

Severn Beach Preschool

Guidance for children or adults who develop Covid 19 symptoms, or symptoms of other infectious diseases.

Issued by the government 01.04.22

Typing in standard font is Government guidance. *Typing in italics and bold is Severn Beach Preschool Policy and Procedure.*

Environment or placement of someone who develops an infection

Prompt exclusion of children, young people and staff who are unwell with an infectious disease is essential to preventing the spread of infection in education and childhood settings.

Children with mild, respiratory symptoms such as a runny nose, sore throat, or slight cough, who are otherwise well, can continue to attend their education or childcare setting. All settings should have a local policy for the appropriate removal of staff, children and young people while they are likely to be infectious. They should also have a procedure for contacting parents and/or carers when children become unwell at the setting.

At Severn Beach Preschool we will contact parents to collect their child. We will keep the child safe and comfortable and, if possible, sit them away from the others until they are collected. Once collected a thorough clean will be carried out.

Parents will be asked to keep children home until their temperature has been normal for at least 24 hours and they are well enough to return.

If the child has a test and it shows that they have covid 19, they will be asked to stay at home for at least 3 days.

Children who are unwell and showing [the symptoms of an infectious disease](#) or a diagnostic result should be advised to stay away from their education or childcare setting for the minimum period recommended.

See government exclusion table for further detail on the symptoms of different infections and recommended action. Preschool have access to this and a hard copy in the classroom.

Staff or students who are close contacts of people who are unwell with an infectious disease or an infection do not usually need to be excluded from the setting. However, your [health protection team](#) (HPT) will advise you if there are specific precautions to be taken in response to managing a case or outbreak. They will contact you if this is required.

In most cases, parents and carers will agree that a child who is unwell and has symptoms of an infectious illness, such as a fever should not attend your setting, given the potential risk to others.

If a parent or carer insists on a child with symptoms attending your setting, where they have a confirmed or suspected case of an infectious illness, you can take the decision to refuse the child if, in your reasonable judgement, it is necessary to protect other children and staff from possible infection. For some infections, individuals may be advised to remain away from a setting for a longer period of time. This will be advised by your HPT.

Coronavirus (COVID-19) symptoms in children

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

Symptoms of COVID-19 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.

What to do if your child has symptoms

Your child should try to stay 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 go back to school, college or childcare when they feel better or do not have a high temperature. ***We ask that you wait for 24 hours after their temperature has returned to normal before they return, as long as they are well enough to do so.***

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

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.

Children and young people (aged 18 years and under) who have symptoms of a respiratory infection, including COVID-19

Respiratory infections are common in children and young people, particularly during the winter months. Symptoms can be caused by several respiratory infections including the common cold, COVID-19 and RSV.

For most children and young people, these illnesses will not be serious, and they will soon recover following rest and plenty of fluids.

Very few children and young people with respiratory infections become seriously unwell. This is also true for children and young people with long-term conditions. Some children under 2, especially those born prematurely or with a heart condition, can be more seriously unwell from [RSV](#).

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

Children and young people 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 and young people 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, college or childcare, and resume normal activities when they no longer have a high temperature (**for 24 hours**) and they are well enough to attend.

All children and young people with respiratory symptoms should be encouraged to cover their mouth and nose with a disposable tissue when coughing and/or sneezing and to wash their hands after using or disposing of tissues.

It can be difficult to know when to seek help if your child is unwell. If you are worried about your child, especially if they are aged under 2 years old, then you should seek medical help.

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.

Outbreaks

Please see our outbreak contingency plan.

Information taken from GOV.UK and the UKHSA HPT.