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## St John the Baptist CofE (Aided) Primary School

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School Hill, Findon, West Sussex BN14 0TR  
Telephone: 01903 873072 Fax: 01903 877205  
E-mail: [office@stjbps.co.uk](mailto:office@stjbps.co.uk) : [www.stjbps.co.uk](http://www.stjbps.co.uk)  
Headteacher: Richard Yelland BA

Dear Parents

22<sup>nd</sup> September 2020

As we head into the winter, children will be catching the usual colds and coughs, etc. However, given the current Coronavirus pandemic it is vital that children who have displayed COVID-19 symptoms isolate and are tested. Below is additional information that you may find helpful should your child be unwell. If your child exhibits any of the following symptoms, then please do not send them to school and arrange for them to be tested. The following is taken from the NHS website.

The main symptoms of coronavirus are:

- **a high temperature** – this 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 (if you usually have a cough, it may be worse than usual)
- **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 1 of these symptoms. **(NHS website)**

Anyone who displays symptoms of coronavirus (COVID-19) should get a test. Tests can be booked online through the NHS [testing and tracing for coronavirus](#) website, or ordered by telephone via NHS 119 for those without access to the internet.

We know that it is sometimes difficult to distinguish between the symptoms of a cold and COVID-19 and I have attached three links below. One of which is a BBC video which may help to distinguish between a cold and COVID-19 along with two documents produced by the Government with helpful information.

<http://www.bbc.co.uk/news/av/health-54182329#>

<https://www.nhs.uk/conditions/coronavirus-covid-19/check-if-you-have-coronavirus-symptoms/>

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance>

Yours sincerely

Richard Yelland