



## ABBEY PARK SCHOOL

### Coronavirus related absences quick reference guide

| <i>What to do if...</i>  | <i>Action needed</i>  | <i>Code</i> | <i>Return to APS when...</i>   |
|--|---|-------------|--|
| ...my child has coronavirus symptoms   | <ul style="list-style-type: none"> <li>• <b>Do not come to APS</b></li> <li>• <b>Contact APS daily</b></li> <li>• Self-isolate</li> <li>• Get a test</li> <li>• Inform APS immediately about test result</li> </ul>                     | Code X      | <p>your test is negative, as long as:</p> <ul style="list-style-type: none"> <li>• everyone you live with who has symptoms tests negative</li> <li>• everyone in your support bubble who has symptoms tests negative</li> <li>• you were not told to self-isolate for 14 days by NHS Test and Trace</li> <li>• you have not travelled to the UK from a place with a high coronavirus risk – see</li> <li>• you feel well – if you feel unwell, stay at home until you're feeling better</li> </ul> <p>If you have diarrhoea or you're being sick, stay at home until 48 hours after they've stopped.</p> |
| ...my child tests positive for coronavirus   | <ul style="list-style-type: none"> <li>• <b>Do not come to APS</b></li> <li>• <b>Contact APS daily</b></li> <li>• Self-isolate for at least 10 days</li> <li>• Inform APS immediately about test result</li> </ul>                      | Code I      | ...they feel better. They can return to the academy after 10 days if they no longer have any symptoms and feel well.   |
| ...somebody in my household has coronavirus symptoms   | <ul style="list-style-type: none"> <li>• <b>Do not come to APS</b></li> <li>• <b>Contact APS daily</b></li> <li>• Self-isolate</li> <li>• Household member to get a test</li> <li>• Inform APS immediately about test result</li> </ul> | Code X      | ...the household member's test is negative.  |
| ...NHS test and trace have identified my child as a 'close contact' of somebody with symptoms or confirmed coronavirus | <ul style="list-style-type: none"> <li>• <b>Do not come to APS</b></li> <li>• <b>Contact APS daily</b></li> <li>• Self-isolate for 14 days</li> </ul>   | Code X      | ...the child has completed 14 days of self-isolation without showing any symptoms  |
| ...we/my child has travelled and has to self-isolate as part of a period of quarantine                                 | <ul style="list-style-type: none"> <li>• <b>Do not take unauthorised leave in term time</b></li> <li>• <b>Consider quarantine requirements and FCO</b></li> </ul>   | Code X      | ...the quarantine period of 14 days has been completed   |



Executive Principal:  
Operational Principal:  
Vice Principal:

Mr C Zimmerman  
Mr J Young  
Mrs L Hunter


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|  |  |        |  |
|--|--|--------|--|
|  | <p><b>advice when booking travel</b></p> <ul style="list-style-type: none"> <li>• Provide information to APS as per attendance policy</li> </ul> <p><b><u>Returning from a destination where quarantine is needed:</u></b></p> <ul style="list-style-type: none"> <li>• Do not come to APS</li> <li>• Contact APS daily</li> <li>• Self-isolate for 14 days</li> </ul> |        |  |
| ...we have received medical advice that my child must resume shielding | <ul style="list-style-type: none"> <li>• Do not come to APS</li> <li>• Contact APS as required by the pastoral team</li> <li>• Shield until you are informed that restrictions are lifted and shielding is paused again</li> </ul>   | Code X | ...the school informs you that restrictions have been lifted and your child can return to APS again. |

\* If your child is healthy enough to follow lessons, they should log in to SMHW follow their normal timetable, where lessons will be streamed on TEAMS where possible.

|  <b>RECOGNISING CORONAVIRUS SYMPTOMS</b> |  |  |   |                         |                            |
|---|--|--|---|-------------------------|----------------------------|
| SYMPTOMS  | CORONAVIRUS<br><small>Symptoms range from mild to severe</small> | COLD<br><small>Gradual onset of symptoms</small> | FLU<br><small>Rapid onset of symptoms</small> | HAYFEVER                | ASTHMA                     |
| Fever (>37.8°C)   | Common   | Rare   | Common  | No                      | No                         |
| Cough   | Common (usually dry & continuous)                                | Mild   | Common (usually dry)                          | Sometimes (usually dry) | Sometimes (wheeze & cough) |
| Shortness of breath   | Sometimes  | No   | No  | No                      | Sometimes                  |
| Headache  | Sometimes  | Rare   | Common  | Sometimes               | No                         |
| Sore throat   | Sometimes  | Common   | Sometimes                                     | 'Itchy' throat          | No                         |
| Runny / stuffy nose   | Rare   | Common   | Sometimes                                     | Common                  | No                         |
| Sneezing  | No   | Common   | No  | Common                  | Rare                       |
| Aches & pains   | Sometimes  | Common   | Common  | No                      | No                         |
| Fatigue   | Sometimes  | Sometimes  | Common  | Sometimes               | No                         |
| Diarrhoea   | Rare   | No   | Sometimes (for children)                      | No                      | No                         |

Adapted from: World Health Organization, Centers for Disease Control and Prevention



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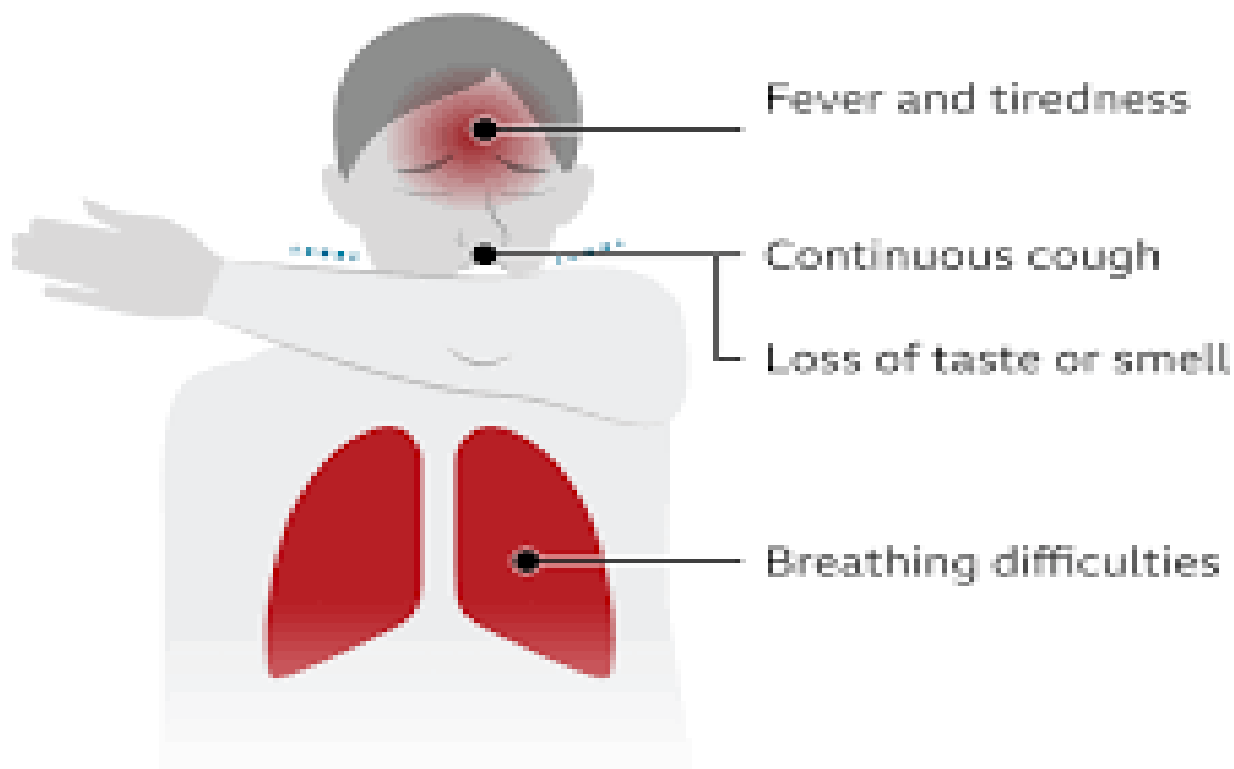
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# Coronavirus: Key symptoms



Source: NHS



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