



**St. Peter's Catholic Primary School**  
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**Following in Jesus' footsteps, we live, love and learn together as a school family to build a better world.**

7<sup>th</sup> April 2022

Dear Parents/Carers,

### **LIVING WITH COVID**

As you are aware, we are now following the Living with Covid guidance and this is set out in the government's [next steps for living with covid](#).

The key messages, in summary, are as follows:

- adults with the symptoms of a respiratory infection, and who have a high temperature or feel unwell, should try to stay at home and avoid contact with other people until they feel well enough to resume normal activities and they no longer have a high temperature
- children and young people who are unwell and have a high temperature should stay at home and avoid contact with other people. They can go back to school, college or childcare when they no longer have a high temperature, and they are well enough to attend
- adults with a positive COVID-19 test result should try to stay at home and avoid contact with other people for 5 days (the first day of a positive test result is Day 0), which is when they are most infectious. For children and young people aged 18 and under, the advice is to stay at home and avoid contact with other people for 3 days

Symptoms of coronavirus (COVID-19) in adults can include:

- a high temperature or shivering (chills) – a high temperature means you feel hot to touch on your chest or back (you do not need to measure your temperature)



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- a new, continuous cough – this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours
- a loss or change to your sense of smell or taste
- shortness of breath
- feeling tired or exhausted
- an aching body
- a headache
- a sore throat
- a blocked or runny nose
- loss of appetite
- diarrhoea
- feeling sick or being sick

The symptoms are very similar to symptoms of other illnesses, such as colds and flu.

Thank you so much for all your support during the pandemic. While we still have COVID cases in school, levels have dropped significantly amongst the pupils and so we hope that by continuing to adhere to good hand hygiene that this will continue.

On behalf of all the staff and governors, I would like to wish you all a joyous Easter.

Yours sincerely,

Mrs Baron

Headteacher