



**Woodcot**  
**Primary School**  
TOGETHER WE LEARN AND GROW



**UPAT**  
University of Portsmouth  
Academy Trust

Date: 13/12/2024

Dear Parents/guardians,

We are writing to inform you that the nursery/school has multiple cases of high temperature and coughs in Year 1 & 3. The setting remains open, and your child should continue to attend as normal if they remain well.

**What to do if your child develops respiratory symptoms, a high temperature or tests positive for COVID-19.** The guidance for people with symptoms of a respiratory infection including COVID-19, or a positive test result for COVID-19 can be found here: <https://www.gov.uk/guidance/people-with-symptoms-of-a-respiratory-infection-including-covid-19>

This includes advice for children and young people attending education and childcare settings. The key points are:

- Children with mild symptoms such as a runny nose, sore throat, or mild cough, who are otherwise well, can continue to attend their education or childcare setting.
- Children and young people who are unwell and have a [high temperature](#) should stay at home and where possible avoid contact with other people. They can go back to education or childcare setting when they no longer have a high temperature, and they are well enough.
- If a child or young person has a positive COVID-19 test result they should try to stay at home and, where possible, avoid contact with other people for 3 days after the day they took the test. The risk of passing the infection on to others is much lower after 3 days if they feel well and do not have a high temperature.
- Adults with a positive COVID-19 test result should try to stay at home and avoid contact with other people for 5 days.
- Children and young people who usually go to school, college or childcare and who live with someone who has COVID-19 or another respiratory illness such as flu should continue to attend as normal unless they become unwell.

### **How to stop respiratory illness spreading (including COVID-19 and flu)**

There are things you can do to help reduce the risk of you and anyone you live with catching and spreading a respiratory illnesses:

- Take up vaccinations when you are offered – the annual flu vaccination is part of the routine vaccine schedule for eligible groups. To check if you/your child is eligible visit <https://www.nhs.uk/conditions/vaccinations/> or speak to your GP
- Wash your hands with soap and water or use hand sanitiser regularly throughout the day
- Cover your mouth and nose with a tissue or the crook of the arm (not your hands) when you cough or sneeze and put used tissues in the bin immediately and wash your hands afterwards
- Meet people outside and avoid crowded areas
- Open doors and windows to let in fresh air if meeting people inside
- Wear a face covering when it is hard to stay away from other people – particularly indoors or in crowded places.

Yours sincerely

*M. Beetlestone*

Headteacher