

Living with COVID-19 – April 2022

The majority of the COVID-19 guidance for schools has now been withdrawn.

Continued measures and risk assessments

Schools no longer has to consider COVID-19 in their health and safety risk assessments but should have infection prevention and control measures in place to ensure there is a low risk to staff and students. There are to ensure any one who is eligible has access to, and is supported to take up the vaccination for both COVID-19 and flu; keep the school well ventilated i.e. open windows to ensure circulation of fresh air; continue with handwashing and sanitising.

Testing

From 1st April 2022, testing will no longer be expected in school and schools have been advised not to hand out any test kits to staff or students unless advised by the local health protection team, local authority or director of public health.

List of symptoms of COVID-19

The list of symptoms has been extended and now includes: high temperature with a fever or chills; a continuous cough; shortness of breath; loss of, or change to normal sense of taste or smell; 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 lasts longer than usual; sore throat, stuffy or runny nose; diarrhoea, feeling or being sick.

Should you develop symptoms of a respiratory infection, including COVID-19

The current guidance recommends people with symptoms of a respiratory infection (including COVID-19) together with a high temperature and who feel unwell, to stay at home and avoid contact with other people until they feel fit enough to resume normal activities.

Suggested measures to reduce passing on infections are: face coverings; avoid crowded and poorly ventilated spaces, including public transport; no exercise outside; wash and sanitise hands frequently and keep mouth and nose covered with sneezing or coughing.

To reduce spread to household: keep distance; wear face covering; keep rooms well ventilated; ensure surfaces or kept clean; ensure any visitors are advised of your condition.

Your cough and tiredness could continue when other symptoms has improved.

Guidance for children and young people with symptoms

Children and young people with mild symptoms can continue to attend school. However, if they are unwell with a high temperature they should stay home and avoid contact. Once they no longer have a high temperature they can return to school.

Positive test results

As from 1st April 2022 anyone who tests positive for COVID-19 is advised to stay at home for 5 days. Young people under 18 are advised to stay at home for 3 days.

Contact

If someone in your household or anyone who has stayed overnight tests positive you are at high risk of infection. It can take up to 10 days for the infection to develop and there is no requirement for you to stay at home during this period. However, it is recommended that: you avoid contact with anyone at high risk; wear face coverings; keep house well ventilated; continue with hand washing and sanitising.

There is no need for children to isolate and not attend school if someone in their household tests positive.

Mark Roessler
Principal