



The Manor
Preparatory School

COVID-19 Response Policy (Medical)

Date Policy Reviewed:	29 November 2022
Review Frequency:	Half Termly or more regularly if necessary
Date of Next Review:	7 February 2023
Person(s) Responsible for Review:	SLT (Head)

This policy is based on the following guidance:

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

1. TESTING

If you have symptoms of COVID-19, you are no longer required to do a rapid lateral flow or PCR test.

Who can get a free NHS coronavirus (COVID-19) rapid lateral flow test

Coronavirus (COVID-19) tests are no longer free for most people. Some people can still get free COVID-19 rapid lateral flow tests from the NHS. You can get free NHS tests if you have a health condition which means you're eligible for COVID-19 treatments.

You may also be able to get free NHS tests if:

- you're going into hospital
- you work in healthcare or adult social care

Other ways to get a COVID-19 test

If you still want to get tested and you're not eligible for a free NHS test, you must pay for a COVID-19 test yourself. You can buy rapid lateral flow tests from some pharmacies and retailers, in person or online.

2. SYMPTOMS

Symptoms of COVID-19 in children and adults can include:

- a high temperature or shivering (chills) – a high temperature 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
- a loss or change to your sense of smell or taste
- shortness of breath
- feeling tired or exhausted

- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

The symptoms are very similar to symptoms of other illnesses, such as colds and flu.

3. GUIDANCE FOR SCHOOL STAFF

If you have symptoms of COVID-19, you are no longer required to do a rapid lateral flow or PCR test.

What to do if you have COVID-19 symptoms

Try to stay at home and avoid contact with other people if you have symptoms of COVID-19 and either:

- you have a high temperature
- you do not feel well enough to go to work or do your normal activities

Take extra care to avoid close contact with anyone who is at higher risk of getting seriously ill from COVID-19.

You can go back to your normal activities when you feel better or do not have a high temperature.

If you are worried about your symptoms, or are not sure what to do, contact NHS 111 either online or by phone.

What to do if you've tested positive for COVID-19

Let your Line Manager know as soon as you have tested positive.

If you have COVID-19, you can pass on the virus to other people for up to 10 days from when your infection starts. Many people will no longer be infectious to others after 5 days. You should:

- try to stay at home and avoid contact with other people for 5 days
- avoiding meeting people at higher risk from COVID-19 for 10 days, especially if their immune system means they're at higher risk of serious illness from COVID-19, even if they've had a COVID-19 vaccine

This starts from the day after you did the test.

4. GUIDANCE FOR PARENTS

Children and young people aged 18 and under can get coronavirus (COVID-19), but it is usually a mild illness and most get better in a few days.

What to do if your child has COVID-19 symptoms

Please keep your child at home and avoid contact with other people if they have symptoms of COVID-19 **and** they either:

- have a high temperature
- do not feel well enough to go to school, college or childcare, or do their normal activities

They can come back to school when they feel better or do not have a high temperature.

If your child has mild symptoms such as a runny nose, sore throat or mild cough, and they feel well enough, they can come to school.

Encourage your child to cover their mouth and nose with a tissue when they cough or sneeze, and to wash their hands after using or throwing away tissues.

Most children who are unwell will recover in a few days with rest and plenty of fluids.

If your child develops COVID-19 symptoms during the school day

Any child who presents as unwell during the school day will be taken to the School Nurse. The child's temperature will be taken and their symptoms will be assessed. If they have a raised temperature or are too unwell to be in school, the child's parents will be called and asked to come and collect their child. The child should then stay away from school until well enough to return.

Testing for COVID-19 for children

If a child or young person aged 18 or under tests positive for COVID-19, they should try to stay at home and avoid contact with other people for 3 days. This starts from the day after they did the test.

Children and young people tend to be infectious to others for less time than adults. If they're well and do not have a temperature after 3 days, there's a much lower risk that they'll pass on COVID-19 to others

5. GENERAL MEDICAL MATTERS

- If a child arrives at school on any given day and the school has cause to be concerned about their health, they should not be permitted entry to the site without a second opinion from the School Nurse or First Aider on duty.
- The school will adhere to its strict policy on a 48 hour exclusion in the event of vomiting and diarrhoea.
- Hand hygiene - frequent and thorough handwashing is regularly enforced.
- Hand-sanitising gel is available
- Normal PPE for personal hygiene amongst the Early Years Children is provided and used.

- Respiratory hygiene - the 'catch it, bin it, kill it' approach is encouraged.
- Posters are in place around the school, reinforcing good practice.
- Appropriate cleaning regimes are in place in all areas of the school.
- Areas are appropriately ventilated.