



BEESTON HALL SCHOOL

COUGHS AND COLDS ADVICE FOR PARENTS

SEPTEMBER 2021

Firstly, a reminder of the current advice from the NHS. The main symptoms of coronavirus are:

1. **a high temperature** – this means you feel hot to touch on your chest or back (you do not need to measure your temperature)
2. **a new, continuous cough** – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual)
3. **a loss or change to your sense of smell or taste** – this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

Most people with coronavirus have at least ONE of these symptoms. In addition, it has been reported that children can present with a headache and fatigue.

If you or your child have any of these symptoms, please get a PCR test (not a lateral flow test) and your family and childcare bubbles should isolate until you get the test result. *

In addition, if you or your child tests positive for a Lateral Flow Test please get a PCR test (this overrides Lateral Flow Test)

If the result is positive all members of your household and anyone who has been in close contact must isolate for a full 10 days. (Day 1 is the day after symptoms develop or after the date of the test) *

*PLEASE NOTE: you will not be required to self-isolate if you live in the same household as someone with COVID-19 and any of the following apply:

- you are fully vaccinated
- you are below the age of 18 years 6 months
- you have taken part in or are currently part of an approved COVID-19 vaccine trial
- you are not able to get vaccinated for medical reasons

Fully vaccinated means that you have been vaccinated with an MHRA approved COVID-19 vaccine in the UK, and at least 14 days have passed since you received the recommended doses of that vaccine, however advice is that, as a close contact, you have to arrange a PCR test as soon as possible.

DIFFERENTIATING BETWEEN 'COVID' AND 'NON-COVID' COUGHS

If the test is negative, and your child still has the 'continuous' cough which prompted you to get a test, please do not send them in to school until the cough has settled to a level not considered continuous (as above).

If the cough is productive and is accompanied by cold symptoms e.g. sneezing, runny nose, sore throat then this is unlikely to be COVID as the COVID cough is most commonly dry.

If your child has a HEAVY cold, with runny nose, sneezing and continuous coughing (as above) please keep them at home, until they feel better, to try and prevent spread.

If your child has asthma or allergy, you would be familiar with their 'usual' cough.... If the cough is different from their usual and it is not accompanied by a tight chest and/or a wheeze then please isolate and test.

If your child has asthma and is requiring their reliever inhaler more than 3 times a day, please keep them at home. If their usual treatment isn't working you may need to consider a test.

Teaching staff should send any child with a continuous cough, which is disturbing the class, to me or matron for assessment.

If at any point you are concerned about your child's health, please ring 111.

I hope this answers many of your questions regarding coughs.

Please don't hesitate to email me on nurse@beestonhall.co.uk if you have any questions.

Kind regards,

Alison Bailey RCN
Beeston Hall School Nurse