

4th July 2022

Dear Headteacher,

We are seeing an increase in COVID-19 cases locally. I am writing to summarise existing guidance and answer some common questions that we have been receiving.

The Trafford Council Outbreak Management and IPC Hub continues to be available via email at covidtrace@trafford.gov.uk or through our online form <https://forms.office.com/r/MnGEST8CxG>. Please contact us should you have any queries that you wish to discuss.

Most people can no longer access free NHS testing for COVID-19, and it is not recommended that children and young people are tested (unless directed to by a health professional). However, we appreciate that some individuals continue to test.

Symptoms of COVID-19, flu and common respiratory infections include:

- continuous cough
- high temperature, fever or chills
- loss of, or change in, your normal sense of taste or smell
- shortness of breath
- 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 longer lasting than usual
- sore throat, stuffy or runny nose
- diarrhoea, feeling sick or being sick

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.

What actions should be taken if someone is showing symptoms of COVID-19, flu and common respiratory infection?

	Action to take	Stay at home	Back to the setting
Adult or child with symptoms of a respiratory infection	<p>Get plenty of rest and drink water to keep hydrated</p> <p>Use medications such as paracetamol to help with your symptoms</p>	<p>Stay at home if: you have a high temperature or are feeling unwell</p>	<p>Return to education setting and resume activities when you/they no longer have a high temperature and are feeling well again</p>

What actions should be taken if someone has a positive test result?

	Action to take	Stay at home	Back to the setting
Adult with a confirmed case of COVID-19	<p>Report positive result here</p> <p>Get plenty of rest and drink water to keep hydrated</p> <p>Use medications such as paracetamol to help with symptoms</p>	<p>For 5 days after the day they took their test</p> <p>Adults who have tested positive for COVID-19, but are feeling well should still stay at home until 5 days after the day they took their test.</p>	<p>After the 5 day isolation period if they are well enough to return and no longer have a temperature (if they had one)</p>
Child with a confirmed case of COVID-19	<p>Report positive result here</p> <p>Get plenty of rest and drink water to keep hydrated</p> <p>Use medications such as paracetamol to help with symptoms</p>	<p>For 3 days after the day they took their test</p> <p>Children who have tested positive for COVID-19 but are feeling well should still stay at home until 3 days after the day they took their test.</p>	<p>After the 3 day isolation period if they are well enough to return and no longer have a temperature (if they had one)</p>

INFECTION PREVENTION AND CONTROL MEASURES

It continues to be important to follow good infection prevention and control measures as these will help to reduce the spread of a range of illnesses within your school setting.

1. **Hand washing** is one of the most important ways of controlling the spread of infections, especially those that cause diarrhoea and/or vomiting and respiratory infections. Ensure children and staff are aware of good technique, and supplies of liquid soap and paper towels at all times in toilet areas and at hand wash basins.
2. 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.
3. Coughs and sneezes spread diseases. **Covering the nose and mouth during sneezing and coughing** can reduce the spread of infections. Keep a supply of tissues to hand – however, if tissues are not available, cough or sneeze into the crux of the elbow, not into hands.
4. Keeping education and childcare settings clean, including toys and equipment, reduces the risk of infection. It is especially important to **clean surfaces** that people touch a lot.
5. Ventilation is the process of introducing fresh air into indoor spaces while removing stale air. **Letting fresh air into indoor spaces** can help remove air that contains virus particles and prevent the spread of COVID-19 and other respiratory infections.

VACCINATION

COVID-19 vaccines remain the most important and effective way that we can protect ourselves and others from becoming seriously ill or dying from the virus. Please continue to support your staff members to access vaccination information.

HELPFUL RESOURCES

Schools Guidance

- [Emergency planning and response for education, childcare, and children's social care settings - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/guidance/emergency-planning-and-response-for-education-childcare-and-childrens-social-care-settings)

Infection Prevention and Control

- [e-Bug free educational IPC resources](#)
- [Introduction to infections](#)
- [The prevention and control of infections in education and childcare settings](#)
- [Exclusion Table](#)

Stay at Home Guidance

- [What to do if you have coronavirus \(COVID-19\) or symptoms of COVID-19 \(NHS\)](#)
- [People with symptoms of a respiratory infection including COVID-19 \(Gov.uk\)](#)