



St Thomas Becket

Catholic Primary School

Birchanger Road
London SE25 5BN

Headteacher

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19 April 2022

Dear Parents/Carers,

Government guidance for people with symptoms of a respiratory infection including COVID-19, or a positive test result for COVID-19 has been updated from the start of April 2022.

In this guidance the government sets out actions to take to help reduce the risk of catching COVID-19 and passing it on to others. These actions will also help to reduce the spread of other respiratory infections.

This guidance is in 2 parts:

- Actions you can take to protect other people if you are unwell with symptoms of a respiratory infection, including COVID-19, and you have not taken a test for COVID-19.
- Advice for people who have taken a COVID-19 test and have received a positive test result

The advice states:

Symptoms of COVID-19, flu and common respiratory infections include:

- continuous cough
- high temperature, fever or chills
- loss of, or change in, your normal sense of taste or smell
- shortness of breath
- unexplained tiredness, lack of energy
- muscle aches or pains that are not due to exercise
- not wanting to eat or not feeling hungry
- headache that is unusual or longer lasting than usual
- sore throat, stuffy or runny nose
- diarrhoea, feeling sick or being sick

When children and young people with symptoms should stay at home and when they can return to education

Children with mild symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education setting.

Children who are unwell and have a high temperature should stay at home and avoid contact with other people, where they can. They can go back to school or childcare, and resume normal activities when they no longer have a high temperature and they are well enough to attend.

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Children and young people aged 18 years and under who have a positive test result

It is not recommended that children and young people are tested for COVID-19 unless directed to by a health professional.

If a child or young person has a positive COVID-19 test result they should try to stay at home and avoid contact with other people for 3 days after the day they took the test, if they can. After 3 days, if they feel well and do not have a high temperature, the risk of passing the infection on to others is much lower. This is because children and young people tend to be infectious to other people for less time than adults.

Children and young people who usually go to school, college or childcare and who live with someone who has a positive COVID-19 test result should continue to attend as normal.

The full guidance can be accessed via [this link](#).

Yours sincerely

A handwritten signature in black ink that reads "N. Campbell". The signature is written in a cursive style and is followed by a long, sweeping horizontal line that extends to the right.

Noel Campbell
Head teacher