






Friday, 25 September 2020

## Covid-19 Safety and Confusion

Dear Parent,

**PLEASE follow the ANY ONE RULE at ALL TIMES**

There continues to be significant confusion about school attendance when **ANYONE** in a household is displaying **ANY ONE** of the symptoms below. We have created the table below to help remove any remaining uncertainty.

The COVID-19 TRIO		
<u>ANY ONE</u> of the following? Please Isolate immediately.		
	New Cough And Persistent Cough	A new cough is defined as a cough that you or your child would not normally have. A persistent cough is an involuntary cough that happens every few minutes for more than an hour, 3 or more coughing episodes within 24 hours. <b>If you have BOTH of these symptoms ANYONE in your household MUST Isolate immediately.</b>
OR		
	HIGH TEMPERATURE 37.8 ° C 100 ° F	A high temperature measured with a reliable thermometer. It is best to take 2 or 3 readings to reduce errors over 15 minutes. If you have no thermometer then NHS state 'any new high temperature where your child feel hot to touch' <b>If a high temperature is established over a period of 15 minutes. ANYONE in your household MUST Isolate immediately.</b>
OR		
	Loss of TASTE Or SMELL	If you or a member of your household loses their sense of taste or smell <b>ANYONE in your household MUST Isolate immediately.</b>

- ISOLATE YOUR WHOLE HOUSEHOLD IMMEDIATELY YOU BELIEVE **ANYONE** HAS **ANY ONE** SYMPTOM FROM THE COVID-19 TRIO
- **NEVER** TAKE A CHANCE SENDING A CHILD TO SCHOOL IF **ANYONE** IN THE HOUSEHOLD HAS **ANY ONE** OF THE COVID TRIO SYMPTOMS OR YOU BELIEVE THEY MIGHT HAVE.



## The **ANY ONE** Rule

### Key messages

1. If ANYONE of your household has ANY ONE of the THREE core symptoms – you have a legal duty to isolate EVERY member of the household immediately.

#### ***In practice this means:***

- Every member of the household must return or be collected from school, work or other activity immediately.
  - You should not leave the house, if you can possibly avoid it
  - You should make every effort to arrange a test for ANYONE with symptoms in your household. **No symptoms – No test needed**
  - School will support home learning immediately ready for the first full day of absence
  - **You or your child MUST NOT attend the school premises** – that includes if you are uncertain. Please email [office@chesswood.w-sussex.sch.uk](mailto:office@chesswood.w-sussex.sch.uk) to describe the current symptoms in as much detail as you can and we will confirm whether your child can attend. Please avoid calling as we do not have enough staff to receive the calls, only if it is essential call 01903 204141 to discuss symptoms.
2. There may be other symptoms such as achy joints, a blocked nose, a head ache and so on. At this time, no other symptom is considered to be a factor.

#### ***In practice this means***

- You need to determine whether you have ANY ONE of the TRIO – regardless of any other symptom – if you or a member of your household has ANY ONE then you MUST ALL isolate immediately. Please then follow the guidance above for next steps.
  - You must not assume, for instance, that sneezing and a runny nose and a cough is ONLY a cold. It might be. But because a cough is involved you must consider the NEW and PERSISTENT definition for the cough.
  - The fact that there are other symptoms has no bearing on whether your household should or should not isolate – if ANYONE in your household has ANY ONE of the TRIO ONLY a TEST can determine whether it is or is not COVID 19.
3. It is not possible for any doctor, health care professional, school staff, friend, family member or internet site to determine whether you have COVID-19 – ONLY a TEST can do this.

#### ***In practice this means***

- If you think you or a member of your household has ANY ONE of the TRIO, you should check to make sure. If, on balance, you think the answer is YES, as hard as this will be – ANYONE in your HOUSEHOLD MUST ISOLATE IMMEDIATELY

### **NHS GUIDE**

- <https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/>
- <https://www.nhs.uk/conditions/coronavirus-covid-19/testing-and-tracing/get-a-test-to-check-if-you-have-coronavirus/>

We hope this clarification is helpful. Please work with us, don't take chances with the health and welfare of other community members and always follow the ANY ONE rule if in doubt. We hope that will enable the school to remain open throughout this challenging period.

Yours sincerely,