



Tudor Grange Primary Academy, St James

Continued immediate notification of symptoms and test results

It continues to be of the utmost importance that you continue to follow the guidelines that are there to protect us all. It is important that you remain vigilant to the symptoms of COVID-19. If your child or anyone in your household is symptomatic and you have arranged a PCR test for them, please inform us using office@stjames.tgacademy.org.uk, as this may provide additional information that may be useful for our conversations with Public Health England. Your prompt communications with us are essential to our risk assessment, thank you for assistance in this.

The current guidance remains:

What to do if anyone in our household develops symptoms of COVID 19

If anyone develops symptoms of COVID-19, they should remain at home for at least 10 days from the date when their symptoms appeared. Anyone with symptoms will be eligible for testing and this can be arranged via or by calling 119 or visiting this [link](#). You should also inform the school if your child becomes symptomatic.

All other household members who remain well must stay at home and not leave the house for 10 days.

The 10-day period starts from the day when the first person in the house became ill.

Household members staying at home for 10 days will greatly reduce the overall amount of infection the household could pass on to others in the community.

If you are able, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period.

Lateral Flow Device testing

If you are undertaking Lateral Flow Device testing, you and your household members do not need to isolate unless your LFD result indicates that you need to seek a PCR test. LFDs should not be used if you display any symptoms of COVID-19, and you should seek a PCR test.

Symptoms of COVID 19

The most common symptoms of coronavirus (COVID-19) are recent onset of:

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

For most people, coronavirus (COVID-19) will be a mild illness.



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If anyone in your household does develop symptoms, you can seek advice from NHS 111 [online](#) or by phoning 111.

How to stop COVID-19 spreading

There are things you can do to help reduce the risk of you and anyone you live with getting ill with COVID-19

- wash your hands with soap and water often – do this for at least 20 seconds
- use hand sanitiser gel if soap and water are not available
- wash your hands as soon as you get home
- cover your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- put used tissues in the bin immediately and wash your hands afterwards

Please be reassured that we will continue to communicate with you regularly and openly. Should you have any specific questions that you want us to address then please email office@stjames.tgacademy.org.uk

