



16th June 2021

Dear Parents

Following Boris Johnson's announcement on Monday 14th June, we will continue to keep our current protective measures in place until there is further announcement on step 4 of the roadmap.

More is being learned about COVID-19 and what symptoms people should act on. The main symptoms of coronavirus (COVID-19) are a high temperature, a continuous new cough, a loss or change to your sense of smell or taste. But some researchers say for some people, having COVID can feel "more like a bad cold" with symptoms such as a headache, sore throat and a runny nose.

If you think your child may have COVID, it is important to get tested. Even people who don't feel very ill can put others at risk.

The main symptoms of COVID-19 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 high temperature is 37.8C or above.
- 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.

If your child has any of the above symptoms or cold symptoms with any of the above, please get a PCR test (test that is sent to a lab) to check if they have COVID-19 and stay at home until you get the result.

To arrange a COVID-19 test - you can use the [Get a free PCR test to check if you have coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](https://www.gov.uk/get-a-free-pcr-test-to-check-if-you-have-coronavirus)

Not everyone with COVID-19 experiences all of these symptoms. Some people may have similar symptoms to a cold, with no fever. Others may only have a loss of smell or taste and some may have no symptoms at all.

The BBC have put together a useful video: [Covid symptoms: Is it a cold or coronavirus? - BBC News](https://www.bbc.com/news/health-55888888)

If your child is unwell, please inform us on the first day of their absence by 9:30am using either email longhampreschool@gmail.com or telephone us on 01202 578436. Please then notify us at your earliest convenience of the PCR test result.

We have had a few children with similar symptoms mentioned in this letter and we are pleased to say that their PCR test results were negative. We would like to thank these parents for keeping their children at home and taking them for a test. If you are in any doubt, there is always someone at pre-school from 8am to chat to.

We really need to work together to keep COVID-19 away from pre-school and to keep everyone safe and well.

Many thanks for your continuous support, we really do appreciate it.

Kelly & Leanne