



Covid Policy

John Scurr Primary School

And arrangements for managing Covid-19

24 February 2022



Introduction

This Covid-19 policy and arrangement document supports the school risk Covid-19 risk assessment and health and safety policy. This has been completed to strengthen our risk management in relation to the management of Covid-19 as we recognise the significant government changes during February 2022, and we are still very much dealing with the effects of Covid-19 in our school and our duty of care to our staff, pupils and visitors remain a legal requirement.

There is no longer a legal requirement for people with coronavirus (COVID-19) infection to self-isolate, however if you have any of the main symptoms of COVID-19 or a positive test result, the public health advice is to stay at home and avoid contact with other people.

We continue to follow the government school operational guidance [additional information available for these settings](#).

We set out clear guidance and reminder to our staff/pupils/parents that includes the ongoing risk management required for us to manage within our school that includes headings such as;

- Knowing the symptoms
- Higher risk groups
- What to do if you have Covid-19
- How you return to work/school safely

1. Know the symptoms of COVID-19

The main symptoms of COVID-19 are a recent onset of any of the following:

- a new continuous cough
- a high temperature
- a loss of, or change in, your normal sense of taste or smell (anosmia)

If you have any of these symptoms you should order a [PCR test](#). You are advised to stay at home and avoid contact with other people while you are waiting for the test result and to get tested as soon as possible. Informing your line manager and following the HR procedures.

Other symptoms linked with COVID-19 include shortness of breath, fatigue, loss of appetite, muscle ache, sore throat, headache, stuffy or runny nose, diarrhoea, nausea and vomiting. Any of these symptoms may also have another cause. If you are concerned about your symptoms, or they are worsening, contact 111 or speak to your GP. In an emergency dial 999.

There is additional guidance for people who have been informed by the NHS that they are at highest risk of becoming severely unwell and who might be eligible for new COVID-19 treatments.

People who have a condition that puts them at high risk

People aged 16 and over with a health condition that puts them at high risk of getting seriously ill from COVID-19 are eligible for a booster dose of the vaccine. We promote and encourage our staff to be vaccinated and to follow the government guidance including for those are higher risk.

These conditions include:

- long-term lung conditions (such as severe asthma, COPD, bronchiectasis and cystic fibrosis)
- long-term conditions affecting the heart or blood vessels (such as congenital heart disease, heart failure and peripheral arterial disease)
- long-term kidney disease
- long-term liver conditions (such as cirrhosis and hepatitis)
- conditions affecting the brain or nerves (such as dementia, Parkinson's disease, motor neurone disease, multiple sclerosis, epilepsy, cerebral palsy or stroke)
- severe or multiple learning disabilities
- Down's syndrome
- diabetes
- problems with the spleen or the spleen has been removed (splenectomy)
- severe obesity (a BMI of 40 or above)
- severe mental conditions (such as schizophrenia and bipolar disorder)
- a condition or treatment that makes you more likely to get infections
- a condition your doctor advises puts you at high risk

Most children and young people with COVID-19 experience a mild illness or do not have any symptoms at all. Children who have symptoms of COVID-19 are more likely to pass the virus onto others than those who do not.

It is still possible to catch and spread COVID-19, even if you are fully vaccinated. For most people, especially if they have been vaccinated, COVID-19 will be a relatively mild illness. However, COVID-19 can still be a very serious infection and for some people the risk of becoming severely unwell is higher.

In some cases, COVID-19 can cause symptoms that last for weeks or months after the infection has gone. People who have had a mild illness can still have long-term problems.

2. What to do if you have COVID-19

The most effective way to avoid passing on COVID-19 infection is to stay at home and avoid contact with other people.

When someone with COVID-19 breathes, speaks, coughs or sneezes, they release small particles (droplets and aerosols) that contain the virus that causes COVID-19. These particles can come into contact with the eyes, nose or mouth or can be breathed in by another person. The particles can also land on surfaces and be passed from person to person via touch.

The risk of catching or passing on COVID-19 can be higher in certain places and when doing certain activities such as singing or vigorous exercise. In general, the risk of catching or passing on COVID-19 is highest when you are physically close to someone who is infected.

However, it is possible to be infected even by someone you do not have close contact with, especially if you are in a crowded, enclosed or poorly ventilated space. This is because the infectious particles can stay suspended in the air for some time.

If you have COVID-19 you can infect other people from 2 days before your symptoms start, and for up to 10 days after. You can pass on the infection to others, even if you have mild symptoms or no symptoms at all. If you have COVID-19 you should stay at home and avoid, contact with other people.

You should:

- not attend work
- Inform your manager following the HR guidance and parents should contact the school in the normal way when reporting sickness
- Discuss with your manager for any arrangement if able to work at home
- if you can, let people who you have been in close contact with know about your positive test result so that they can follow this guidance

Many people will no longer be infectious to others after 5 days. You must take an LFD test from 5 days after your symptoms started (or the day your test was taken if you did not have symptoms) followed by another LFD test the next day.

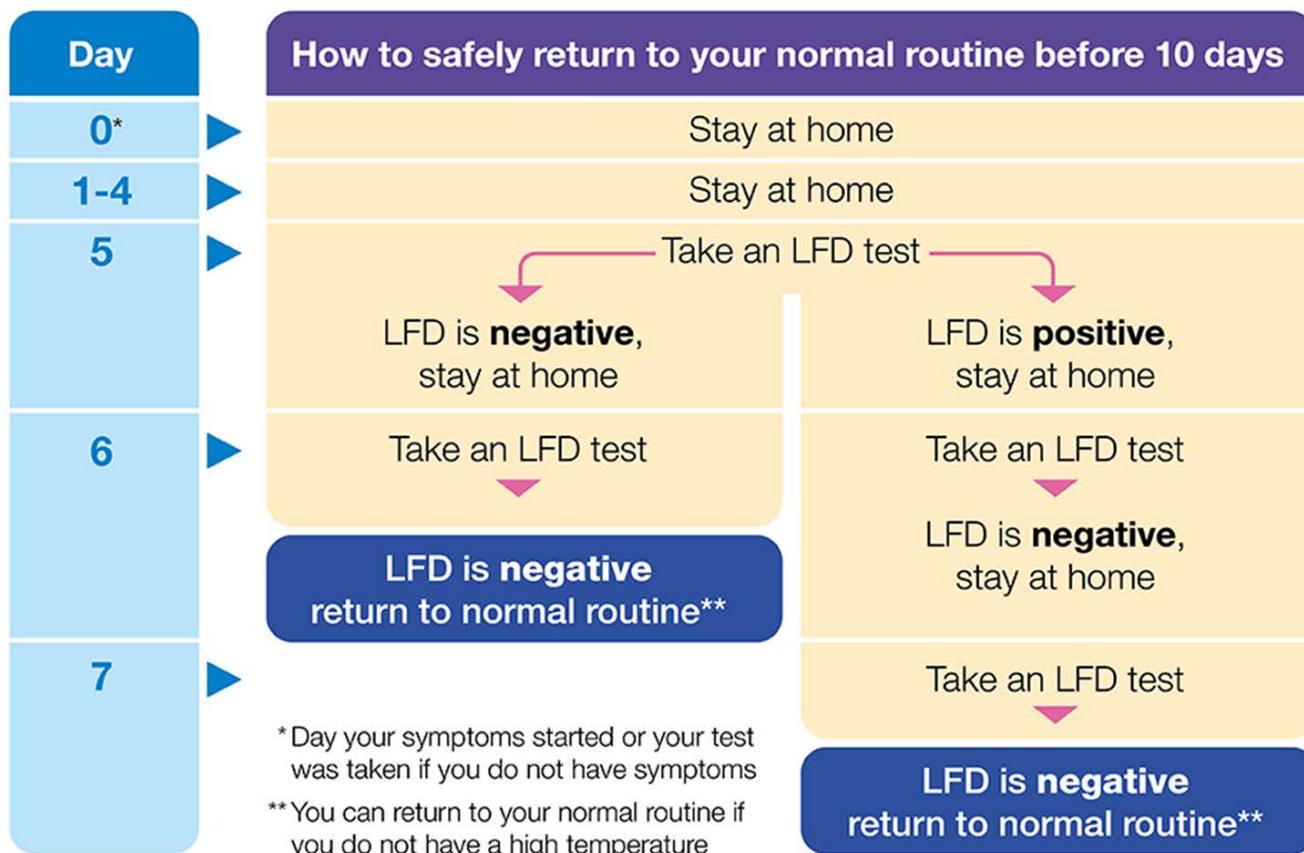
If both these test results are negative, and you do not have a high temperature, the risk that you are still infectious is much lower and you can safely return to your normal routine.

Special Schools and those schools that have higher risk staff/pupils of becoming seriously unwell from a confirmed case:

Advise that the confirmed cases isolate for 10 days re:

Avoid meeting people at higher risk of becoming seriously unwell from COVID-19, especially those with a severely weakened immune system, for the 10 days after your symptoms started (or the day your test was taken if you did not have symptoms).

How to safely return to your normal routine before 10 days



If your day 5 LFD test result is positive, you can continue taking LFD tests until you receive 2 consecutive negative test results.

Children and young people with COVID-19 should not attend their education setting while they are infectious. They should take an LFD test from 5 days after their symptoms started (or the day their test was taken if they did not have symptoms) followed by another one the next day. If both these tests results are negative, they should return to their educational setting if they normally attend one, as long as they feel well enough to do so and do not have a temperature. They should follow the guidance for their educational setting.

People at higher risk of becoming severely unwell if they are infected with COVID-19

COVID-19 can make anyone seriously unwell but for some people the risk is higher. For most of these people, this risk is significantly reduced by vaccination. The risk of becoming seriously unwell from COVID-19 is very low for children and young people.

People who are known to be at higher risk from COVID-19 include:

- older people
- those who are pregnant
- those who are unvaccinated
- people of any age who have a [severely weakened immune system](#)
- people of any age with [certain long-term conditions](#)

You will not always know whether someone you come into contact with outside your home is at higher risk of becoming seriously unwell. They could be strangers (for example people you sit next to on public transport) or people you may have regular contact with (for example friends and work colleagues). This means it is important to follow the advice in this guidance to keep others safe.

What to do if you are a close contact of someone who has COVID-19

People who live in the same household as someone with COVID-19 are at the highest risk of becoming infected because they are most likely to have prolonged close contact. People who stayed overnight in the household of someone with COVID-19 [while they were infectious](#) are also at high risk.

If you live with, or have stayed overnight in the household of, someone who has COVID-19, you are advised to:

- minimise contact with the person who has COVID-19
- work from home if you are able to do so
- avoid contact with anyone you know who is at [higher risk of becoming severely unwell](#) if they are infected with COVID-19, especially those with a [severely weakened immune system](#)
- limit close contact with other people outside your household, especially in crowded, enclosed or poorly ventilated spaces
- wear a well-fitting [face covering](#) made with multiple layers or a surgical face mask in crowded, enclosed or poorly ventilated spaces and where you are in close contact with other people
- pay close attention to the [main symptoms of COVID-19](#). If you develop any of these symptoms, [order a PCR test](#). You are advised to stay at home and avoid contact with other people while you are waiting for your test result

Follow this advice for 10 days after the day the person you live or stayed with symptoms started (or the day their test was taken if they did not have symptoms).



Children and young people who usually attend an education or childcare setting and who live with someone who has COVID-19 should continue to attend the setting as normal.

If you are a contact of someone with COVID-19 but do not live with them or did not stay in their household overnight, you are at lower risk of becoming infected. Carefully follow the guidance on [Coronavirus: how to stay safe and help prevent the spread](#).

Wellbeing and practical support while you are staying at home

Staying at home and avoiding contact with other people can be difficult, frustrating and lonely for some people. Remember to take care of your mind as well as your body and get support if you need it. [Every Mind Matters](#) provides simple tips and advice to take better care of your mental health.

The [NHS Volunteer Responders programme](#) is still available to help support those who need it.

Volunteers can collect and deliver shopping, medication and other essential supplies and can also provide a regular friendly phone call. Call 0808 196 3646 between 8am and 8pm, 7 days a week to self-refer or visit NHS Volunteer Responders for further information.

There may also be other voluntary or community services in your local area that you can access for support.