

Dear Parents and Carers,

As you are aware, individuals who have any of the three main Covid-19 symptoms (high temperature, new, continuous cough, loss or change of taste or sense of smell) must self-isolate (stay at home) immediately and book a Covid-19 test.

However, there are also a number of other symptoms (see table below), which may be linked to Covid-19 infection, although these symptoms are also common in a number of other illnesses.

Dudley Council's Public Health team and our school are keen to make sure we are doing all we can to prevent any further cases and are therefore **recommending that all children and staff in education settings get a Covid-19 PCR test as a precaution if they display any of these wider symptoms.** Details of how to book a test are included below.

Loss of Appetite	Sore Throat
Extreme Tiredness	Sneezing
Headaches	*Diarrhoea (must be clear of symptoms for 48hrs before returning to school)
Joint Pain or Muscle Ache	**Vomiting (must be clear of symptoms for 48hrs before returning to school)
Nausea	Runny Nose or Congestion

Please note that:

- If your child has any of these other symptoms (apart from diarrhoea\* and vomiting\*\*) they can carry on attending their education setting if they are well enough to do so and are not already self-isolating due to being a contact of a positive case.
- If your child has tested positive for Covid-19 in the last 90 days, they should not get tested for these other symptoms. This is because it is possible for tests to remain positive for some time after infection. However, they must self-isolate and seek a new test if they display any of the three main Covid-19 symptoms.
- If the test result is positive, your child and your household must isolate for 10 full days from the first day of symptoms with day one being the day after symptoms started
- If your child is currently self-isolating as a contact and the test result is negative, they must still continue their 10 day isolation period.
- If the test result is negative but your child then develops a high temperature, new, continuous cough or loss or change of taste or sense of smell they (and your household) must self-isolate and you must arrange another test for your child.

The Council's Public Health Team believes that this approach will help reduce transmission in the school and help maintain your child's education.

The national testing centres across the borough have good availability and tests can be booked through the [NHS website](#) or NHS Test & Trace App. When booking a test you will need to select *"My local council or health protection team has asked me to get a test, even though I do not have symptoms"*, if your child does not have one of the three main symptoms. For further information on how to book a test, please see the attached guidance.

Please remember that even if your child tests negative now, should they develop a high temperature, new, continuous cough or loss or change of taste or sense of smell the household must self-isolate and your child will need to be retested. If your child tests positive, they and your household must also isolate for 10 full days, with day one being the day after symptoms started.

We hope you understand that this new measure is important to keep your family, the school and your local community safe.

Yours sincerely

Dudley Council's Public Health Team

## **How to book a test online**

1. Visit this website: <https://www.gov.uk/get-coronavirus-test> and choose 'Start now'
2. Select: "no, none of these symptoms"

### **Does the person who needs a test have coronavirus symptoms?**

The main symptoms of coronavirus are:

- a high temperature
- new, continuous cough
- loss or change to your sense of smell or taste

Most people with coronavirus have at least one of these symptoms.

Yes, at least one of these symptoms

No, none of these symptoms

**Continue**

3. Select: "no" the person is not an essential worker

### **Is the person who needs a test an essential worker?**

Essential workers include NHS staff, teachers and transport staff. Check the [full list of essential workers on GOV.UK](#).

Yes

No

I don't know

**Continue**

4. Select: “no” you are not part of a trial

## Is the person who needs a test part of a trial or government pilot project?

For example, they live or work in Liverpool and are taking part in city-wide testing

- Yes
- No

Continue

5. Select “my local council or health protection team has asked me to get a test, even though I do not have symptoms”

## Why are you asking for a test?

- I've been told to get another coronavirus test
- I'm ordering for someone I live with who has coronavirus symptoms
- My local council or health protection team has asked me (or someone I live with) to get a test, even though I do not have symptoms
- I'm part of the National Tactical Response Group (NTRG), or someone I live with is
- None of the above

Continue

6. Complete the rest of the form with details.

If you order a home test kit make sure you post this into a priority post-box to return it. You can find where they are located at <https://www.royalmail.com/priority-postboxes>