warm)
- Shortness of breath, chest tightness
- Continuous new cough
- Children and Over 80s and 90s – loose stool, mild fever, not themselves with a cough presenting later

If your daughter does start to experience **any** symptoms, no matter how mild, please contact the Clinical Helpline by calling 01481 756938 or 01481 756969. **Your daughter must be kept at home whilst you seek Public Health advice and should not be sent into College.**

If they feel very unwell, phone 999 and tell the operator of their symptoms.

Please do not visit your GP or the Emergency Department at the hospital unannounced.

### **Guidance for families where a child is unwell and sent home from College**

If your daughter is unwell and is sent home from College, you will be advised to contact the Covid-19 Helpline 01481 756938 or 01481 756969 to get further advice if they have relevant symptoms. If necessary, your child may be referred for testing for COVID-19.

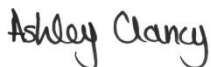
In keeping with the updated guidance issued yesterday by Public Health:

- 1) Your daughter should not return to school until all symptoms have cleared, or as otherwise advised by Public Health Services or a health practitioner.
- 2) Your daughter must self-isolate **until these symptoms are gone** and can stop isolating once they have been tested for Covid-19 and the result of that test was negative.
- 3) If they have a negative result for Covid-19 then they can return to College once symptoms have resolved. **[Please note that previously Public Health had required that you ensure that all symptoms had been cleared for 48 hours. This is no longer required, as of updated guidance issued 13/10/20 and now available <https://covid19.gov.gg/guidance/symptoms>]**
- 4) If your daughter has, for example, a lingering cough, they should seek advice from a health practitioner before they return to College.
- 5) As a reminder, please note that the above guidance regarding return to College **DOES NOT** apply to those with diarrhoea and vomiting – in these cases your child must be symptom free for 48 hours before they return to school. There is still strong evidence to support that gastrointestinal infections can be spread by airborne particles for 48 hours after symptoms resolve.

As with all our recent communications regarding Covid-19 and the guidance issued to us around this, we thank you for taking the time to read this communication and for supporting us in maintaining the health and wellbeing of our community by following the guidance above.

We trust that the content of this communication is clear, but would ask that you contact the Covid-19 Helpline to get further advice if there are any areas which you wish to be clarified in respect of the testing process and self-isolation requirements should you daughter become unwell.

Yours sincerely



Ashley Clancy  
**Principal**